

## Taking the Danger out of Anger

11/14/2021

“In your anger do not sin: Do not let the sun go down while you are still angry, and do not give the devil a foothold.” (Eph 4:26, 27)

“People are slaves to whatever has mastered them.” 2 Peter 2:19

“And its desire is for you, but you should rule over it” (Gen 4:7) We prevent sin, from ruling over us, by allowing God to master us first. Without God as our master, we will be slaves to sin.

### I. God counsels Cain on how to handle his anger! Gen 4: 1-7)

- 1) Self-Examination-- Find out why you are angry! Own up to it.
- 2) Self--Awareness-- Realize the effects that it's having on your body. Don't live in denial.
- 3) Reality Check # 1: You knew the right thing to do, but for some reason you didn't do it.
- 4) Reality Check #2: Your sin is the way that God sees it not the way you see it: “Sin is crouching at your door, you must master it!” Gen 4:7
- 5) Anger builds up, and if you don't do something about it it's going to take over. “One of the clearest marks of sin is our almost innate desire to excuse ourselves and complain if we are judged in any way.” (Boice) We make great judges of other people's sins and even better defense attorneys of our own.

### II. First: God is asking us the same question. Why are you angry?

Unrighteous anger results from obsessive thoughts and compulsive behaviors, giving into certain influences. What are the influences?

**S**tress—mental strain, frustration, pressure (job, school, marriage, family)(**Cain-frustration**)

**H**urt—grief: loneliness, guilt, shame, fear, betrayal, abuse, no love/respect (**Cain- shame**)

**I**njustice—something unfair happened to us or someone else Prov 27:4 says: Anger is cruel and fury **overwhelming**, but who can stand before **jealousy?** (**Cain—envy > Abel**)

**P**hysical—emotional or physical pain, chemical addiction, injury (**Cain—rage > murder**)

**S**elfishness—“*Pride leads to destruction, and arrogance to downfall.*” Prov 16:18

Very controlling people will struggle with this the most, perfectionists. You can't be happy if things don't go your way. (**Cain—isolated himself from God**)

**Dealing with anger in the wrong way is costly. Here are the three common wrong ways:**

**Outwardly.** This involves expressing your anger and aggression in an obvious way. This can include behavior such as shouting, cursing, throwing or breaking things, or being verbally or physically abusive toward others. *With Cain it was murder.*

**Inwardly.** This type of anger is directed at yourself. It involves negative self-talk, denying yourself things that make you happy or even basic needs, such as food. Self-harm and

isolating yourself from people are other ways anger can be directed inward. *With Cain he didn't respond to God at all. Martyrs-my fault! Blame yourself. Depression= Frozen anger.*

**Passively.** This involves using subtle and indirect ways to express your anger. Examples of this passive aggressive behavior include giving someone the silent treatment, sulking, being sarcastic, and making snide remarks. *With Cain it was sarcastic and disrespectful.*

### III. Second: God expects us to overcome it and master it. How to deal with anger in the right way:

- 1) **Talk to God** and others about your pain. The hardest part of being a Christian is that it is so daily.

**Right Belief:** Since I have trusted God with my life and have yielded my rights to him, I choose not to be controlled by anger. My human disappointments are now God's appointments to increase my faith and develop His character in me.

**Wrong Belief:** Based on what I believe is fair, I have the right to be angry about the disappointments in my life. I have the right to express my anger in whatever way I choose (outwardly, inwardly, passively), and to stay angry as long as I want.”

- 2) **Trust God** to solve your problems. “*God says vengeance is mine, I will repay sayeth the Lord! Leave room for the wrath of God. Don't play God.*” Ro 12:19; Prov 3:5, 6; Rom 8:28

God is God and you are not! Say this out loud three times: “God is God and I am not.” Say, “help me.” When filled with God's love you can't hate. This is replacement thinking.

- 3) **Thank God** for forgiving your sins and failures. “*But if you do not forgive others their sins, your Father will not forgive your sins.*” “*Be merciful, just as your Father is merciful.*” Matt 6:15; Luke 6:36

Treat others as you would want God to treat you. Cultivate an attitude of gratitude. God has forgiven your past sins of bad behavior. Don't burn the bridge you need to cross.

### IV. God wants us to use our righteous anger on: How about the...

For example, we should be angry at... here are five things:

- 1) The **murder** of innocent babies,
- 2) The **injustice** of poverty and hunger
- 3) The **neglect** of those deprived of love and respect
- 4) The **apathy** in our own hearts towards the lost, and hurting and
- 5) The **abuse** of power to indoctrinate innocent minds with arbitrary laws and preference... to name a few.

We are allowed to get righteously angry (with spirit-controlled emotions) at anything that is being done wrong or not being done at all, speaking the truth in love of course.

## Questions:

1. Which influences above have the most control over your thoughts/actions?
2. Which is your common default mode in handling anger the wrong way?
3. Why did God ask Cain if he was angry? Doesn't God know everything?
4. Why did God reject Cain's offering? How should have Cain responded?
5. As a result of this study, what adjustments do you need to make in your life?
6. What steps can you take to implement the right way to handle anger?

## Keeping your Promise (SUMMARY)

Pastor Chi Chi

11/14/2021

"Again, you have heard that it was said to the people long ago, 'Do not break your oath, but fulfill to the Lord the vows you have made.' But I tell you to not swear an oath at all: either by heaven, for it is God's throne; or by the earth, for it is his footstool; or by Jerusalem, for it is the city of the Great King. And do not swear by your head, for you cannot make even one hair white or black. All you need to say is simply 'Yes' or 'No; anything beyond this comes from the evil one.'" (Matt 5:33-37)

When a man makes a vow to the LORD or takes an oath to obligate himself by a pledge, he **must not break his word but must do everything he said.** Numbers 30:2

- 1) All we need to say is simply "Yes" or "No";
- 2) Trust in your God and don't ignore your sins.
- 3) To remember, we are limited. We need His help.
- 4) Pray
- 5) If you break your promise, apologize!
- 6) We must keep our promises

## Living Thanksgiving

November 11/21/2021

### I. The Consequences of an Ungrateful Heart

A grateful heart is a God-fearing one. The consequences of not having one is tragic. "Because that, when they knew God, they glorified him not as God, **neither were thankful**; but became vain in their imaginations, and their foolish heart was darkened. Professing themselves to be wise, they became fools...For this cause God **gave them up unto vile affections...**" (Rom 1:21, 22, 6)

### II. The Benefits of Thankfulness

#### 1) Provision

Jesus Heals Ten Men with Leprosy

11 Now on his way to Jerusalem, Jesus traveled along the border between Samaria and Galilee. 12 As he was going into a village, ten men who had leprosy<sup>[a]</sup> met him. They stood at a distance 13 and called out in a loud voice, "Jesus, Master, have pity on us!" 14 When he saw them, he said, "Go, show yourselves to the priests." And as they went, they were cleansed. 15 One of them, when he saw he was healed, came back, praising God in a loud voice. 16 He threw himself at Jesus' feet **and thanked him**—and he was a Samaritan. 17 Jesus asked, "Were not all ten cleansed? Where are the other nine? 18 Has no one returned to give praise to God except this foreigner?" 19 Then he said to him, "Rise and go; your faith has made you well." Luke 17:11-19 NIV

#### 2) Guidance/Safety

"Rejoice always, pray continually, give **thanks** in all circumstances; for this is God's will for you in Christ Jesus." I Thes 5:16-18 "Delight yourself in the Lord, and he will give you the desires of your heart." Psalm 37:4

#### 3) Peace/Protection

"Rejoice in the Lord always. I will say it again: Rejoice! Let your gentleness be evident to all. The Lord is near. Do not be anxious about anything, but in every situation, by prayer and petition, **with thanksgiving**, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus." Phil 4:4-7

## Questions:

- 1) How has God blessed you this past year? In your walk with Him?
- 2) How has God blessed you this past year in providing, protecting, or guiding?
- 3) Why do you think the other nine lepers didn't come back to thank Jesus?
- 4) As a result of this study, what adjustments do you need to make in your life?
- 5) What steps can you take to implement a more thankful heart?