



Anger - April 3, 2016

Warm Up

Everybody has to deal with anger from time to time. But what's the best way to handle it? To answer that question, we must first understand what anger really is. Anger is an emotion often characterized by feelings of great displeasure, indignation, hostility, wrath and vengeance. Many times, reacting in anger is how we express our dissatisfaction with life. It's defined in the Greek language as the strongest of all passions. Anger begins with a feeling that's often expressed in words or actions. We feel something and it causes a reaction. Anger is the fruit of rotten roots. One of the primary roots of anger stems from the family. Angry people come from angry families because they learn from their role models and carry on the same behavior in their own lives, eventually passing it on to their children.

Into The Bible

"And "don't sin by letting anger control you." Don't let the sun go down while you are still angry," (Ephesians 4:26, NLT)

"Get rid of all bitterness, rage, anger, harsh words, and slander, as well as all types of evil behavior. Instead, be kind to each other, tenderhearted, forgiving one another, just as God through Christ has forgiven you." (Ephesians 4:31–32, NLT)

- We must accept the fact of our anger. Acknowledgment is the first step of overcoming anger. Why? Our pride does not make it easy to say that we were wrong in our actions, words and judgments.
- Anger in the present and future must be cut off. You must recognize man's anger is not going to accomplish the righteousness of God. Discuss the truths of this.
- Unresolved anger turns into wrath. We have a command from the Lord to heighten the importance of settling quarrel before we sleep. Have you made a commitment to resolve anger before going to bed?

Application

Joyce Myers says "You can recover from your past pain, from things that have been done to you and mistakes that you have made, but it will require an investment of time on your part. you can either continue to invest in your misery, or you can begin to invest in your healing! You will invest in something as you live your life, so make sure it something that will pay dividends you will enjoy". How can you invest in your healing this week?

Prayer Focus : We had over 12 people come to faith on Easter Sunday! Praise God! Spend some time praying for those new believers and that God will connect them with a spiritual family.

This past week, our brother and friend, Brain Garriffa, went to be with the Lord. Please pray for Martha Garriffa and her family for God's comfort.

PJR is having a cardiac procedure this coming Friday, April 8. Please keep him in your prayers.