

7 Things That Steal Your Joy

Week 5 - Anger ~ August 6, 2006

Anger...Often how we express our displeasure with life thru feelings of bitterness, resentment, rage, hostility or vengeance

- When controlled, anger is a good thing because it lets us know of injustice or mistreatment
- God doesn't ask us to get rid of our anger, he asks that we control it, "**Don't sin by letting anger control you....**" *Ephesians chapter 4 verse 26 (897)*

****KEY**** Here's the Joy-builder

Anger is not necessarily the issue, it's what I do with my anger! (*Remember, God tells me to control my anger, and not let my anger control me!!! It's very hard to be both angry & joyful!!*)

How do I control my anger?

Anger often indicates a need for me to extend forgiveness

Forgiveness does not mean that...the person who hurt you deserves to be forgiven

- What the person did wasn't wrong & hurtful
- You forget the hurt
- The person who hurt you shouldn't face consequences for their actions
- Simply stated, forgiveness means that I give up my right to hurt back

What does real forgiveness look like?

- I choose not to talk against the person, in a sinful way, to anyone
- I choose not to bring up the offense to the person repeatedly
- I choose not to play the "hurt tape" in my head
- I choose to find the right person to talk to
- *For much more on this topic, listen to the talk on "Forgiveness" given on 6/4/2000 (similar notes page on Bethel's web-site)*

I have to learn to control my anger...not let my anger control me!

Don't sin by letting anger control you. Don't let the sun go down while you are still angry, for anger gives a foothold to the devil. *Ephesians chapter 4 verses 26 & 27 (897)*

- It is possible for me to be in control of my anger instead of allowing it to control me
- One way I do this is by resolving my anger BEFORE I go to bed
- When I go to bed angry, I allow my mind to think about the offense over & over again while I sleep...making it far more difficult for me to move on later
- Foothold - something to get traction on, hold on to
- It's very difficult to be glad & mad at the same time. I will either be joyful or angry.

I have to leave revenge in God's hands

Never take revenge. Leave that to the righteous anger of God. For the scriptures say, "I will take revenge, I will pay them back" says the Lord. *Romans chapter 12 verse 19 (866)*

- Never = never ever
- Revenge = in my anger, striking out to get even
- Righteous anger = God's ability to be sinless and to do right in his anger

Don't sin by letting anger control you.... *Ephesians chapter 4 verse 26 (897)*

- When I learn not to sin in my anger, I am allowing God to use that wrong in my life to build godly character inside of me

- ***And we know that God causes everything to work together for the good of those who love God....***
Romans chapter 8 verse 28 (863)
- Only God can turn a negative into a positive!!

I need to learn to talk myself out of anger

Don't copy the behavior & customs of this world, but let God transform you into a new person by changing the way you think. Then you will learn to know God's will for you....

Romans chapter 12 verse 2 (866)

- Since I often talk myself into getting angry, I need to learn to talk myself out of getting angry
- How? Get away from, walk away from the source of anger
- Now, take control of your thoughts...tell yourself to settle down, remind yourself of God's goodness in your life, of all he's already forgiven you of, how you have an enemy who wants to destroy you thru anger. Pray and ask God to allow you to be godly in your response. Remember, you can do all things through Christ who gives you strength (*see Philippians 4:13*)
- Refuse to keep thinking about the offense...instead choose to be thankful for the many things God has blessed you with, been good to you thru

I need to choose to be like God

The Lord is compassionate & merciful, slow to get angry & filled with unfailing love. He will not constantly accuse us, nor remain angry forever. He does not punish us for all our sins, he does not deal harshly with us as we deserve. Psalm 103 verses 8 - 10 (460)

- ***Imitate God, therefore, in everything you do....*** *Ephesians chapter 5 verse 1 (897)*
- Mercy - getting what I don't deserve
- God gives me mercy all the time! When I choose to be like God, I choose to extend mercy instead of anger or revenge. How, say to yourself,
- "I'm going to give you something you don't deserve. I'm going to let go of what you did to me. Instead of revenge, I'm going to bless you. And in blessing you, I will bless myself."
- Jesus said, ***"Give, and you will receive. Your gift will return to you in full.... The amount you give will determine the amount you get back."*** *Luke chapter 6 verse 38 (786)*

I need to talk less & listen more

Understand this, my dear brothers & sisters: You must all be quick to listen, slow to speak, and slow to get angry. Human anger does not produce the righteousness God desires.

James chapter 1 verse 19 (930)

- There is a connection between the amount of words I speak and my anger level
- God gave us each two ears & one mouth...so we could listen twice as much as we speak
- Listening more than I speak is an indication of maturity & humility...I am OK with those who disagree with me, I don't have to prove a point, and I am happy to let others talk about everything they know

I need to acknowledge my anger problem & stop making excuses

Stop being angry. Turn from your rage! Do not lose your anger, it only leads to harm.

Psalm 37 verse 8 (430)

- Read thru the book of Proverbs, and write out every verse that talks about anger
- Study / memorize the ones that are especially true of you
- Read thru and study the book of James in the same way

This study is based on the book Seven Things That Steal Your Joy, by Joyce Meyers.

Next Sunday: Communion service.