

Jerktown

Anger Avenue

Some of us have anger explosions.

Some of us have anger implosions

Anything that gets in the way of
Sacred relationship must be faced!

Ephesians 4:22-5:2

How Can I Tell if My Anger is Sinful? vs. 22-26a

- Check the source against reality.
 - How is your past influencing you?

 - How are your insecurities influencing you?

“Anger is a response to a
denial of our significance.”
(Peter Wilkes)

Reality: The cross says you matter!

- Check your response against your goal. vs. 22-24

If the source of anger is a lie;
And your response is detrimental to relationship
You have a problem to deal with.

Four Wisdom Steps in the Face of Anger

1. Practice wise timing. v. 26-27

- Delay long enough to check your attitude.
- Deal with the person sooner rather than later.

(Who they are in your life will guide the depth of your response)

- Check your checkpoint (verse 24)

2. Control your words. vs. 29

- Don't say harmful things.
- Do say healing things.

(This doesn't mean you won't say difficult things)

- Check your checkpoint (verse 24)

3. Keep God in the picture. vs. 30-31

- Most anger reactions ignore God.
- To disrespect the other person disrespects God.

Reality Affirmation

- I cannot control the other person.
- I will not let the other person control me.
- I will choose to be Christ-controlled.
- Check your checkpoint (verse 24)

4. Replace harmful reaction with positive action. v. 32

- Check your checkpoint (verse 24)

So What?

- Holy Spirit, help me to believe I really matter to God.
- Holy Spirit, help me to believe the other person really matters to God.
- Holy Spirit, help me to live like Jesus.

Today's Scripture is from The New International Version
John Bray, October 29 & 30, 2011

Want to hear this again?

The sermon is posted on the church web site by Monday evening.

www.heritageqc.com Hit "**Watch sermon on-line**"

To dig deeper, visit John's blog at www.NowWhatJohn.com

Now What? Resources for Reflection and Growth

Think about three or four times you remember being angry.

- What was it about those situations that triggered your anger?
- Having heard the sermon, can you identify any underlying causes that contribute to the way you handle upsetting situations?
- What do you think your response in tough times says about you?

Anger can show itself by exploding on others. It can also be an “implosion”, poisoning your attitude or even your soul. Which of those reactions more often characterizes the way you feel/express anger?

The Bible has much to say about angry feelings and hostile actions. Read the following scripture references. Make a note about the key thought in each one.

- Psalm 4:4
- Proverbs 14:29
- Proverbs 15:1
- Proverbs 15:18
- Proverbs 19:11
- Proverbs 29:11
- Ecclesiastes 7:7-9
- Matthew 5:22
- Matthew 7:1
- Romans 12:19-21
- Romans 14:13
- Ephesians 4:26-32
- Colossians 3:8-10

Which of the ideas expressed speak most to you about handling your own feelings of anger?

Now take a few minutes and review the ideas that were presented in the sermon. Were there some that stood out to you more than others? What were they? Why did they speak to you so strongly?

If you haven't talked about it already, look at the “Reality Affirmations” on page 2 of the note guide. Think/talk about those a little bit. How might your behaviors/reactions change if you really believed those things?

Dr. Jim Dobson says, “God doesn't expect instant maturity in these matters, but He does require consistent growth and improvement.” Think about a real life goal you could set. What is it? How will you know you have accomplished it?