

Ambush your Anger

May 17, 2020 -- Taming your Giants #4

ANGER in only one letter away from ... DANGER.

Use God's Word and God's Spirit for Guidance:

- **Matthew 5:21-22** – *“You have heard that our ancestors were told, ‘You must not murder. If you commit murder, you are subject to judgment.’ But I say, if you are even angry with someone, you are subject to judgment!”*
- **Galatians 5:20** – *“Deeds of the flesh – idolatry, witchcraft; hatred, discord, jealousy, fits of rage, selfish ambition, dissensions, factions.”*
- **Colossians 3:8** – *“But now you must RID yourselves of all such things as these: anger, rage, malice, slander, and filthy language from your lips.”*
- **Proverbs 29:11** – *“Fools give full vent to their rage, but the wise bring calm in the end.”*
- **Proverbs 15:18** – *“A hot-tempered man stirs up dissension.”*
- **Proverbs 14:17** – *“A quick-tempered man does foolish things...”*
- **Proverbs 25:28** – *“Like a city whose walls are broken down is a man who lacks self-control.”*
- **Psalm 37:8** – *“Refrain from anger and turn from wrath; do not fret—it leads only to evil.”*
- **James 1:19-20** – *“My dear brothers and sisters, take note of this: Everyone should be quick to listen, slow to speak and slow to become angry, because human anger does not produce the righteousness that God desires.”*

Anger does NOT equal annoyed ... it's BEYOND that. Anger equals loss of control. Anger is not something God wants us to be known for, but ... not all anger is bad; not all anger is SIN.

- **Ephesians 4:26-27** – *“Be angry, and yet do not sin; do not let the sun go down on your anger, and do not give the devil an opportunity.”*
- **Jesus got angry –**
 - Moneychangers in the temple. (Matthew 21:12)
 - Jesus clears the temple courts. (John 2:13-20)
 - Man with withered hand. (Mark 3:1-6)
- Jesus' anger was righteous, pure and completely justified because at its root was concern for God's holiness and worship... Jesus' anger had:
 - Right motivation. Not petty or self-centered.
 - Right focus. Targeted at sin and true injustice.
 - Right desire – Mark 3 – correct Pharisees wrong focus / lack of faith.
 - Proper control ... never out of control. He controlled his emotions.
 - Proper duration – did not let it turn into bitterness. Didn't hold grudge.
 - Proper result – accomplished God's will.

Note: Anger IS A CHOICE.

STEPS TO AMBUSH YOUR ANGER.

1. AVOID ANGRY PEOPLE.

- a. Don't use social media as a “stress relief”
- b. Avoid angry people.

Prov 22-24-25 – *“Don't befriend angry people or associate with hot-tempered people, or you will learn to be like them and endanger your soul.”*

Eph 4:31 – *“Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice.”*

2. WATCH YOUR WORDS.

Eph 4:29 (AMP) – *“Let no foul or polluting language, nor evil word nor unwholesome or worthless talk [ever] come out of your mouth, but only such [speech] as is good and beneficial to the spiritual progress of others, as is fitting to the need and the occasion, that it may be a blessing and give grace (God’s favor) to those who hear it.”*

3. BE SLOW TO ANGER

Prov 19:11 (AMP) – *“Good sense and discretion make a man slow to anger, And it is his honor and glory to overlook a transgression or an offense [without seeking revenge and harboring resentment].”*

4. PRACTICE FORGIVENESS

Matthew 6:15 – *“...if you do not forgive men their sins, your Father will not forgive your sins.”*

Eph 4:26 – *“Do not let the sun go down on your anger, and give no opportunity to the devil.”*

Two MORE Steps to Ambushing your Anger: (a) with a friend or (b) on your own.

A: Share your feelings with a close friend and (ideally) Christ Follower and pray one for another. (59 “One Another’s”)

Galatians 6:2 – *“Bear one another’s burdens, and thereby fulfill the law of Christ.”*

James 5:16 – *“Confess your sins to each other and pray for one another so that you may be healed. The earnest prayer of a righteous person has great power and produces wonderful results.”*

OR

B: Make a list of everything you’re angry or worried about. Personally. Politically. Put in an envelope and seal it ... PRAY over it Give your anger (or fear/worry) to Him. THEN burn or tear your envelope.

Phil 2:5 – *“Let this mind be in you, which was also in Christ Jesus.”*

1 Peter 5 – *“Cast all your care on HIM, for HE cares for you.”*

RECEIVE HIS REST, HIS PEACE.

Matthew 11:28 – *“Come to Me, all who are weary and heavy-laden, and I will give you rest.”*

FEAR is contagious – CAN cause ANGER.

HOPE is contagious too ... BETTER choice. HOPE ... brings Encouragement!

Jeremiah 29:11 – *“For I know the plans I have for you,” declares the LORD, “plans to prosper you and not to harm you, plans to give you hope and a future.”*

1 Peter 1:13 – *“Therefore, with minds that are alert and fully sober, set your hope on the grace to be brought to you.”*

Ephesians 1:18 – *“I pray that your hearts will be flooded with light so that you can understand the confident hope he has given to those he called, and the rich and glorious inheritance he has given to his holy people.”*

Psalm 103

**Bless the LORD, O my soul,
And all that is within me, *bless* His holy name.**

² **Bless the LORD, O my soul,**

And forget none of His benefits;

³ **Who pardons all your iniquities,**

Who redeems your life from the pit,

Who crowns you with lovingkindness and compassion;

Who satisfies your ^[a]years with good things,

***So that* your youth is renewed like the eagle.**

The LORD is compassionate and gracious,

Slow to anger and abounding in lovingkindness.

**For as the heavens are high above the earth, so great are His mercy *and* loving-kindness
toward those who reverently *and* worshipfully fear Him.**

The LORD has established His throne in the heavens,

And His sovereignty rules over ^[i]all.

²⁰ **Bless the LORD, you His angels,**

Mighty in strength, who perform His word,

Obeying the voice of His word!

²¹ **Bless the LORD, all you His hosts,**

You who serve Him, doing His will.

²² **Bless the LORD, all you works of His,**

In all places of His dominion;

Bless the LORD, O my soul!