

Seven Deadly Sins
Week 4: Giving My Anger to God
Pastor Peter Smith, FCOG 07-12-15

5 POSSIBLE RESPONSES TO MY ANGER...

- I can **satisfy** IT. I don't get mad, I get even, revenge

"Do not take revenge, my friends, but leave room for God's wrath, for it is written: 'Vengeance is mine; I will repay,' says the Lord."
– Romans 12:19

- I can **express** IT . Yelling, sarcasm, biting remarks!

"Hot tempers start fights; a calm, cool spirit keeps the peace."
– Proverbs 15:18

- I can **displace** IT. You take it out on someone else.

"Do not be eager in your heart to be angry; for anger is the friend of fools."
– Ecclesiastes 7:9

- I can **suppress** IT . Push it down, I'm ok!!!!

"And 'don't sin by letting anger gain control over you.' Don't let the sun go down while you are still angry, for anger gives a mighty foothold to the Devil."

– Ephesians 4:26-27

- I can **give** IT **to God**. Let God replace it with patience / peace.

"Then Jesus said, 'Come to me, all of you who are weary and carry heavy burdens, and I will give you rest.'"

– Matthew 11:28

Giving my anger to God

1. Identify what **triggers my anger.**

"People with good sense restrain their anger; they earn esteem by overlooking wrongs."
– Proverbs 19:11

- A person or circumstance triggers feelings
- Learn to avoid, if possible, your triggers
- Write it down on back of card for prayer...mine is impatience.
What's yours?

2. **Pause** and **pray** when my temper is rising.

"A gentle answer turns away wrath, but harsh words stir up anger."
– Proverbs 15:1

"Those who control their anger have great understanding; those with a hasty temper will make mistakes."
– Proverbs 4:29

3. Leave the **vengeance** to God and respond with **love**.

"If it is possible, as far as it depends on you, live at peace with everyone. Do not take revenge, my friends, but leave room for God's wrath, for it is written: it is mine to avenge; I will repay, says the Lord. On the contrary: if your enemy is hungry, feed him; if he is thirsty give him something to drink. In doing this, you will heap burning coals on his head."
– Romans 12:18-20

4. Repair any **damage** caused by my anger.

- **Step 8 & 9 of AA** says "Made a list of all persons we had harmed and make direct amends to such people wherever possible..."

"So if you are standing before the altar in the Temple, offering a sacrifice to God, and you suddenly remember that someone has something against you, leave your sacrifice there beside the altar. Go and be reconciled to that person. Then come and offer your sacrifice to God. Come to terms quickly with your enemy before it is too late and you are dragged into court, handed over to an officer, and thrown in jail. I assure you that you won't be free again until you have paid the last penny."
– Matthew 5:23-26

How do we repair damage?

1. Apologize

- In person is best; a note in the mail is next best; texting is not

the best.

2. Practical part of apologizing: Jesus says the hurt person may be figuring out how to get even! Be quick!
3. Remember, you WILL NOT BE RIGHT with God if you are not right with people. And unresolved anger can lead you to take it out on your loved ones.
4. **What if** they don't accept my apology? It's ok...God sees your heart. You're good.
5. Do the right thing today if you have messed up: get right with the other person.

A man once said, "We're not at peace with others because we are not at peace with ourselves, and we are not at peace with ourselves because we are not at peace with God".

- Have you come to Jesus? Accepted his forgiveness and cleansing?
- Have you declared that to Him? Would you today?

Pray