

WORSHIP

SUGGESTED WORSHIP SONGS:

God is Great, Awesome God, Happy Day, Blessed Assurance

WELCOME

Angry Me. Briefly share a moment when you got really angry. What was the outcome of your anger?

WORD

MATTHEW 5:21–22

²¹“You have heard that the ancients were told, ‘You shall not commit murder’ and ‘Whoever commits murder shall be liable to the court.’ ²²But I say to you that everyone who is angry with his brother shall be guilty before the court; and whoever says to his brother, ‘You good-for-nothing,’ shall be guilty before the supreme court; and whoever says, ‘You fool,’ shall be guilty enough to go into the fiery hell.

Murder was already a terrible sin way before the time of Jesus. People who killed someone would be held accountable for the crime. Then and now, we see murder as the worst of all crimes, so we distance ourselves from such an act. It gives us comfort to believe that as long as we do not kill anyone we are okay before God.

But what Jesus said about murder will always shock anyone who hears it for the first time. He said that anger is murder. This means that if we are angry with somebody we shall be guilty of murder, even if our anger is only in thoughts or expressed only in words. This is a serious matter because if anger is murder, then anyone who is angry against another person is guilty enough to go to hell (**Revelation 21:8**).

DO NOT BE ANGRY

Do you get angry when you are disrespected, insulted, neglected, abused, or unloved? Whatever makes us angry can be traced back to pride. Anger is a heart issue which can be very quiet. We could be smiling on the outside but boiling on the inside.

But if anger is a crime, then where would the crime scene be?

Anger commonly happens behind the wheels when we drive. Road rage easily happens when we get pissed off with others who get into our right of way.

Anger happens in our homes where we usually vent out our fumes because there is no other place to do it, so it is our family who gets to absorb our wrath.

Anger happens in our wallet. So many people are angry with each other because of money, wealth, or properties.

Anger is also loud in social media with no exemption even among Christians. Where have the salt and light of the earth gone? There is blood on the carpet of social media today. The Bible says that anger resides in the heart of fools (**Ecclesiastes 7:9**).

Another scene of the crime is the church. The same place where forgiveness and love are preached sadly is also where anger takes place, right even at its doorstep—the parking lot.

BE A LIFE-GIVER

The Bible reminds us to listen more, speak less and be slow to get angry, for the anger of man does not achieve the righteousness of God (**James 1:19–20**). Anger is a total mismatch to the righteousness of God. True followers of Jesus are responsible to live out the righteousness of God daily by the power of the Holy Spirit. It exposes who are the legit Christians from the fake ones.

Anger is murder, and murder is a life-taker. In contrast, true followers of Christ are life-givers. How do we become life-givers? We can use the acronym word G.I.V.E.R to help us. But everything is anchored on the first point — God’s sovereignty.

God’s sovereignty (2 Samuel 16:5–6). It all begins with knowing and believing that God is sovereign. King David portrayed for us an amazing faith and consciousness that God is always sovereign. As a king, he had the right to retaliate against the man who cursed Him. But he made an unbelievable reply that if it was the Lord who told this man to do it so, then let it be (**2 Samuel 16:10**). We learn from David that when we let go of our pride, we can experience the

WORD (cont'd)

peace of God. God is on His throne no matter what. If we continuously surrender to God's sovereign will, we will overcome our anger and temper issues.

Immediate attention (Ephesians 4:26–27). If we believe God is sovereign, then we will give our anger immediate attention instead of nurturing it until our anger gets out of control. Do not give the devil a space in our life. Many times the root issue of problems is anger, so we need to nip it in the bud. When warning signs appear along the way, we should stop and check ourselves. Our first action point is to be reconciled with others with whom we are in conflict (**Matthew 5:23–26**).

Voluntary Accountability (Proverbs 15:31). If we believe God is sovereign, then we will volunteer to be accountable to someone else. We need to be part of a

small group and be willing to receive reproofs and be brave enough to give life-giving reproofs.

Edifying Words (Ephesians 4:29). Anything can be learned and unlearned especially with the power of the Holy Spirit. We can unlearn our critical words and learn to speak edifying words. Right words and right actions begin with right thinking. Look at people from God's perspective, with how God views them and it will result to words that build up.

Reliance on the Holy Spirit (Galatians 5:22–29). If we believe God is sovereign, we will rely on the Holy Spirit. The deeds of the flesh are mostly variants of anger, but the fruit of the Holy Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control.

DISCUSSION QUESTIONS:

(Leaders: Please choose questions that are appropriate to the level of spiritual maturity of your members)

- 1. Anger Danger.** Why is anger considered murder according to **Matthew 5:21–22**? How serious is this crime?
- 2. Anger Test.** What usually makes you angry? How do you respond whenever your anger is triggered?
- 3. Legit Life Giver.** What will you do radically as a true follower of Jesus to be a life-giver to your family, friends, loved ones and even to your enemies?

WORKS

PRAY CARE SHARE IN ACTION

Examine yourself today.

What was your Anger Quotient before and after you met Jesus in your life? Use your testimony in this area to tell someone this week how the righteousness of God has changed you and is continuously changing you by the power of the Holy Spirit.

WEEKLY PRAYER POINTS

I. Thanksgiving

- Worship God for who He is, what He has done, and what He will do in our lives

II. Country and the World

- Upright and moral governance of Public Servants and a God-centered Philippines
- Repentance and Salvation

III. Church

- That CCF Members would honor and love God and make disciples
- Elders, Pastors, Leaders, and Families
- Ministries and Churches worldwide

IV. CCF Facilities

- Worship and Training Center
- Prayer Mountain

V. Personal Concerns

- Deeper intimate relationship with God
- Righteous living
- Salvation of family and friends