

WORSHIP

Can't Stop Singing, Your Great Name, Christ Our Hope in Life and Death

WELCOME

What types of situations cause you to be angry and why?

WORD

JAMES 1:19-20

This you know, my beloved brethren. But everyone must be quick to hear, slow to speak and slow to anger; for the anger of man does not achieve the righteousness of God.

EPHESIANS 4:26-32

²⁶ BE ANGRY, AND yet DO NOT SIN; do not let the sun go down on your anger, ²⁷ and do not give the devil an opportunity. ²⁸ He who steals must steal no longer; but rather he must labor, performing with his own hands what is good, so that he will have something to share with one who has need. ²⁹ Let no unwholesome word proceed from your mouth, but only such a word as is good for edification according to the need of the moment, so that it will give grace to those who hear. ³⁰ Do not grieve the Holy Spirit of God, by whom you were sealed for the day of redemption. ³¹ Let all bitterness and wrath and anger and clamor and slander be put away from you, along with all malice. ³² Be kind to one another, tender-hearted, forgiving each other, just as God in Christ also has forgiven you.

There are two types of anger that can be comparable to explosions of dynamite: 1) Implosion – this harms and impacts us causing us to be narrow-minded as we harbor thoughts that may be short-sighted. 2) Explosion – this is an external manifestation of anger wherein we let hurtful words fly out that damage relationships especially with our family and friends, and as believers, also damages our testimony.

In **James 1:19-20**, we are commanded to be “slow to anger”. As a matter of fact, “slow to anger” is a phrase used to describe God Himself! (**Psalm 145:8**) Does this mean that God gets angry? Yes! God is a Holy God, He is angry towards sin and cannot let it slide. God is also a just God, therefore sin must have its consequences. However, God is also described as gracious, merciful, and great in lovingkindness. As we seek to be like God in being slow to anger, we are also to exercise being gracious, merciful, and great in lovingkindness in situations and towards people who may cause us to feel angry. How can we conquer this dynamite emotion of anger?

1. REALIZE (DISCOVER OUR ANGER)

We are commanded in **Ephesians 4:31** to put away bitterness, wrath, anger, clamor, slander, malice. The Bible says that a man given to anger acts foolishly, and we are refrain from it (**Proverbs 14:17; Psalm 37:8**). We have heard news of gruesome murders and mass shootings that have affected numerous people and families with the damages and losses it caused. Jesus warns us in **Matthew 5:21-22** that we inflict the same pain to others when we let our anger get the best of us and let careless and hurtful words break those around us.

2. ROOT (DIAGNOSE OUR ANGER)

To diagnose our anger, we must come to the Lord and ask “Lord, why am I angry? Help me understand.” Many times, we discover that it’s because of our own selfishness and pride. There are three examples from the Bible of men who gave in to their anger and the roots from which their anger sprung.

A. King Saul – In **1 Samuel 18**, David had just defeated Goliath. As the people came to meet the king, the women sang a song attributing “Saul has slain his thousands, and David his ten thousands”. This displeased Saul and made him very angry, and from that day on he looked with suspicion on David. From this passage we see that Saul became insecure because of an idol in his heart—the idol of wanting to hold on to power. From Saul’s example, we see that anger can be caused by an idol in our heart that we may even be unconsciously holding on to.

B. Naaman – We read from **2 Kings 5** that Naaman was a well-decorated military leader, but he had leprosy. His young servant girl suggested for him to meet the prophet to Elisha to be healed of his disease. However, Naaman had different expectations how he would be treated and healed by the prophet, and this unmet expectation caused him to be angry. This outburst could have lost him the opportunity to be healed! From this example, we see that some of anger is caused by unmet expectations due to pride.

CONQUERING ANGER

SEPTEMBER 19, 2021

WORD

C. King Asa – King Asa was caught in a war against the allied forces of Israel and Aram. With this, he then reached out to the king of Aram and persuaded him to break off his alliance with the king of Israel. Though humanly this may seem wise, this displeased God because King Asa did not trust in Him and made his own solution. A seer came to rebuke King Asa, instead of repenting, he became angry not only at the seer but also oppressed other people (**2 Chronicles 16**). By holding on to our pride and refusing to be humble when corrected, we oftentimes create an atmosphere of fear or simply “atmosFEAR”. Our hurtful words are powerful and can cause others to walk on eggshells around us.

3. RECALIBRATE (DEFUSE OUR ANGER)

To begin to recalibrate, we must come to God and ask “Lord, what do you want me to do?” (**Psalms 139:24**). In **Ephesians 4**, we learn five things on how to defuse our anger:

- I. Don't let anger linger (v.26)** – Anger is a legitimate emotion, but we are not to let it linger.
- II. Don't give the devil room (v.27)** – Realize that the devil is our enemy, not each other.
- III. Use words to build (v.29)** – When there is a need to confront, we are to avoid unwholesome talk, instead extend God's grace.
- IV. Rely on the Holy Spirit (v.30)** – Remember the **P.R.A.Y** principle:
Pause
Resist first impulse
Ask the Holy Spirit to empower you
Yield to the Spirit's leading and filling
- V. Forgive as you have been forgiven (v.32)** – We are to extend to others the same forgiveness that we ourselves experienced from God.

4. RECOGNIZE

In **2 Samuel 16**, King David received harsh criticisms when his son, Absalom, staged a coup d'etat against him, causing him to flee from his own kingdom. Shimei, from Saul's family, saw King David and cursed him (**2 Samuel 16:5-6**). In David's brokenness, he saw God's sovereignty (**2 Samuel 16:10-12**). From David's life, we learn that when we depend on God's sovereignty, it changes the way we think and the way we behave.

Being a holy and just God, how did the LORD address His anger (**James 1:19-20**)? In His sovereignty, He addressed it through His Son, Jesus. (**1 John 4:10**) Jesus became the propitiation for our sins. For reconciliation to take place, the accused needs to appease the aggrieved through propitiation. Jesus became the propitiation that appeased God's wrath when He absorbed the death that was meant for us when He died on the cross. The anger that was meant for our sinfulness was turned on Jesus that we may be reconciled to God. To truly conquer anger, surrender your life to Jesus today!

DISCUSSION QUESTIONS

1. Married couples/ parents

How are you in terms of not provoking your children to anger? Do you need to repent for how you may have used anger as a way to assert authority/influence over your spouse or children?

2. Single adults

Do you see an unhealthy pattern in the way your family deals with anger? What are you doing to make sure you do not carry on that destructive tendency in your life? How will you help your family conquer anger?

3. Children

What do you usually do when you feel angry? How do you think God can help you win over your anger?

4. Everyone

Which of the Biblical ways of defusing anger is most helpful to you and why?

WORKS

PRAY CARE SHARE IN ACTION

Pray for people who are struggling with destructive anger that they may be set free from bitterness that may be causing them to hurt those around them. Share to them the good news of our forgiveness in Christ that they too may learn to forgive those who may have provoked them to anger.

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
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

MEMORY VERSE

JAMES 1:19-20

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