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| **SERIES** | LET’S TALK ABOUT |
| **BIBLE** | Ephesians 4:25-32, Numbers 20:8-12, Nehemiah 5:1-11, Luke 15:11-32 |
| **TITLE/TOPIC** | Anger |
| **OVERVIEW** | Anger gets a bad rap. Many of us have been taught that anger is wrong and is even a sin. But here in verse 26, Paul tells us to *be angry* and do not sin. The Message Bible puts it like this, “Go ahead and be angry. You do well to be angry—but don’t use your anger as fuel for revenge. And don’t stay angry. Don’t go to bed angry. Don’t give the Devil that kind of foothold in your life.” You see there is a way for us to be angry and not sin. There are two kinds of anger - a righteous anger, the kind we see that God has against sin, injustice, oppression, and unrighteous anger, which is what we often experience. Some things should make us angry - our sin should make us angry, when someone we love is being hurt, our anger leads us to defend and protect them.You see our problem isn’t with feeling angry, it’s the action that we take with our anger that leads us to a right or a sinful response. I like how Tim Keller puts it, “There are no bad emotions, just emotions gone bad.” And anger is one of those emotions that goes bad, really, really fast. |
| **SCRIPTURE BREAKDOWN** | **Numbers 20:8-12 ESV**Moses disobeyed God and in his anger, he acted out and it cost him being able to enter into the Promised Land. Our anger, if left unchecked, will cause us to miss out on God’s good promises.***Nehemiah 5:1-11***Nehemiah’s response to his anger resulted in justice for those who were being oppressed and the people responded in praising God.Our anger, if in line with God’s anger, leads to justice being restored and God being praised.Luke 15:11-32* Psalm 86:15 But You, O Lord, are a God [who protects and is] merciful and gracious,
* Slow to anger and abounding in lovingkindness and truth.
* Psalm 103:8-9 The Lord is compassionate and gracious, slow to anger, abounding in love. He will not always accuse, nor will he harbor his anger forever;
* Psalm 145:8-9 The Lord is gracious and full of compassion, Slow to anger and abounding in lovingkindness. The Lord is good to all, And His tender mercies are over all His works [the entirety of things created].

Psalm 4:4 - Be angry, and do not sin; ponder in your own hearts on your beds, and be silent. Selah1. When you feel angry, admit it. - Say I’m angry and express those feelings to God.
2. When you feel angry, become aware of it. Reflect. Ask yourself, why am I angry? What is at the root of this?
3. When you feel angry, be slow to act. Be silent. Zip it. Don’t say anything or send that message. Give it some time. Sleep on it. See how you feel the next day.
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| **GOSPEL** | How does this sermon bring people to the Gospel?The Bible says, “For the wages of sin is death, but the gift of God is eternal life in Christ Jesus our Lord.” So God, instead of pouring out his anger and wrath on each of us for our sins, instead he takes our sin and nails it to the cross and sacrifices his son Jesus on our behalf. And that is good news.  |
| **NEXT**STEPS | Begin | Connect | Engage | Grow | DiscipleJames 1:19-20 Understand this, my beloved brothers and sisters. Let everyone be quick to hear [be a careful, thoughtful listener], slow to speak [a speaker of carefully chosen words and], slow to anger [patient, reflective, forgiving]; 20 for the [resentful, deep-seated] anger of man does not produce the righteousness of God [that standard of behavior which He requires from us]. |