

Se7en "ANGER"

11.1.09 www.stonecreekwired.com

Anger: A strong feeling of grievance and displeasure.
Patience

Virtue:

"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! If you call someone an idiot, you are in danger of being brought before the court. And if you curse someone, you are in danger of the fires of hell." **Matthew 5:21-22 NLT**

- Lead us to _____.
- A _____.

5 Possible Responses To My Anger:

1. I can _____.
"Vengeance is mine; I will repay," says the Lord. **Romans 12:19 ESV**

2. I can _____.
"Hot tempers start fights; a calm, cool spirit keeps the peace." **Prov. 15:18 NLT**

3. I can _____.
"Do not be eager in your heart to be angry; for anger is the friend of fools." **Eccl. 7:9**

4. We can _____ or

"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." **Eph. 4:26-27**

5. We have to _____.
"...Come to Me, all of you who are weary and carry heavy burdens, and I will give you rest." **Matt. 11:28**

4 steps on giving our anger to God:

1. Identify what _____ my anger.

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

2. _____ and _____ when my temper is rising.
"A gentle answer turns away wrath but harsh words stir up anger." **Prov. 15:1**

3. Leave the _____ to God
and respond with _____.

"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." **Rom. 12:18-20**

4. _____ already caused by my anger.
"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. God 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." **Matt. 5:23-26**

Memory Verse: *"God blesses those who work for peace, for they will be called the children of God."* Matt. 5:9

Next Steps:

1. Memorize Matthew 5:9
2. Practice the Discipline of Silence
3. Attend Prayer & Praise tonight at 6pm.

Resources:

<http://biblicalspirituality.org/silence.html>
<http://www.angelfire.com/music5/dcband/solitude.html>