

# TARPOO



Part 3: Anger

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**What kind of anger are we talking about today?**

The kind that happens when our wills get crossed.

## The Lies We Tell Ourselves

### 1. My anger is justified.

The first speech in a court case is always convincing—  
until the cross-examination starts! – Proverbs 18:17 (*The Message*)

#### The Bible cautions against anger:

- Psalm 37:8 – refrain from anger
- Proverbs 14:29 – one who is quick tempered displays folly
- Proverbs 15:18 – anger stirs up strife
- Proverbs 29:11 – fools vent rage
- Ephesians 5:22-23 – anger is not a fruit of the Spirit
- Anger has never been part of the commands of Jesus

### 2. My anger is righteous anger.

When the Passover Feast, celebrated each spring by the Jews, was about to take place, Jesus traveled up to Jerusalem. He found the Temple teeming with people selling cattle and sheep and doves. The loan sharks were also there in full strength.

Jesus put together a whip out of strips of leather and chased them out of the Temple, stampeding the sheep and cattle, upending the tables of the loan sharks, spilling coins left and right. He told the dove merchants, “Get your things out of here! Stop turning my Father’s house into a shopping mall!” – John 2:14-1 (*The Message*)

“In your anger do not sin”: Do not let the sun go down while you are still angry, and do not give the devil a foothold... Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen. And do not grieve the Holy Spirit of God, with whom you were sealed for the day of redemption. Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you. – Ephesians 4:26-27, 29-32

In your anger, don't sin.

Don't let the sun go down on your anger.

Ask the question: Am I building up or tearing down?

## The Lies We Tell Ourselves, continued

### 3. The Bible tells me anger is the only response to injustice

#### 4. I only get angry when others don't follow God's ways

“You have heard that it was said to the people long ago, ‘You shall not murder, and anyone who murders will be subject to judgment.’ But I tell you that anyone who is angry with a brother or sister will be subject to judgment. Again, anyone who says to a brother or sister, ‘Raca,’ is answerable to the court. And anyone who says, ‘You fool!’ will be in danger of the fire of hell.

– Matthew 5:21-22

My dear brothers and sisters, take note of this:

Everyone should be quick to listen,  
slow to speak and slow to become angry,  
because human anger does not produce  
the righteousness that God desires.

– James 1:19-20

## Next Steps

If you have anger that you just can't explain, it might be related to loss in your life (death, divorce, job loss, abuse, difficult diagnosis, etc.). Or maybe you're already aware that loss is the source of your anger.

Either way, the 4-session class *“Grief Journey: The Path to Healthy Brokenness”* deals with every kind of loss, revealing God's path and process for finding hope, peace, and healing. Grief Journey starts next Sunday morning during the 9:30 service. See full details in today's program or CTK Life, and register today at the Connection Point.

## Small Group Questions

- 1) What did you do for the 4th of July?
- 2) What's the angriest anyone has ever been with you? What was it about?
- 3) What's the angriest you have ever been with someone else? Do you remember what it was about?
- 4) Rate yourself. On a scale from 1 to 10 (10 high), what's the general level of anger in your life? What do you get angry about most often (family, work, injustice, traffic, etc.)?
- 5) Have you discovered any practical ways to be quick to listen, slow to speak, or slow to anger? Share them with the group.
- 6) How can we pray for you today and through the week?