

Hope Community Chapel Spring Sermon Series of 2019  
**Stronger Things; Building Upright Relationships In An Upside-down World**  
Family Worship Service 9:30 A.M. Sermon Notes – Pastor Glen

<sup>18</sup> Pray for us, for we are sure that we have a good conscience, desiring to conduct ourselves honorably in all things.  
<sup>19</sup> And I urge you all the more to do this, so that I may be restored to you the sooner. <sup>20</sup> Now the God of peace, who brought up from the dead the great Shepherd of the sheep through the blood of the eternal covenant, even Jesus our Lord, <sup>21</sup> equip you in every good thing to do His will, working in us that which is pleasing in His sight, through Jesus Christ, to whom be the glory forever and ever.  
Amen. (Heb 13:18-21 NAU)

Message: **Get Out ! And Stay Out !! Dealing With My Anger, Part 2**

**We typically deal with our anger 2 ways:**

**Expressed Anger** - <sup>19</sup> Now when his master heard the words of his wife, which she spoke to him, saying, "This is what your slave did to me," his anger burned. <sup>20</sup> So Joseph's master took him and put him into the jail, the place where the king's prisoners were confined; and he was there in the jail. (Gen 39:19-20 NAU)

<sup>7</sup> and the LORD spoke to Moses, saying, <sup>8</sup> "Take the rod; and you and your brother Aaron assemble the congregation and speak to the rock before their eyes, that it may yield its water. You shall thus bring forth water for them out of the rock and let the congregation and their beasts drink." <sup>9</sup> So Moses took the rod from before the LORD, just as He had commanded him; <sup>10</sup> and Moses and Aaron gathered the assembly before the rock. And he said to them, "Listen now, you rebels; shall we bring forth water for you out of this rock?" <sup>11</sup> Then Moses lifted up his hand and struck the rock twice with his rod; and water came forth abundantly, and the congregation and their beasts drank. <sup>12</sup> But the LORD said to Moses and Aaron, "Because you have not believed Me, to treat Me as holy in the sight of the sons of Israel, therefore you shall not bring this assembly into the land which I have given them." (Num 20:7-12 NAU)

We yell, stamp our feet, disobey, punch walls, become defiant, swear and use vulgar language, become violent.

**Suppressed Anger** -

<sup>16</sup> **'You shall not go about as a slanderer among your people, and you are not to act against the life of your neighbor; I am the LORD.** <sup>17</sup> **'You shall not hate your fellow countryman in your heart;** you may surely reprove your neighbor, but shall not incur sin because of him. <sup>18</sup> 'You shall not take vengeance, nor bear any grudge against the sons of your people, but you shall love your neighbor as yourself; I am the LORD. (Lev 19:16-18 NAU)

<sup>25</sup> Therefore, laying aside falsehood, SPEAK TRUTH EACH ONE *of you* WITH HIS NEIGHBOR, for we are members of one another. <sup>26</sup> BE ANGRY, AND *yet* DO NOT SIN; do not let the sun go down on your anger, <sup>27</sup> and do not give the devil an opportunity. <sup>28</sup> 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.

<sup>29</sup> 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. <sup>30</sup> Do not grieve the Holy Spirit of God, by whom you were sealed for the day of redemption. <sup>31</sup> **Let all bitterness and wrath and anger and clamor and slander be put away from you, along with all malice.** <sup>32</sup> Be kind to one another, tender-hearted, forgiving each other, just as God in Christ also has forgiven you. (Eph 4:25-32 NAU)

<sup>25</sup> "Now his older son was in the field, and when he came and approached the house, he heard music and dancing. <sup>26</sup> "And he summoned one of the servants and *began* inquiring what these things could be. <sup>27</sup> "And he said to him, 'Your brother has come, and your father has killed the fattened calf because he has received him back safe and sound.' <sup>28</sup> **'But he became angry and was not willing to go in; and his father came out and began pleading with him.** <sup>29</sup> **'But he answered and said to his father, 'Look! For so many years I have been serving you and I have never neglected a command of yours; and yet you have never given me a young goat, so that I might celebrate with my friends; but when this son of yours came, who has devoured your wealth with prostitutes, you killed the fattened calf for him.'** (Luk 15:25-30 NAU)

We eat our feelings, we hurt ourselves, we grow bitter, we gossip, we isolate, we develop

unhealthy addictions....

## How Does My Anger Impact Others?

### #1 - It hurts me physically, emotionally, spiritually:

<sup>10</sup> The heart knows its own bitterness, And a stranger does not share its joy. (Pro 14:10 NAU)

<sup>30</sup> A tranquil heart is life to the body, But passion is rottenness to the bones. (Pro 14:30 NAU)

<sup>2</sup> He who walks in his uprightness fears the LORD, But he who is devious in his ways despises Him (Pro 14:2 NAU)

### #2 – It hurts my relationships with those around me:

<sup>13</sup> Who among you is wise and understanding? Let him show by his good behavior his deeds in the gentleness of wisdom. <sup>14</sup> But if you have bitter jealousy and selfish ambition in your heart, do not be arrogant and so lie against the truth. <sup>15</sup> This wisdom is not that which comes down from above, but is earthly, natural, demonic. <sup>16</sup> For where jealousy and selfish ambition exist, there is disorder and every evil thing. <sup>17</sup> But the wisdom from above is first pure, then peaceable, gentle, reasonable, full of mercy and good fruits, unwavering, without hypocrisy. <sup>18</sup> And the seed whose fruit is righteousness is sown in peace by those who make peace.

<sup>NAU</sup> **James 4:1** What is the source of quarrels and conflicts among you? Is not the source your pleasures that wage war in your members? <sup>2</sup> You lust and do not have; so you commit murder. You are envious and cannot obtain; so you fight and quarrel. You do not have because you do not ask. <sup>3</sup> You ask and do not receive, because you ask with wrong motives, so that you may spend *it* on your pleasures. <sup>4</sup> You adulteresses, do you not know that friendship with the world is hostility toward God? Therefore whoever wishes to be a friend of the world makes himself an enemy of God. (Jam 3:13-4 NAU)

### #3 – It dishonors and damages my relationship with God my Father:

<sup>5</sup> Therefore consider the members of your earthly body as dead to immorality, impurity, passion, evil desire, and greed, which amounts to idolatry. <sup>6</sup> For it is because of these things that the wrath of God will come upon the sons of disobedience, <sup>7</sup> and in them you also once walked, when you were living in them.

<sup>8</sup> But now you also, put them all aside: anger, wrath, malice, slander, *and* abusive speech from your mouth.

<sup>9</sup> Do not lie to one another, since you laid aside the old self with its *evil* practices, <sup>10</sup> and have put on the new self who is being renewed to a true knowledge according to the image of the One who created him-- <sup>11</sup> *a renewal* in which there is no *distinction between* Greek and Jew, circumcised and uncircumcised, barbarian, Scythian, slave and freeman, but Christ is all, and in all. <sup>12</sup> So, as those who have been chosen of God, holy and beloved, put on a heart of compassion, kindness, humility, gentleness and patience; <sup>13</sup> bearing with one another, and forgiving each other, whoever has a complaint against anyone; just as the Lord forgave you, so also should you.

<sup>14</sup> Beyond all these things *put on* love, which is the perfect bond of unity. <sup>15</sup> Let the peace of Christ rule in your hearts, to which indeed you were called in one body; and be thankful. <sup>16</sup> Let the word of Christ richly dwell within you, with all wisdom teaching and admonishing one another with psalms *and* hymns *and* spiritual songs, singing with thankfulness in your hearts to God. <sup>17</sup> Whatever you do in word or deed, *do* all in the name of the Lord Jesus, giving thanks through Him to God the Father. (Col 3:5-17 NAU)

<sup>18</sup> If I regard wickedness in my heart, The Lord will not hear; <sup>19</sup> But certainly God has heard; He has given heed to the voice of my prayer. <sup>20</sup> Blessed be God, Who has not turned away my prayer Nor His lovingkindness from me. (Psa 66:18-20 NAU)

### #4 – It sets a bad foundation of behavior for generations:

Then God spoke all these words, saying, <sup>2</sup> "I am the LORD your God, who brought you out of the land of Egypt, out of the house of slavery. <sup>3</sup> "You shall have no other gods before Me. <sup>4</sup> "You shall not make for yourself an idol, or any likeness of what is in heaven above or on the earth beneath or in the water under the earth. <sup>5</sup> "You shall not worship them or serve them; for I, the LORD your God, am a jealous God, visiting the iniquity of the fathers on the children, on the third and the fourth generations of those who hate Me, <sup>6</sup> but showing lovingkindness to thousands, to those who love Me and keep My commandments. <sup>7</sup> "You shall not take the name of the LORD your God in vain, for the LORD will not leave him unpunished who takes His name in vain. (Exo 20:1-7 NAU)

Lamedh.

<sup>89</sup> Forever, O LORD, Your word is settled in heaven. <sup>90</sup> Your faithfulness *continues* throughout all generations;

You established the earth, and it stands.<sup>91</sup> They stand this day according to Your ordinances, For all things are Your servants.<sup>92</sup> If Your law had not been my delight, Then I would have perished in my affliction.<sup>93</sup> I will never forget Your precepts, For by them You have revived me.<sup>94</sup> I am Yours, save me; For I have sought Your precepts.<sup>95</sup> The wicked wait for me to destroy me; I shall diligently consider Your testimonies.<sup>96</sup> I have seen a limit to all perfection; Your commandment is exceedingly broad. (Psa 119:88-96 NAU)

#### **#5 – It hinders the unsaved from coming to know Jesus as savior:**

<sup>11</sup> "Blessed are you when *people* insult you and persecute you, and falsely say all kinds of evil against you because of Me. <sup>12</sup> "Rejoice and be glad, for your reward in heaven is great; for in the same way they persecuted the prophets who were before you. <sup>13</sup> "You are the salt of the earth; but if the salt has become tasteless, how can it be made salty *again*? It is no longer good for anything, except to be thrown out and trampled under foot by men. <sup>14</sup> "You are the light of the world. A city set on a hill cannot be hidden; <sup>15</sup> nor does *anyone* light a lamp and put it under a basket, but on the lampstand, and it gives light to all who are in the house. <sup>16</sup> "Let your light shine before men in such a way that they may see your good works, and glorify your Father who is in heaven. (Mat 5:11-16 NAU)

<sup>11</sup> Beloved, I urge you as aliens and strangers to abstain from fleshly lusts which wage war against the soul. <sup>12</sup> Keep your behavior excellent among the Gentiles, so that in the thing in which they slander you as evildoers, they may because of your good deeds, as they observe *them*, glorify God in the day of visitation. (1Pe 2:11-12 NAU)

#### **Is it ok to be angry with God?**

The answer simply is NO.

When we are angry with God we are doing several things that attack God's character:

Gen 4 – Abel's offering is accepted Cain's is not – We can dictate to God what is acceptable thereby demeaning His Holiness

1Chron 13 – Uzzah is killed when God's wrath is kindled because David moved the arc incorrectly. God is judgmental and capricious and temperamental untrustworthy.

Jonah – angry because God forgave Nineveh – God is not fair or righteous in letting them live.

Job's wife – God doesn't have control of this world He is sovereign and isn't worthy -

God is Sovereign – Romans 8 -

Express your pain and suffering and cries to help to God that is what the psalms are all about and they teach us how to do it appropriately – psalm 13

God is Good - James 1

We may not understand why we must suffer but God is right there in the midst of it to comfort and bring compassion and to perfect us and mature us into the image of His dear Son, God the Christ, Jesus. Humbly relent and bow your knees in prayer and find solace and strength in His presence.

#### **It must be ok to be angry with myself?**

No it is not - <sup>30</sup> AND YOU SHALL LOVE THE LORD YOUR GOD WITH ALL YOUR HEART, AND WITH ALL YOUR SOUL, AND WITH ALL YOUR MIND, AND WITH ALL YOUR STRENGTH.'

<sup>31</sup> "The second is this, '**YOU SHALL LOVE YOUR NEIGHBOR AS YOURSELF.**' There is no other commandment greater than these." (Mar 12:30-31 NAU)

If we are angry withourselves then we probably have not:

Understood or grasped God's forgiveness – psalm 51; 1Tim 1:15+16

willing accepted the depravity of our own sinfulness – jer.17:9;1Cor 10:6-12

accepted that we cannot control this world or people – Job 38  
accepted that there is only God's way of righteousness - Rom 3:23; Phil 3:7-9

(both in NLT)

that God alone is my judge and not myself – Rom 8:31-34

### **Setting a Plan for change that will actually work:**

#### **#1 – Truly see the nasty hurtful consequences of my angry bitter behavior -**

<sup>30</sup> Do not grieve the Holy Spirit of God, by whom you were sealed for the day of redemption.

<sup>31</sup> Let all bitterness and wrath and anger and clamor and slander be put away from you, along with all malice. (Eph 4:30-31 NAU)

<sup>15</sup> But if you are always biting and devouring one another, watch out! Beware of destroying one another. <sup>16</sup> So I say, let the Holy Spirit guide your lives. Then you won't be doing what your sinful nature craves. <sup>17</sup> The sinful nature wants to do evil, which is just the opposite of what the Spirit wants. And the Spirit gives us desires that are the opposite of what the sinful nature desires. These two forces are constantly fighting each other, so you are not free to carry out your good intentions. <sup>18</sup> But when you are directed by the Spirit, you are not under obligation to the law of Moses. <sup>19</sup> When you follow the desires of your sinful nature, the results are very clear: sexual immorality, impurity, lustful pleasures, <sup>20</sup> idolatry, sorcery, hostility, quarreling, jealousy, outbursts of anger, selfish ambition, dissension, division, <sup>21</sup> envy, drunkenness, wild parties, and other sins like these. Let me tell you again, as I have before, that anyone living that sort of life will not inherit the Kingdom of God. (Gal 5:15-21 NLT)

#### **#2 – Take responsibility for your nasty hurtful bitter angry behavior -**

<sup>20</sup> Listen to counsel and accept discipline, That you may be wise the rest of your days. (Pro 19:20 NAU)

<sup>8</sup> For though I caused you sorrow by my letter, I do not regret it; though I did regret it-- *for I see that that letter caused you sorrow, though only for a while--* <sup>9</sup> I now rejoice, not that you were made sorrowful, but that you were made sorrowful *to the point of* repentance; for you were made sorrowful according to *the will of* God, so that you might not suffer loss in anything through us. <sup>10</sup> For the sorrow that is according to *the will of* God produces a repentance without regret, *leading* to salvation, but the sorrow of the world produces death.

<sup>11</sup> For behold what earnestness this very thing, this godly sorrow, has produced in you: what vindication of yourselves, what indignation, what fear, what longing, what zeal, what avenging of wrong! In everything you demonstrated yourselves to be innocent in the matter. <sup>12</sup> So although I wrote to you, *it was* not for the sake of the offender nor for the sake of the one offended, but that your earnestness on our behalf might be made known to you in the sight of God. (2Co 7:8-12 NAU)

#### **#3 – Repent of your sin and trust Jesus to help you over come. See last week's sermon**

#### **#4 – Resist the temptation to Express / Suppress your anger inappropriately -**

<sup>13</sup> Therefore, take up the full armor of God, so that you will be able to resist in the evil day, and having done everything, to stand firm. <sup>14</sup> Stand firm therefore, HAVING GIRDED YOUR LOINS WITH TRUTH, and HAVING PUT ON THE BREASTPLATE OF RIGHTEOUSNESS, <sup>15</sup> and having shod YOUR FEET WITH THE PREPARATION OF THE GOSPEL OF PEACE; <sup>16</sup> in addition to all, taking up the shield of faith with which you will be able to extinguish all the flaming arrows of the evil *one*. <sup>17</sup> And take THE HELMET OF SALVATION, and the sword of the Spirit, which is the word of God. <sup>18</sup> With all prayer and petition pray at all times in the Spirit, and with this in view, be on the alert with all perseverance and petition for all the saints, <sup>19</sup> and *pray* on my behalf, that utterance may be given to me in the opening of my mouth, to make known with boldness the mystery of the gospel, <sup>20</sup> for which I am an ambassador in chains; that in *proclaiming* it I may speak boldly, as I ought to speak. (Eph 6:13-20 NAU)

<sup>7</sup> Submit therefore to God. Resist the devil and he will flee from you. <sup>8</sup> Draw near to God and He will draw near to you. Cleanse your hands, you sinners; and purify your hearts, you double-minded. <sup>9</sup> Be miserable and mourn and weep; let your laughter be turned into mourning and your joy to gloom. <sup>10</sup> Humble yourselves in the presence of the Lord, and He will exalt you. (Jam 4:7-10 NAU)

<sup>6</sup> Therefore humble yourselves under the mighty hand of God, that He may exalt you at the

proper time, <sup>7</sup> casting all your anxiety on Him, because He cares for you. <sup>8</sup> Be of sober *spirit*, be on the alert. Your adversary, the devil, prowls around like a roaring lion, seeking someone to devour. <sup>9</sup> But resist him, firm in *your* faith, knowing that the same experiences of suffering are being accomplished by your brethren who are in the world. <sup>10</sup> After you have suffered for a little while, the God of all grace, who called you to His eternal glory in Christ, will Himself perfect, confirm, strengthen *and* establish you. <sup>11</sup> To Him *be* dominion forever and ever. Amen. (1Pe 5:6-11 NAU)

#### **#5 – Commit yourself to accountability with trusted brothers/sister to assist you -**

<sup>9</sup> Two are better than one because they have a good return for their labor. <sup>10</sup> For if either of them falls, the one will lift up his companion. But woe to the one who falls when there is not another to lift him up.

<sup>11</sup> Furthermore, if two lie down together they keep warm, but how can one be warm *alone*? <sup>12</sup> And if one can overpower him who is alone, two can resist him. A cord of three *strands* is not quickly torn apart. (Ecc 4:9-12 NAU)

<sup>22</sup> Without consultation, plans are frustrated, But with many counselors they succeed. (Pro 15:22 NAU)

Brethren, even if anyone is caught in any trespass, you who are spiritual, restore such a one in a spirit of gentleness; *each one* looking to yourself, so that you too will not be tempted. <sup>2</sup> Bear one another's burdens, and thereby fulfill the law of Christ. (Gal 6:1-2 NAU)

#### **#6 – Set a plan and achievable goals that include scripture reading and Memorization and write it down and give it to your accountability partners to encourage you -**

The plans of the heart belong to man, But the answer of the tongue is from the LORD. <sup>2</sup> All the ways of a man are clean in his own sight, But the LORD weighs the motives. <sup>3</sup> Commit your works to the LORD And your plans will be established. <sup>4</sup> The LORD has made everything for its own purpose, Even the wicked for the day of evil. <sup>5</sup> Everyone who is proud in heart is an abomination to the LORD; Assuredly, he will not be unpunished. <sup>6</sup> By lovingkindness and truth iniquity is atoned for, And by the fear of the LORD one keeps away from evil. <sup>7</sup> When a man's ways are pleasing to the LORD, He makes even his enemies to be at peace with him. <sup>8</sup> Better is a little with righteousness Than great income with injustice. <sup>9</sup> The mind of man plans his way, But the LORD directs his steps. (Pro 16:1-9 NAU)

<sup>12</sup> Who can discern *his* errors? Acquit me of hidden *faults*. <sup>13</sup> Also keep back Your servant from presumptuous *sins*; Let them not rule over me; Then I will be blameless, And I shall be acquitted of great transgression. <sup>14</sup> Let the words of my mouth and the meditation of my heart Be acceptable in Your sight, O LORD, my rock and my Redeemer. (Psa 19:12-14 NAU)

Job 31 - <sup>7</sup> "If my step has turned from the way, Or my heart followed my eyes, Or if any spot has stuck to my hands, <sup>8</sup> Let me sow and another eat, And let my crops be uprooted. (Job 31:7-8 NAU)

How blessed is the man who does not walk in the counsel of the wicked, Nor stand in the path of sinners, Nor sit in the seat of scoffers! <sup>2</sup> But his delight is in the law of the LORD, And in His law he meditates day and night. <sup>3</sup> He will be like a tree *firmly* planted by streams of water, Which yields its fruit in its season And its leaf does not wither; And in whatever he does, he prospers. <sup>4</sup> The wicked are not so, But they are like chaff which the wind drives away. <sup>5</sup> Therefore the wicked will not stand in the judgment, Nor sinners in the assembly of the righteous. <sup>6</sup> For the LORD knows the way of the righteous, But the way of the wicked will perish. (Psa 1:1-6 NAU)

#### **#7 – Review, repeat and revamp as needed and led by the LORD -**

Therefore if you have been raised up with Christ, keep seeking the things above, where Christ is, seated at the right hand of God. <sup>2</sup> Set your mind on the things above, not on the things that are on earth. (Col 3:1-2 NAU)

Therefore there is now no condemnation for those who are in Christ Jesus.

<sup>2</sup> For the law of the Spirit of life in Christ Jesus has set you free from the law of sin and of death.

<sup>3</sup> For what the Law could not do, weak as it was through the flesh, God *did*: sending His own Son in the likeness of sinful flesh and *as an offering* for sin, He condemned sin in the flesh,  
<sup>4</sup> so that the requirement of the Law might be fulfilled in us, who do not walk according to the flesh but according to the Spirit.  
<sup>5</sup> For those who are according to the flesh set their minds on the things of the flesh, but those who are according to the Spirit, the things of the Spirit.  
<sup>6</sup> For the mind set on the flesh is death, but the mind set on the Spirit is life and peace,  
<sup>7</sup> because the mind set on the flesh is hostile toward God; for it does not subject itself to the law of God, for it is not even able *to do so*,  
<sup>8</sup> and those who are in the flesh cannot please God.  
<sup>9</sup> However, you are not in the flesh but in the Spirit, if indeed the Spirit of God dwells in you. But if anyone does not have the Spirit of Christ, he does not belong to Him.  
<sup>10</sup> If Christ is in you, though the body is dead because of sin, yet the spirit is alive because of righteousness.  
<sup>11</sup> But if the Spirit of Him who raised Jesus from the dead dwells in you, He who raised Christ Jesus from the dead will also give life to your mortal bodies through His Spirit who dwells in you.  
<sup>12</sup> So then, brethren, we are under obligation, not to the flesh, to live according to the flesh--  
<sup>13</sup> for if you are living according to the flesh, you must die; but if by the Spirit you are putting to death the deeds of the body, you will live.  
<sup>14</sup> For all who are being led by the Spirit of God, these are sons of God.  
<sup>15</sup> For you have not received a spirit of slavery leading to fear again, but you have received a spirit of adoption as sons by which we cry out, "Abba! Father!"  
<sup>16</sup> The Spirit Himself testifies with our spirit that we are children of God,  
<sup>17</sup> and if children, heirs also, heirs of God and fellow heirs with Christ, if indeed we suffer with *Him* so that we may also be glorified with *Him*. (Rom 8:1-17 NAU)

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<sup>18</sup> Pray for us, for we are sure that we have a good conscience, desiring to conduct ourselves honorably in all things.  
<sup>19</sup> And I urge you all the more to do this, so that I may be restored to you the sooner. <sup>20</sup> Now the God of peace, who brought up from the dead the great Shepherd of the sheep through the blood of the eternal covenant, even Jesus our Lord, <sup>21</sup> equip you in every good thing to do His will, working in us that which is pleasing in His sight, through Jesus Christ, to whom be the glory forever and ever.  
Amen. (Heb 13:18-21 NAU)

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**Setting a Plan for change that will actually work:**