

INSIDEOUT

LIVING LIFE ON A DEEPER LEVEL

Part 2 – Recovering From An Anger Too Far
Matthew 5:21-24

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I. HOW **FAR** SHOULD I LET MY ANGER GO?

- A. *I John 3:15 “Anyone who **hates** his brother IS a murderer, and you know that no murderer has eternal life in him.”*

- B. *Matthew 5:21-27 “You have heard that it was said to the people long ago, ‘Do not murder, and anyone who murders will be subject to judgment.’²² But I tell you that anyone who is **angry** with his brother will be subject to judgment. Again, anyone who says to his brother, ‘Raca,’ is answerable to the Sanhedrin. But anyone who says, ‘You fool!’ will be in danger of the fire of hell.”*

- C. All of us have our own way in expressing anger.
 - 1. **Toxic** Waste
 - 2. Volcano
 - 3. **Ice** Storm
 - 4. Microwave

- D. *Ephesians 4:26-27* “In your anger do not **sin**”: Do not let the sun go down while you are still angry, ²⁷ and do not give the devil a foothold.”
- E. Anger can be a **neutral** emotion – it can be good or bad.
- F. *Ephesians 4:31* “Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice.” (NIV)

A Stair Step Progression of Hostility:

Anger – We’re hurt or disappointed

Brawling – It turns into **arguing**

Slander – It becomes gossiping to someone

Bitterness – **Hatred** (Jesus said this is “murder of the heart”)

Rage – Emotions become out of control

Malice – **Actions** out of control

II. SEEING ANGER FROM **BELOW** THE SURFACE.

- A. Anger is oftentimes a **secondary** emotion.
- B. Sometimes, our anger today is actually a reaction to something else that has already occurred. Think of anger as the top of an iceberg. Show the picture of the iceberg.
- C. *Ephesians 4:26-27* “In your anger do not **sin**”: Do not let the sun go down while you are still angry, ²⁷ and do not give the devil a **foothold**.”

III. JESUS CALLS ON US TO INITIATE RECONCILIATION WITH THE OTHER PERSON.

- A. *Matthew 5:23-24* “Therefore, if you are offering your gift at the altar and there remember that your brother has something against you, ²⁴ leave your gift there in front of the altar. First go and be reconciled to your brother; then come and offer your gift.” (NIV)
 1. Identify **who** is connected to your anger.
 2. Identify **what** was taken from you.
 3. Decide to **forgive** the person.

- a. The first thing we have to do is **let go** of what we think was taken from us and be willing to trust God with it.
 - b. I'm letting go of what I lost so I can let go of my anger toward that **person** who took it and I'm trusting God for my life.
- 4. Own **your** own contribution, if any, to the problem and apologize.
 - 5. Move on with God.

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Notes:
