

“KILLING THE BEAST”
It Came From Within, Part 5
September 19th, 2010

Proverbs 4:23 (NIV) “Above all else, guard your heart, for it is the wellspring of life.”

You can get rid of anger and not carry it around, but it’s not a quick, easy fix

Anger is not an issue of circumstance, it’s an issue of the heart

Ephesians 4:26 (NAS) “Be angry, and yet do not sin; do not let the sun go down on your anger,…”

Don’t let today’s anger carry into tomorrow

Carry your anger as short a time as possible

There are anger issues you can’t resolve before the sun goes down or in 24 hours

Ephesians 4:27 (NAS) “and do not give the devil an opportunity.”

When you carry anger, you open the door of your heart to the devil and give him an

opportunity to impact and influence your heart

Jealousy says God owes me. Guilt says I owe you. Greed says I owe me.

Anger says you owe me

When you are hurt or offended, there is a sense in which that person took something from you

Anger is more than an open door, it becomes an open account. As long as the account is open, you still carry that anger

The worse thing you can do is carry anger from one season of life to another

When you carry anger from one season to another, it’s easy to loose sight of the original hurt and source

The people you are mad at in your current season of life, who aren’t the real source of your anger, can never do anything to give you permission to close the account

Ephesians 4:31 (NIV) “Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice.”

An issue we have – If I get rid of my anger toward that person, I’m letting them off the hook

Getting rid of anger bypasses the issues of fairness & pay back

Ephesians 4:32 (NIV) “Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.”

To forgive means to cancel a debt – not because they paid you back or made it right

Forgiveness closes the door to the accuser (the devil), the account, and breaks the power of anger

– forgiveness is the only thing that does this

What are you asked to forgive that is greater than what God has forgiven you for?

You and I had an open account with God (we owed him and couldn't repay Him) which He closed because of Christ's death

1 Peter 3:18 (NIV) "For Christ died for sins once for all, the righteous for the unrighteous, to bring you to God."

Those who have hurt you couldn't pay you back – even if they offered

How To Apply This

1. Identify _____ who you are angry with

2. Determine what they owe _____ you

3. Decide to cancel _____ the debt

Stay in the habit _____ of not letting the sun go down on your anger – keep short accounts

When old feelings & memories come back up, mentally go through the 3 actions again _____

If your heart is not right, how long will you choose _____ to live this way?

If you do these things, the day will come when you will see that person and feel differently _____

When done right forgiveness _____ breaks the power and energy of anger in our lives

Remember, guard your heart _____ for from it springs all the issues of life

My Next Step Today Is:

- There is someone I am angry with & need to forgive. I will take three actions talked about today.
- I am asking God to remind me to keep accounts regarding anger
- I will memorize Ephesians 4:32
- I am interested in joining a small group for the fall session (Sept thru Nov), please contact me