

Anger, Part 2

February 17, 2019

Ephesians 4:20-5:2

Anger

Defining a Line

A natural role – Alerts me to an obstruction of my will

The line: Anger – a will to harm

The line: Contempt – an intent to exclude

Describing a Life

Heart – The source of actions

A heart that loves

A heart that recognizes the value of people

What to Do

The Why Before the What

Not Rules – which define your obligation

But Practises – which shape your heart

There are things to do!

There is a “Way of Life” described

It makes sense if you want this “Heart”

Sample and Springboard – Eph 4:20 - 5:2

Picture of God

Eph 4:32 - 5:2

The energy and source of this “way of life”

An Example

This is what God is like

This is how God treats you

Spiritual Energy – More than an Example

Don't grieve Spirit (30)

Don't give the devil a foothold (27)

Receive Forgiveness

Eph 4:31-32

Being Forgiven the start

Confession

If we confess our sins (1 John 1:9)

Confess to One Another

James 5:16 – Confess to, pray for each other

Making Amends

Mat 5:23-26 Leave gift at altar; Settle quickly

Forgive Others

Forgive

Flows from being forgiven; This too starts in heart

A Time to Confront

Start one on one – Mat 18

A Time to Involve others

Start with a few – Mat 18

For Leaders too – 1 Tim 5:19-21

Don't Let it Grow

Eph 4:26 – Anger vs Sin

Heart – Before words or actions

Choice – the line

Don't let it Grow – Anger is dangerous – It gets harder to stop!

Don't let sun go down ... (26)

Settle matters quickly ... (Mat 5:25)

A Way of Life

Practises

Something to do ... Which leads to inner change

Spirit

Power at work in us; Direction for the next step