

Free in 2023 - Week 2 - Jan. 18, 2023

Theme for the year. Focus on becoming better. **Free from Anger**

All people get angry. Sometimes. It's normal. Can be productive...

God gets angry... reacts to evil & injustice.

But never irrational, unaccounted for, unpredictable, spontaneous

■ 64% say we're getting angrier. No self-control.

TV shows: neighborhood wars, parking wars, customer wars.

Anger causes: stress; not feeling respected, appreciated, validated.

1st murder: Cain felt disrespected, killed Abel.

Unfair. Frustrated. Feel attacked, deceived. Grief. **Powerless.**

Control anger before it controls you. 10 Reasons - free of anger:

- 1 – cardiac health . . . 2 hrs after outburst, double risk of heart attack w/repressed anger? Link to heart disease; 2x risk of coronary dis.
- 2 – increases stroke risk; 3x higher risk in 2 hrs after outburst w/aneurysm? 6x higher of rupturing
- 3 – weakens immune system; feel sick more often
- 4 – anger makes anxiety worse;
- 5 – link between anger and depression
- 6 – increased respiratory problems; creates inflammation/airways
- 7 – shorten your life; happy people live longer.
- 8 – Hurts relationships . . . short fuse? Others on egg shells.
- 9 - leads to violent crimes: abuse, battery, assault, murder.
- 10 - Hurts our Christian witness. Not showing love. Our Purpose!

Greatest witness when we display God's characteristics in our lives.

- **Psalm 86:15** – “But you, Lord, are a compassionate and gracious God, slow to anger, abounding in love and faithfulness.”
- “Understand this, my dear brothers and sisters: You must all be quick to listen, slow to speak, and slow to get angry. Human anger does not produce the righteousness God desires.” (**James 1:19-20** NLT)

Anger management? Walk away, breathe, count 10, workout, music . . .

4 Steps to becoming Free of Anger - F-R-E-E:

1 – Focus: Anger is a reaction to an underlying hurt.

Anger is the flashing light/register. Hurt. Disrespect. Unappreciated.
“O Lord my God, I cried to you for help, and you healed me.” – **Psm. 30:2**

2 – Root of the problem.

- Disagreements happen; they don't measure your self worth.
 - o Your opinions are valuable. Your input important. You matter.
- Disrespect? God's opinion of you matters more.
- Didn't go our way? Selfish. Servant mindset

3 – Enlist God's Help

- Anger reminds us, we're powerless. God has power.
 - o God rights our wrongs. . . He vindicates His people.
 - o **Deut. 32:35** – “Vengeance is Mine; I will repay. In due time their foot will slip; for their day of disaster is near, and their doom is coming quickly.”
- “Be angry, yet do not sin. Do not let the sun set upon your anger, and do not give the devil a **foothold.**” - **Eph. 4:26-27** **D-day, Normandy**
 - o Deal w/angry thoughts. Don't react, it will lead to sin, regret.
 - “Be angry, yet do not sin; on your bed, search your heart and be still.”
– **Psalm 4:4**
- Feelings valid, but identify why, **let God help U not live angry person.**

4 – Emulate Our Heavenly Father

- Many, many verses tell us God is “slow to anger”
 - o “But you, Lord, are a compassionate and gracious God, slow to anger, abounding in love and faithfulness.” – **Psalm 86:15** pg 1
 - o “rend your hearts and not your garments, & return to the LORD your God. For He is gracious and compassionate, slow to anger, abounding in loving devotion...” – **Joel 2:13**
 - o **Exodus 34:6; Numbers 14:19; Jonah 4:2; Psm 103:8; Psm 145:8;**
- **Favorite:** “But You are a forgiving God, gracious & compassionate, **slow to anger** & rich in loving devotion, & You did not forsake them.”
– **Nehemiah 9:17**
 - o **Emulate that!** Live slow to anger, rich in love, don't leave.

Christians – supplement faith w/ knowledge, self-control, endurance, godliness, brotherly affection, and love. **2 Peter 1:5-7.**

Stay positive. Test negative. Vaccinated.

Song of the week: I WILL FEAR NO EVIL – Joyce Martin Sanders