

SHIFT

the life we are meant to live



January 24th, 2016

Living Without Anger

1. Reject the FALSE IMPERATIVE NARRATIVES:

Built on a foundation of FEAR

- I AM ALWAYS ALONE.
- THINGS *MUST* GO THE WAY I WANT IT TO.
- IF I MAKE A MISTAKE, SOMETHING BAD WILL ALWAYS HAPPEN.
- LIFE *MUST ALWAYS* BE FAIR AND JUST FOR ME.
- I *MUST NEVER* LOSE CONTROL.
- I *MUST* BE PERFECT ALL THE TIME.

Anger results when these imperative narratives don't get met.

Live freely, animated and motivated by God's Spirit. Then you won't feed the compulsions of selfishness. For there is a root of sinful self-interest in us that is at odds with a free spirit, just as the free spirit is incompatible with selfishness. These two ways of life are antithetical, so that you cannot live at times one way and at times another way according to how you feel on any given day. – Galatians 5:17-18 MSG

2. Embrace the JESUS NARRATIVES:

Built on a foundation of TRUST

- I AM NEVER ALONE BECAUSE JESUS IS ALWAYS WITH ME.
- JESUS IS IN CONTROL OF WHERE MY LIFE IS TO GO.
- MISTAKES HAPPEN ALL THE TIME & HE WILL WORK THINGS OUT FOR MY GOOD.
- LIFE IS OFTEN NEITHER FAIR NOR JUST, BUT GOD GETS THE LAST WORD.
- JESUS ACCEPTS AND LOVES ME EVEN THOUGH I AM NOT PERFECT.

For he has rescued us from the kingdom of darkness and transferred us into the Kingdom of his dear Son, ¹⁴ who purchased our freedom and forgave our sins. - Colossians 1:13-14 NLT

HOW JESUS SEES ANGER

You have heard that our ancestors were told, 'You must not murder. If you commit murder, you are subject to judgment.' ²² But I say, if you are even angry with someone, you are subject to judgment! If you call someone an idiot, you are in danger of being brought before the court. And if you curse someone, you are in danger of the fires of hell. ²³ So if you are presenting a sacrifice at the altar in the Temple and you suddenly remember that someone has something against you, ²⁴ leave your sacrifice there at the altar. Go and be reconciled to that person. Then come and offer your sacrifice to God. ²⁵ When you are on the way to court with your adversary, settle your differences quickly. Otherwise, your accuser may hand you over to the judge, who will hand you over to an officer, and you will be thrown into prison. ²⁶ And if that happens, you surely won't be free again until you have paid the last penny. – Matthew 5:21-26 NLT

1. Not All Anger is Wrong.

Genesis 9:6; Matthew 21:12-19; Matthew 23:17; Mark 3:1-5

Be angry and do not sin; do not let the sun go down on your anger, ²⁷ and give no opportunity to the devil. - Ephesians 4:26-27 ESV

2. The Spirit of Murder Is Behind All Sinful Anger.

1 John 2:8-11

Human anger does not produce the righteousness God desires. - James 1:20 NLT

3. Anger is Never Insignificant.

Numbers 20:10

Israel angered [God] at the waters of Meribah, and it went ill with Moses on their account, for they made his spirit bitter, and he spoke rashly with his lips. - Psalm 106:32-33 NLT

4. Reconciliation Must Seek to Heal All Anger Quickly.

He did not retaliate when he was insulted, nor threaten revenge when he suffered. He left his case in the hands of God, who always judges fairly. - 1 Peter 2:23 NLT

Summing up: Be agreeable, be sympathetic, be loving, be compassionate, be humble. That goes for all of you, no exceptions. No retaliation. No sharp-tongued sarcasm. Instead, bless—that's your job, to bless. You'll be a blessing and also get a blessing. - 1 Peter 3:8-9 MSG

I Will Shift by...

- Memorizing [1 Peter 3:9](#).
- Trusting in the power of the Kingdom of God's dear Son.
- Taking seriously Jesus' call to conquer anger in my life.
- Giving my life to King Jesus for the first time.

WALK THE TALK

A Growth Group Guide

1. What was the worst temper tantrum you ever witnessed? How did it affect you?
2. Look back over the various False Imperative Narratives: Which one do you most relate to? Did it set you up to have anger problems?
3. Read Galatians 5:17-18 above: What does "feeding the compulsions of selfishness" mean to you? How is that "at odds with a free Spirit"? How do compulsions of any kind tend to set you up to be frustrated and angry?
4. How does trusting God (by embracing the Jesus narratives above) help a person diffuse anger?
5. When you think of "righteous anger" and James saying, "the anger of man does not produce the righteousness of God," how does one find the right balance with anger? How can anger be good? Why are we so prone even to let "good anger" become bad?
6. Why is it so important to allow blowback in life, trials in life, negative circumstances in life, to work for your benefit instead of allowing them to pull us into defeat and a "why me?" focus?
7. When has God used a trial to shape your character?

SOUL TRAINING – KEEPING THE SABBATH

A Personal Transformation Exercise

The Principle:

Keeping the Sabbath is a spiritual exercise that can help us better deal with our anger. This may seem strange because anger and Sabbath keeping do not seem to have much in common, but they do share a strong connection. Anger is a result of both our need to control (unmet expectations) and fear, and Sabbath teaches us to trust in God’s strength. Sabbath keeping is, therefore, the perfect exercise to help us deal with anger. Sabbath forces us out of the role of God in our lives. Allowing God to take care of us, we relax and enjoy life. That is essentially what it means to rest. That is why sleep is such an important part of the Sabbath. Sleep is an act of trust. We let go. We trust that no one will harm us even though we have no proof that all will be well.

Rest. Trust. Surrendering control. These are the core elements of Sabbath keeping, and they help us deal with anger. But there is even more to Sabbath keeping than simply refraining from activity. Sabbath keeping is also a matter of joy and delight.

The Plan:

Take one day this week, or at least several hours, as a Sabbath. How can we practice Sabbath keeping? A rule of thumb is to start small. Here are some tips:

1. Take some time to plan. Which day will work best? What will you do? What will you eat?
2. Start in the evening with a special meal for you, your family, and friends.
3. Play games!
4. Eat great food that you love!
5. Go to church together with your family and/or friends (if you choose Sunday as your Sabbath).
6. Try not to eat out (it makes others work), which will mean having food prepared by you for the next day.
7. Nap!
8. Set aside some time for private prayer.
9. Read a good devotional book or write in your journal.
10. Look over the list of blessings you created during the “Turn” series, and give thanks.
11. Spend some time reading the Bible.