## TICKED OFF Best Life Ever – Part 5 of 7

"18 But the things that come out of the mouth comes from the heart and these defile you. 19 For out of the heart come evil thoughts, murder, adultery, sexual immorality, theft, false testimony, and slander." Matthew 15:18-19

## **DESTRUCTIVE EMOTION: ANGER**

"13 Who is wise and understanding among you? Let them show it by their good life, by deeds done in the humility that comes from wisdom. 14 But if you harbor bitter envy and selfish ambition in your hearts, do not boast about it or deny the truth. 16 For where you have envy and selfish ambition, there you find disorder and every evil practice." James 3:13-14, 16

"What causes fights and quarrels among you? Don't they come from your desires that battle within you?" James 4:1

**KEY TRUTH #1:** The source of the fighting and the struggles and the quarrels among you is something going on **INSIDE OF YOU.** 

**KEY TRUTH #2:** The reason we fight and quarrel and get angry is because there's something we **WANT**, that we aren't getting.

"You want something but don't get it. You kill and covet, but you cannot have what you want. You quarrel and fight." James 4:2

"6 Who, being in the very nature God, did not consider equality with God something to be used to his own advantage; 7 rather, He made himself nothing by taking the very nature of a servant..." Philippians 2:6-7

"5 Have the same mindset as Christ Jesus. 8 ...who humbled Himself and became obedient to death, even death on a cross!" Philippians 2:5, 8