

Upcoming Events

CONNECT LUNCH

Open to anyone new to our church!

TODAY, 11:45 a.m., Upper Family Life Center

Contact Bonnie with questions/RSVP at bonnie@troymc.org

TMW LADIES' TEA & AUCTION

A variety of teas, finger foods & door prizes! Doors open at noon

Saturday, May 2, 1:00 p.m., Family Life Center

Contact Libby with questions at lgregg129@gmail.com

FOOTSTEPS OF THE APOSTLE PAUL TRIP

Trip to Greece, Turkey, & the Greek Isles hosted by Pastor Andy

Registration closes on April 30. Less than 5 spots remain

For more info, visit troymc.org/events or 618-708-6443



See our website for additional details– troymc.org/events

Message Notes

April 19, 2026

Unoffendable: The Myth of Righteous Anger

Ephesians 4:25-32

The Idea of Righteous Anger: That there are some things that make God angry (i.e. sin, injustice), so we are justified in our anger toward these things too.

Why is this a myth?

- Ephesians 4:26, 31, 32 - commend us to get rid of anger and instead forgive as God forgave us
- Only God is justified to hold onto anger - you are not God!
- We are commanded to forgive, not hold onto anger - remember Luke 23:34 - "Father, forgive them..."
- James 1:19-20: *My dear brothers and sisters, take note of this: Everyone should be quick to listen, slow to speak and slow to become angry, because our anger does not produce the righteousness that God desires.*

How to Get Rid of Anger and Become Unoffendable:

1. Relinquish the Right to be Offended
2. Lower Your Expectations of Others
3. Check Your Ego
4. Separate Anger from Action
5. Choose Forgiveness

The Unoffendable Challenge:

1. Read along in *Unoffendable* (4 chapters each week)
2. Use the Companion Workbook (alone or in a journey group)
3. Practice being Unoffendable - pick up a bracelet today