



THE GIFT EXCHANGE
“Trading Anger for Love”

Introduction: Love is better than anger.

I. To trade anger for love, you must recognize love is better than anger.

John 3:16 – “For God so LOVED the world, that he gave his only Son, that whoever believes in him should not perish but have eternal life.”

John 13:34 – “A new commandment I give to you, that you love one another: just as I have loved you, you also are to love one another.”

II. To trade anger for love, you must be honest about your anger.

1 Corinthians 13:1–3 – “If I speak in the tongues of men and of angels, but have not love, I am a noisy gong or clanging cymbal. And if I have prophetic powers, and understand all mysteries and all knowledge, and if I have all faith, so as to remove mountains, but have not love, I am nothing. If I give away all I have, and if I deliver my body up to be burned, but have not love, I gain nothing.”

John 13:35 – “By this all people will know that you are my disciples, if you have love for one another.”

III. To trade anger for love, you must be willing to let your anger go.

Ephesians 4:32 – “Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you.”

IV. To trade anger for love, you must accept God's love.

Philippians 2:13 – “For God is working in you, giving you the desire and the power to do what pleases him.”

Romans 5:5b – “God’s love has been poured into our hearts through the Holy Spirit who has been given to us.”

1 Peter 5:7 – “Give all your worries and cares to God, for he cares about you.”

Philippians 4:7 – “And the peace of God, which surpasses all understanding, will guard your hearts and minds in Christ Jesus.”

Conclusion: This is what love looks like.

1 Corinthians 13:4–8a – “Love is patient and kind; love does not envy or boast; it is not arrogant or rude. It does not insist on its own way; it is not irritable or resentful. It does not rejoice in wrongdoing, but rejoices with the truth. Love bears all things, believes all things, hopes all things, endures all things. Love never ends.”

DISCUSSION QUESTIONS:

1. What did you find new, helpful, or confusing about today’s message?
2. Do you find it easier to give or receive gifts?
3. Do you ever find yourself focusing more on being right than on being loving?
4. When do you feel the angriest?
 - a.) When do you feel the most loving?
5. Is there any anger in your life that you would like to exchange for God’s love?