

Triggered
What do we do with our Anger?
April 24, 2022

Romans 12:2 Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God’s will is—his good, pleasing and perfect will.

Romans 8:5-6 Those who live according to the flesh have their minds set on what the flesh desires; but those who live in accordance with the Spirit have their minds set on what the Spirit desires. The mind **governed** by the flesh is death, but the mind **governed** by the Spirit is life and peace.

Proverbs 29:22 An angry man stirs up dissension, and a hot-tempered one commits many sins.

Attempts on how we try to resolve anger:

✓ _____ way.

2 Kings 5:9-14 So Naaman went with his horses and chariots and stopped at the door of Elisha’s house. **Elisha sent a messenger** to say to him, “Go, wash yourself seven times in the Jordan, and your flesh will be restored and you will be cleansed.” But **Naaman went away angry** and said, “**I thought** that he would surely come out to me and stand and call on the name of the Lord his God, wave his hand over the spot and cure me of my leprosy. Are not Abana and Pharpar, the rivers of Damascus, better than all the waters of Israel? Couldn’t I wash in them and be cleansed?” So **he turned and went off in a rage**. Naaman’s **servants went to him** and said, “My father, if the prophet had told you to do some great thing, would you not have done it? How much more, then, when he tells you, ‘Wash and be cleansed’!” So **he went** down and dipped himself in the Jordan seven times, as the man of God had told him, and **his flesh was restored** and became clean like that of a young boy.

✓ _____ way.

✓ _____ way.

James 4:1-2 What causes fights and quarrels among you? Don't they come from your desires that battle within you? You desire but do not have, so you kill. You covet but you cannot get what you want, so you quarrel and fight. You do not have because you do not ask God.

Key Thought: It’s not about _____, it’s about _____.

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Numbers 20:1-12 In the first month the whole Israelite community arrived at the Desert of Zin, and they stayed at Kadesh. There **Miriam died** and was buried. Now there was **no water for the community**, and the people gathered in opposition to Moses and Aaron. They quarreled with Moses and said, “If only we had died when our brothers fell dead before the Lord! **Why did you bring the Lord’s community into this wilderness, that we and our livestock should die here? Why did you bring us up out of Egypt to this terrible place?** It has no grain or figs, grapevines or pomegranates. And there is no water to drink!” Moses and Aaron went from the assembly to the **entrance to the tent** of meeting and fell facedown, and **the glory of the Lord appeared** to them. The Lord said to Moses, “Take the staff, and you and your brother Aaron gather the assembly together. **Speak to that rock** before their eyes and it will pour out its water. You will bring water out of the rock for the community so they and their livestock can drink.” So Moses took the staff from the Lord’s presence, just as he commanded him. He and Aaron gathered the assembly together in front of the rock and Moses said to them, “Listen, **you rebels**, must we bring you water out of this rock?” Then **Moses raised his arm and struck the rock twice** with his staff. Water gushed out, and the community and their livestock drank. But the Lord said to Moses and Aaron, “Because you did not trust in me enough to honor me as holy in **the sight of the Israelites, you will not bring this community into the land I give them.**”

Statements on how to resolve anger:

1. _____ it right now.

Proverbs 17:14 Starting a quarrel is like breaching a dam; so drop the matter before a dispute breaks out.

2. _____ it way down.

Proverbs 14:17 A quick-tempered person does **foolish things**, and the one who devises evil schemes is hated.

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 human anger does not produce the righteousness that God desires.

3. _____ it to God.

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

Walk Away: This week, I will be quick to listen, slow to speak, and _____ to become angry. I will throw off my former way of life and allow God to do a _____ work in me.

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