

# ANGER.

*Fight Club : Part 3 of 5 : MANUP.co*

## **1 Timothy 6**

<sup>12</sup> Paul told Timothy to *“Fight the Good Fight.”*

**Anger says . . . “YOU OWE ME.” - Andy Stanley**

***Anger always has a NAME . . .***

*it’s either your name, my name, or God’s name.*

## **The TRUTH about Anger.**

*“Anger is the soil for 1,000 Sins.”*

*“Anger will cost you more than you want to PAY  
and keep you longer than you want to STAY.”*

*“Anger starts with a PERSON who owes you  
but eventually hurts EVERYONE around you.”*

**Q: What makes you Angry?**

**Q: Who makes you Angry?**

**Q: How long do you plan on staying angry?**

***“Forgiveness is the decision to cancel a debt.”***

*- Andy Stanley -*

## **Ephesians 4**

<sup>31</sup> *Get rid of* all bitterness, rage, anger, harsh words, and slander, as well as all types of evil behavior.

<sup>32</sup> Instead, be kind to each other, tenderhearted, *forgiving one another* **just as** God through Christ has forgiven you.

## **Forgiveness is . . .**

- **Cancelling a debt they can NEVER pay.**

*“It’s IMPOSSIBLE to know how much they OWE.”*

- **Cancelling a debt BEFORE they ask.**

*“It’ll cost you more to CARRY the debt than to CANCEL the debt.”*

- **An ACTION not a FEELING.**

*“Your story is an EXPLANATION for your feelings not an EXCUSE for your actions.”*

## **Matthew 18**

<sup>21</sup> Peter came to Jesus and asked, “Lord, how often should I forgive someone? Seven times?”

<sup>22</sup> “No, not seven times,” Jesus replied, “but seventy times seven!”

*“Forgiveness isn’t a ONE-TIME action it’s an EVERY-TIME decision.”*

## Romans 12

<sup>16</sup> Live in harmony with each other.

Don't think you know it all!

<sup>17</sup> Never pay back evil with more evil. Do things in such a way that everyone can see you are honorable.

<sup>18</sup> Do all that you can to live in peace with everyone.

<sup>19</sup> Dear friends, never take revenge. Leave that to the righteous anger of God. For the Scriptures say . . .

*"Vengeance is MINE.  
I will repay."* says the Lord.

*(Deuteronomy 32:35)*

<sup>20</sup> **Instead . . .**

*"If your enemies are hungry, feed them.  
If they are thirsty, give them something to drink."  
(Proverbs 25:21-22)*

<sup>21</sup> **Don't let evil conquer you,  
but conquer evil by doing good.**

## Forgiveness doesn't . . .

- **IGNORE** the *problem* -  
it finds a **SOLUTION**.

### Luke 23

<sup>34</sup> Jesus said, "*Father forgive them,  
for they don't know what they are doing.*"

*"Forgiveness is the primary way  
to show Jesus to others."*

- **EXCUSE the *person* -**  
**it removes your EXCUSES.**

*“Accepting God’s forgiveness frees me from  
MY sin . . . offering forgiveness to others  
frees me from THEIR sin.” - Andy Stanley*

*“Forgiveness isn’t what they DESERVE  
it’s what you DESIRE.”*

- **REMOVE the *penalty* -**  
**it removes you as the JUDGE.**

*“Forgiveness is transferring  
their debt to God’s account.”*

- **CONTINUE the *pattern* -**  
**it stops the CYCLE.**

*“Forgiveness doesn’t stop at EVEN -  
it replaces EVIL with GOOD.”*

## **Your Turn.**

- 1. Make a list of WHO owes you WHAT.**
- 2. Decide IF or WHEN you’re ready to Forgive.**
- 3. Thank God for HIS Forgiveness.**
- 4. CANCEL the debt and CLOSE the case.**