

Andy Mork Father's Day

*So you are
content with being
Team Michal and
Saul.*

- Thank you!
- Pastor Rich Doebler



My family of origin:

My Dad, Dick, the career
pastor and church planting
coach

My mom, Carol, who also has
been a pastor for more than
40 years.

I was an only child.

There wasn't much modeling
of expressing feelings of
conflict or frustration.

MORK Parents- DICK and carol



BABY MORK

The Rage Clean

The overwhelming need to clean all the things because you're beyond angry.



I think control of her environment was a high need for my mom.

When she was frustrated, she would clean.

Rage cleaning. She often wore out a vacuum cleaner in less than a year. I now connect it with that need for control.

When she was upset with external things, instead of spending time thinking about why she was upset, she focused on what she could control.



Sideways Anger

“it means they are expressing frustration indirectly, covertly, or inappropriately rather than addressing the root cause head-on. Instead of directly saying ‘I am angry,’ the emotion leaks out through harmful, sneaky, or displaced behaviors. This typically happens when a person avoids a conflict or is afraid to express their anger honestly.”

[From Vicki Smith](#)

#2 Passive Aggression (Sideways anger)

You learned it wasn't safe to express anger directly, so it seeps out: Sarcasm, avoidance, subtle sabotage. I've noticed that most people who are being passive aggressive aren't even aware of it.

Some ways it manifests are:

- Being chronically late
- Guilt-tripping
- Saying one thing and doing another
- Backhanded compliments.

[From Joe Hudson](#)



I am guessing at this point,
some of you are wondering
where this is going.

It's Father's Day, Mork is
supposed to be talking about
being a father or being a son.

Yes.

To move on ...

Andy as a young adult,
reconnects with a
young woman of strong
faith and vision in what
she wants as a
Christian wife and
mom.

And...

Listens to the Christian friend
recently wowed by a sermon

"Anger Grieves the Holy Spirit"

Andy watches this friend

1. Deny being angry
2. Being very surly to
strangers and in public
3. Justify the silent treatment
to co-workers as "avoiding
anger"

Memory triggered- “Who tracked that grain of sand in here.”

Fork in the Road-

Deny anger and possibly anger would leak out in other yucky ways. Unlearn behaviors as I did not want to have anger come out sideways- (function in relationships through passive aggressiveness and attempts to control, AND I needed a new skill set)

I’m not saying that anger doesn’t grieve the Holy Spirit. Once I watched Christians deny their own anger and act with control and manipulation I looked to the Bible. **There is biblical evidence for having and expressing emotions. I started reading The Bible with the question of “What does God want from me as a spiritual leader in my home and community?”**



John 11

³³ When Jesus saw her weeping, and the Jews who had come along with her also weeping, he was deeply moved in spirit and troubled. ³⁴ “Where have you laid him?” he asked.

“Come and see, Lord,” they replied.

³⁵ Jesus wept.

³⁶ Then the Jews said, “See how he loved him!”

Jacob from Genesis 29:11

¹⁰ When Jacob saw Rachel daughter of his uncle Laban, and Laban’s sheep, he went over and rolled the stone away from the mouth of the well and watered his uncle’s sheep. ¹¹ Then Jacob kissed Rachel and began to weep aloud. ¹² He had told Rachel that he was a relative of her father and a son of Rebekah. So she ran and told her father.

2 Samuel 6

¹² Now King David was told, “The LORD has blessed the household of Obed-Edom and everything he has, because of the ark of God.” So David went to bring up the ark of God from the house of Obed-Edom to the City of David with rejoicing. ¹³ When those who were carrying the ark of the LORD had taken six steps, he sacrificed a bull and a fattened calf. ¹⁴ Wearing a linen ephod, David was dancing before the LORD with all his might, ¹⁵ while he and all Israel were bringing up the ark of the LORD with shouts and the sound of trumpets.

¹⁶ As the ark of the LORD was entering the City of David, Michal daughter of Saul watched from a window. And when she saw King David leaping and dancing before the LORD, she despised him in her heart.

²⁰ When David returned home to bless his household, Michal daughter of Saul came out to meet him and said, “How the king of Israel has distinguished himself today, going around half-naked in full view of the slave girls of his servants as any vulgar fellow would!”

²¹ David said to Michal, “It was before the LORD, who chose me rather than your father or anyone from his house when he appointed me ruler over the LORD’s people Israel—I will celebrate before the LORD. ²² I will become even more undignified than this, and I will be humiliated in my own eyes. But by these slave girls you spoke of, I will be held in honor.”

²³ And Michal daughter of Saul had no children to the day of her death.

David's justification to Michal is beautiful. "I will celebrate before the Lord," but he goes further- "I will become even more undignified than this, and I will be humiliated in my own eyes."

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It's awkward to even think about:
In touch with emotions and love for God
to be "undignified" in a public crowd as a
national leader

"David was dancing before the LORD with
all his might,"

VERSUS

Team Michal and Saul- point out and
mock David's emotional display "How the
king of Israel has distinguished himself
today, going around half-naked in full
view of the slave girls of his servants
as any vulgar fellow would!"

If you haven't tuned Mork out yet,
you may connect Michal's
response to a callback for an
earlier mention.

"SIDEWAYS ANGER"

Or passive aggressiveness as an
attempt to manipulate or control.

Michal is upset, so she gets in 3
important descriptors here-
"half-naked," "in view of the slave
girls" AND "vulgar"

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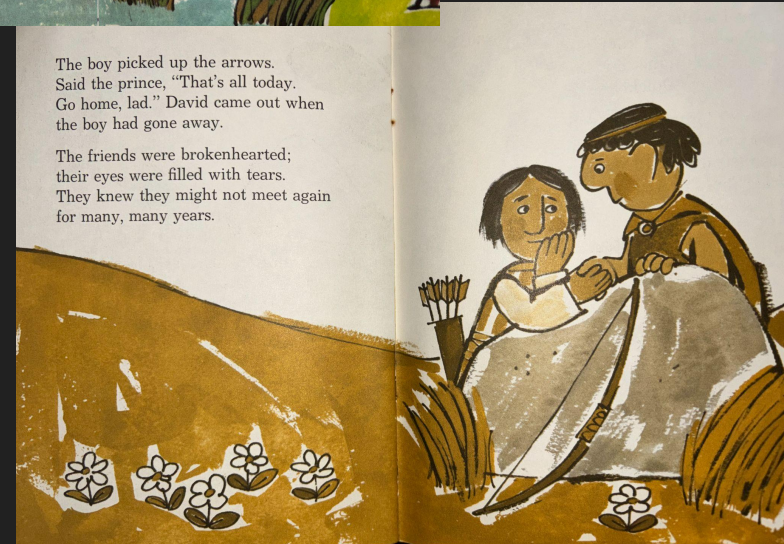
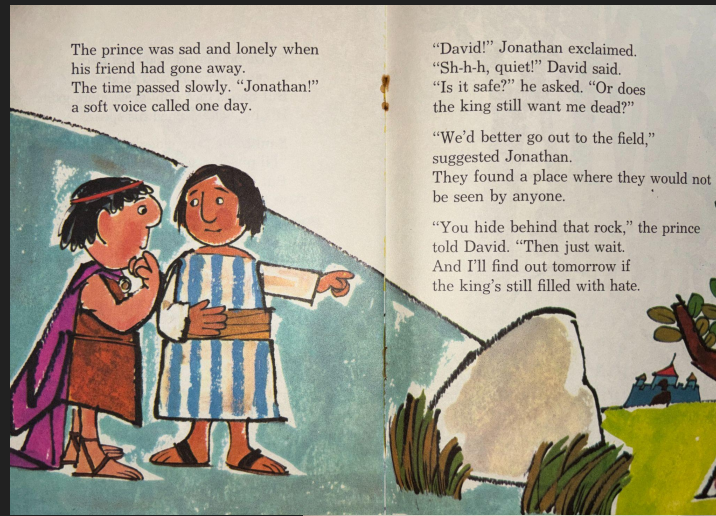
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Do those stories matter? Why? So what? Examples of Andy's-

1. Working on identifying what emotion I feel when I am frustrated or just find myself exhausted
2. Dear friend and Christian brother had intentionally deceived others to pursue a work promotion. I was angry. Anger is often a secondary emotion. I realized I felt sad. I was sad for myself that I had misjudged the integrity of this friend. I was also sad for him, that he had a blind eye to his ruthlessness for self-promotion.
3. As a teacher, my summers turned to child care for our family for a long time. I loved the little kid summers. It was fairly easy to control. All of a sudden, now with young adults, I miss those days. it's a lot of listening and watching people with their own (strong) opinions and (ingrained) routines. I really try not to sigh or roll my eyes. They are growing up and becoming adults and it has been hard to let go of control. I try to check my emotions- what is causing my frustration or irritation?
4. I lost my Dad in March. But I also a long-time Christian friend who knew me, loved me anyway, and could remind me of God's mercy and grace. That's been a loss. Feeling sad for the loss is natural, I'm also sad I didn't tell my Dad a lot of things because I just ran out of time.

I am comforted by thinking back on this kids Arch book about the David story, and remembering how sad David is described to feel at the loss of Jonathan as a good friend. God modeled mercy and grace. Sometimes we need to show ourselves that same courtesy and give ourselves space to feel.



Close in Prayer

Review the slides if you choose

Thanks for the opportunity to
share today.

