

SEQUOIA NOTES

Today's Sequoia Message...

Overcoming Anger with Love

With Ryan Dawson - Lead Pastor
May 26, 2024



How do you respond when someone does something that angers you?

Matthew 5:21-26 (NLT) “You have heard that our ancestors were told, ‘You must not murder. If you commit murder, you are subject to judgment.’²² But I say, if you are even angry with someone, you are subject to judgment! If you call someone an idiot, you are in danger of being brought before the court. And if you curse someone, you are in danger of the fires of hell. ²³ “So if you are presenting a sacrifice at the altar in the Temple and you suddenly remember that someone has something against you, ²⁴ leave your sacrifice there at the altar. Go and be reconciled to that person. Then come and offer your sacrifice to God. ²⁵ “When you are on the way to court with your adversary, settle your differences quickly. Otherwise, your accuser may hand you over to the judge, who will hand you over to an officer, and you will be thrown into prison. ²⁶ And if that happens, you surely won’t be free again until you have paid the last penny.”

- **Replace anger with God’s love to live in the Way of Jesus.**

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1 John 4:7-12 (NLT) “Dear friends, let us continue to love one another, for love comes from God. Anyone who loves is a child of God and knows God. ⁸ But anyone who does not love does not know God, for God is love. ⁹ God showed how much he loved us by sending his one and only Son into the world so that we might have eternal life through him. ¹⁰ This is real love—not that we loved God, but that he loved us and sent his Son as a sacrifice to take away our sins. ¹¹ Dear friends, since God loved us that much, we surely ought to love each other. ¹² No one has ever seen God. But if we love each other, God lives in us, and his love is brought to full expression in us.”

- **Seeking reconciliation with God means seeking reconciliation with others.**

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Romans 12:18 (NIV) “If it is possible, as far as it depends on you, live at peace with everyone.”

Who do you need to seek reconciliation with today?

Who has hurt you or offended you that you need to forgive & reconcile with?

Who have you offended that you need to approach & ask for forgiveness?

- **Settle differences quickly to live freely before God & people.**

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Ephesians 4:26-27 (NLT) “And ‘don’t sin by letting anger control you.’ Don’t let the sun go down while you are still angry, ²⁷ for anger gives a foothold to the devil.”

1 John 4:15-21 (NLT) “All who declare that Jesus is the Son of God have God living in them, and they live in God. ¹⁶ We know how much God loves us, and we have put our trust in his love. God is love, and all who live in love live in God, and God lives in them. ¹⁷ And as we live in God, our love grows more perfect. So we will not be afraid on the day of judgment, but we can face him with confidence because we live like Jesus here in this world. ¹⁸ Such love has no fear, because perfect love expels all fear. If we are afraid, it is for fear of punishment, and this shows that we have not fully experienced his perfect love. ¹⁹ **We love each other because he loved us first.** ²⁰ If someone says, “I love God,” but hates a fellow believer, that person is a liar; for if we don’t love people we can see, how can we love God, whom we cannot see? ²¹ And he has given us this command: Those who love God must also love their fellow believers.”

Big Idea: Overcome anger through God’s love & pursue reconciliation.

The Translation of the Bible Scriptures used in today's service are from the New Living Translation (NLT), and The New International Version (NIV).



Sequoia Impact Communities are where we
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To get plugged in email:
impactcommunities@sequoiachurch.org

Overcoming Anger with Love
#8 of 26 - May 26, 2024

- 1) What has God revealed to you through the **Gospel Reading Challenge** this week? What have you learned or been able to apply?
- 2) How do you usually respond to someone who makes you angry?
- 3) Read Matthew 5:21-26. What is the **Context** for this passage? Who is the writer and the recipients? Where does this fit in the book as a whole? What are the circumstances?
- 4) **Observation:** What “jumps out” in these passages? What interesting details do you observe? What questions does it raise for you?
- 5) **Meaning:** What was the meaning for the original recipients? What meaning is inferred in this for us?
- 6) What is Jesus saying about anger in the context of Kingdom Life? How does Jesus take us deeper into God’s heart and will in this regard?
- 7) Read 1 John 1:7-21. How does this passage expand on the teaching of Jesus? How does love help us overcome anger?
- 8) Why does Jesus focus so much on reconciliation as a means to overcome anger? According to 1 John 1:7-21 where do we get the strength to do this?
- 9) **Application:** What resonates with you from this message?
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