

DIVING DEEPER

Going Beneath The Surface With God And Others

August 14th and 15th, 2021

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Fellowship: Koinonia: BEING LOVED AND LOVING AT THE DEEPEST LEVEL

“Then we will no longer be infants, tossed back and forth by the waves, and blown here and there by every wind of teaching and by the cunning and craftiness of people in their deceitful scheming. Instead, speaking the truth in love, we will grow to become in every respect the mature body of him who is the head, that is, Christ. Therefore each of you must put off falsehood and speak truthfully to your neighbor, for we are all members of one body. “In your anger do not sin”: Do not let the sun go down while you are still angry, and do not give the devil a foothold.”
Ephesians 4:14,15, 25-27 (NIV)

UNHEALTHY WAYS WE EXPRESS ANGER

- Pufferfish: Blows up
- Hermit crab: Goes into their shell
- Angelfish: Passive-aggressive attacks
- Stingray: Attacks when you step on them
- Electric eel: Always angry and isolated
- Shark: Attacks when there is blood in the water
- Piranha: Constant critical, biting comments

STEPS TO A NEW DEPTH

1. SEE BENEATH THE SURFACE

“Then we will no longer be infants, tossed back and forth by the waves, and blown here and there...” Ephesians 4:14a (NIV)

- Hurt
- Fear
- Frustration

2. REGULATE THE PRESSURE

- DON'T VENT ANGRY FEELINGS

“Fools give full vent to their rage, but the wise bring calm in the end.” Proverbs 29:11 (NIV)

“Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen.” Ephesians 4:29 (NIV)

- DON'T HOLD IN ANGRY FEELINGS

“In your anger do not sin”: Do not let the sun go down while you are still angry, and do not give the devil a foothold.” Ephesians 4:26-27 (NIV)

- BREATHE OUT ANGER: BY ADMITTING IT
- BREATHE IN GRACE: BY ACCEPTING IT

3. BALANCE TRUTH WITH LOVE

“Instead, speaking the truth in love, we will grow to become in every respect the mature body of him who is the head, that is, Christ.” Ephesians 4:15 (NIV)

“Wounds from a friend can be trusted, but an enemy multiplies kisses.” Proverbs 27:6 (NIV)

“Make every effort to keep the unity of the Spirit through the bond of peace.” Ephesians 4:3 (NIV)