

# THIS WEEKEND

## *at The Crossing*



Anger  
Steve Poe  
March 10, 2024

The Crossing Church  
Las Vegas, Nevada

### OPENING

This week Steve Poe is our guest speaker. He is a friend of Pastor Shane, a former pastor of the magnificent Northview church in Indianapolis, and the author of [Creatures of Habit: Breaking the Habits Holding You Back from God's Best](#). Pastor Steve is going to share with us about anger, an emotion that can cause us great difficulty in our relationships.

### SCRIPTURE<sup>1</sup>

**Romans 12:2** Do not conform to the pattern of this world but be transformed by the renewing of your mind.

**Proverbs 14:29** People with understanding control their anger, a hot temper shows great foolishness.

**Ephesians 6:4** Fathers, do not provoke your children to anger by the way you treat them. Rather, bring them up with discipline and instruction that come from the Lord.

**Proverbs 29:11** Fools vent their anger, but the wise quietly hold it back.

**James 1:19** You must be quick to listen, slow to speak, and slow to get angry.

**Colossians 3:13** Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you.

**Ephesians 4:** Don't let the sun go down while you're still angry.

**John 2:14-16** In the temple courts He found men selling cattle, sheep and doves, and others sitting at tables exchanging money, so He made a whip out of cords, and drove all from the temple area, both sheep and cattle; He scattered the coins of the money changers and overturned their tables.

### OBSERVATION

We know Jesus became angry when he found money changers defiling His Father's temple by turning religion into a money-making fraud. The people were required to bring various animals or money to purchase animals to the priests to be sacrificed as payment for their sins. This was

---

<sup>1</sup> All scripture is NIV translation unless otherwise indicated.

an ongoing requirement because people continued sinning – surprise, surprise! The animals they brought or bought - doves, lambs, goats and even bulls based upon their financial conditions - as their throats were cut their blood flowed to supposedly cover their sin before God. When Passover was implemented in the 1400's B. C., it became a metaphor for the people so they could understand Jesus' sacrifice of Himself centuries later on Calvary as the Lamb of God centuries later. The difference is His sacrifice was forever, not requiring believers to ever again need to be reconciled to God in that way again. Jesus paid the price for all of us forever after. We only need to believe that He is the Holy Son of God who died for us.

**QUESTION: When have you witnessed someone becoming angry and tried to calm the situation? How did you do that?**

There are other situations that make Jesus angry as well. Any kind of injustice angers Him such as the harming of a child. But the type of anger He demonstrated was righteous indignation as He reacted to those who acted contrary to God's standard of fairness, justice and goodness. It was directed at wrongs that were done and not so much toward the people involved.

**QUESTION: Under what circumstances have you demonstrated righteous anger?**

#### **APPLICATION**

Anger is an emotion many people experience when things are not going well for them - when kids are disobedient or others get promotions we think we deserve. If anger is our immediate response every time we don't like something, then we have established a habit of anger. It has the potential to damage our careers, our families, our health or our peace of mind. We see signs of irritability throughout our culture. We call it road rage or phone rage or waiting in line rage or golf rage. It's gotten so bad that people are afraid to look eyes with anyone in fear they might lose their cool and pull a gun on us.

**QUESTION: When has an angry encounter damaged your relationship with someone?**

Yet, anger is a learned behavior and it can be controlled. When we don't control it, we don't look much like Jesus, do we? When loss of control affects our kids, shame on us! They think we can do no wrong, but they are damaged and fearful when our anger is directed at them. It is crushing to them. So, here are some steps we can implement to help us overcome this sin: **1) Identify the source of our anger.** It is usually the result of a much deeper problem like pride or spiritual or emotional pain or insecurity or embarrassment. If we understand the source of our anger, we can direct it more appropriately by getting counseling or waiting awhile to react; **2) Learn to calm down before reacting.** Step away and collect our thoughts before responding to an upsetting situation; **3) Get some exercise.** Take a walk or go the gym to reduce our stress level; **4) Let go of our anger correctly** and decide that we are not going to express it inappropriately because the cost is too great. **5) Practice forgiveness.** Jesus shows us how to love others who "do us wrong." He had every reason to be upset over being beaten and mocked and whipped and being crucified, don't you think? But instead, He loved His enemies so much He was willing to forgive. We need to learn a lesson from His method of diffusing anger; **6) Give our anger an expiration date.** When we hang on to anger it festers and eventually explodes in destructive

ways that hurt others and leave us with regrets; **7) Rely on God's control.** God has plans for our lives which include contentment and peace. Anger is not a part of that.

**QUESTION: What is often the deeper cause of your anger?**

**QUESTION: How do you repair damaged relationships with your spouse and kids?**

Many of us underestimate the power habits can have in our lives when we persevere in choosing calm and forgiving behavior rather than anger. New habits can become part of our new identities as we become more Christ-like - and God's Holy Spirit and prayer are the most powerful allies we have on our journey toward heaven.

**QUESTION: Who is angry with you today? What can you do to overcome that anger?**

### **PRAYER**

Heavenly Father, anger is a bad habit we need to break. This week we make the decision to take steps needed to live beyond that stronghold. Please give us the courage and self-control needed to accomplish this once and for all. In His name. Amen.

### **QUESTIONS**

**QUESTION: When have you witnessed someone becoming angry and tried to calm the situation? How did you do that?**

**QUESTION: Under what circumstances have you demonstrated righteous anger?**

**QUESTION: What is often the deeper cause of your anger?**

**QUESTION: When has an angry encounter damaged your relationship with someone?**

**QUESTION: How do you repair damaged relationships with your spouse and kids?**

**QUESTION: What relationship needs repairing today?**

**QUESTION: Who is angry with you today? What can you do to overcome that anger?**