

# Finding Freedom

## Finding Freedom From Anger

3-10-19

*Ephesians 4:26-31* - "**In your anger do not sin**": Do not let the sun go down while you are still angry, <sup>27</sup> and do not give the devil a **foothold**. . . <sup>30</sup> And do not grieve the Holy Spirit of God, with whom you were sealed for the day of redemption. <sup>31</sup> Get rid of all **bitterness, rage and anger, brawling and slander**, along with every form of **malice**.

Would you be willing to rent the devil a guestroom?

Foothold (top'-os): opportunity, location, place, **room**.

Wrong ways we handle anger:

1) Spewers \_\_\_\_\_ it.

*Proverbs 29:11* - A fool gives full **vent to his anger**, but a wise man keeps himself under control.

*Proverbs 14:17* - A quick-tempered man does **foolish things**.

2) Stewers \_\_\_\_\_ it.

*Psalms 32:3* - When **I kept silent**, my bones wasted away through my groaning all day long.

From 2-17-19 (Finding Freedom by Getting Real) and 2-24-19 (Finding Freedom Through Actions)

1. You **must** admit your **hurts**.
2. You must replace **old reruns** with God's truth.
3. You must **refocus** on the future.
4. You must release those who have **hurt you**.
5. You must receive support from your **community group**.
6. You must reach out to **help others**.

Where does your anger come from?

*Matthew 15:1-18* - Then some Pharisees and teachers of the law came to Jesus from Jerusalem and asked, <sup>2</sup> "Why do your disciples break the tradition of the elders? They don't wash their hands before they eat!" <sup>3</sup> Jesus replied, "And why do you break the command of God for the sake of your tradition? ... <sup>6</sup> ... you nullify the word of God for the sake of your tradition. <sup>7</sup> You hypocrites! ... <sup>8</sup> "These people honor me with their lips, but their hearts are far from me. <sup>9</sup> They worship me in vain; their teachings are but rules taught by men." <sup>10</sup> Jesus called the crowd to him and said, "Listen and understand. <sup>11</sup> What goes into a man's mouth does not make him 'unclean,' but what comes out of his mouth, that is what makes him 'unclean.'" ... <sup>17</sup> "Don't you see that whatever enters the mouth goes into the stomach and then out of the body? <sup>18</sup> But the things that come out of the mouth come from the heart, and these make a man 'unclean.'

1. So your \_\_\_\_\_ is responsible for your words, actions and deeds.

*Matthew 15:19-20* - For **out of the heart come** evil thoughts, murder, adultery, sexual immorality, theft, false testimony, slander. <sup>20</sup> These are what make a man 'unclean'; but eating with unwashed hands does not make him 'unclean.'"

2. So if your heart isn't in good shape, it's going to be almost impossible to maintain healthy \_\_\_\_\_ with anybody.

*Proverbs 4:23* - Above all else, guard your heart, for it is the wellspring of life.

3. So what is in your heart is going to \_\_\_\_\_  
of you, regardless of who is around you.

Next steps to get a healthy heart:

Step 1. Fill your \_\_\_\_\_ with God's word (Bible reading plan).

*Psalm 119:9-11* - How can a young man keep his way pure? By living according to your word. <sup>10</sup> I seek you with all my heart; do not let me stray from your commands. <sup>11</sup> **I have hidden your word in my heart** that I might not sin against you.

Step 2. Keep your \_\_\_\_\_ focused on praiseworthy things.

*Philippians 4:8* - Finally, brothers, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable – if anything is excellent or praiseworthy – think about such things.

Step 3. Make \_\_\_\_\_ a priority.

*Psalm 86:11-13* - Teach me your way, O Lord, and I will walk in your truth; give me an undivided heart, that I may fear your name. <sup>12</sup> I will praise you, O Lord my God, with all my heart; I will glorify your name forever. <sup>13</sup> For great is your love toward me; you have delivered me from the depths of the grave.

*Ephesians 4:31-32* - **Get rid of all** bitterness, rage and anger, brawling and slander, along with every form of malice. <sup>32</sup> Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.