

An explosion of grace -  
Help and Hope are there

Anger in itself is not sin.  
But in our flesh,  
with the enemy's help, anger leads to sin

Expressed                      Repressed

Ephesians 4:22 - 31

"Therefore each of you must put off falsehood and speak truthfully to his 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.

He who has been stealing must steal no longer, but must work, doing something useful with his own hands, that he may have something to share with those in need..."

Ephesians 4:22 - 31

"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. And do not grieve the Holy Spirit of God, with whom you were sealed for the day of redemption.

Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you."

Easy to say, but oh so hard to do...

Can God really be serious?

- Don't sin in anger
- Don't let the sun go down on it
- Don't give the devil a foothold

Anger's sinful potential

- Actions
- Holding on to it
- Enemy's use of it

When we act in our anger  
or we hold on to it,  
then we move into sinful behavior.

Anger's sinful potential

- Enemy establishes a foothold

Anger's sinful potential

- Enemy establishes a foothold
- Which creates potential for his stronghold

Good news - God has a plan!

"For though we live in the world, we do not wage war as the world does. The weapons we fight with are not the weapons of the world.

On the contrary, they have divine power to demolish strongholds. We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ."  
2 Corinthians 10: 3 - 5

Something happens . . .

And a lie takes root

It becomes "truth"

It impacts how we think

It impacts how we act

It causes us to tolerate or commit sin

Because we believe it ...

We can't operate in truth

We live in bondage

We participate in the enemy's plan

Two reactions to situations

Two reactions to situations

- Helpless

Two reactions to situations

- Helpless
- Hopeless

Two reactions to situations

- Helpless

Two reactions to situations

- Helpless
  - Defensive

Two reactions to situations

- Helpless
  - Defensive
  - Defeated

Two reactions to situations

- Helpless
  - Defensive
  - Defeated
- Hopeless
  - Frustrated

Two reactions to situations

- Helpless
  - Defensive
  - Defeated
- Hopeless
  - Frustrated
  - Apathetic

Two reactions to situations

- Helpless
  - Defensive
    - Tear down or tear apart

Two reactions to situations

- Helpless
  - Defensive
    - Tear down or tear apart
  - Defeated
    - Build walls

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  - Frustrated
    - Striking out or manipulating

Two reactions to situations

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- Hopeless
  - Frustrated
    - Striking out or manipulating
  - Apathetic
    - Indifferent

Philippians 4:4 - 9

"Rejoice in the Lord always. Again I will say, rejoice!

Let your gentleness be known to all men.  
The Lord is at hand.

Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus..."

"Finally, brothers, whatever things are true, whatever things are noble, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report, if there is any virtue and if there is anything praiseworthy—**meditate on these things.**  
The things which you learned and received and heard and saw in me, these do, and the God of peace will be with you."

Great news!

God's plan includes:

- releasing anger
- not sinning in it
- being joyful in the midst of it

Great news!

You are not helpless!

"But I tell you the truth,  
it is to your advantage that I go away;  
for if I don't go away, the Helper will not come to you;  
but if I go, I will send Him to you."  
John 16:7

Great news!

You are not helpless!

"I can do ALL things through Christ,  
who gives me strength."  
Philippians 4:13

Great news!

You are not helpless!

The Holy Spirit is our Helper  
Jesus is our Advocate  
God is our Refuge, Shield, Defender

Great news!

Things are not Hopeless!

"...God has said,  
'Never will I leave you,  
Never will I forsake you...'"  
Hebrews 13:5

Great news!

Things are not Hopeless!

"If God is for us, who can be against us?"  
Romans 8:31

Great news!

Things are not Hopeless!

The same power that raised Jesus from the  
dead resides in you!

Great news!

Good news - God has a plan!  
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Let God's power demolish pretensions that we know  
more than God does about the problem.

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Overpower and defeat every thought that says anything  
other than what Jesus says about your situation.

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