

## Crossroads Community Church

Sunday October 26th, 2014

We came with burdened hearts this morning, seeking God for comfort and strength after what has been a tumultuous week of events. We have the assurance that God is sovereign over all things. We praised Him for His love and care as we worshipped with humble hearts. Pastor Don shared announcements prayed over the service and our country, "Dear Father God, we know you are in control of all things, we thank you for our country and we thank you for the freedom you give Canada but above all the freedom we have through your Son. Continue to lead us as we seek to honor you and let us not go to fear but rather put our trust in your mighty hand to protect us, in Jesus name Amen."

Pastor Don once again opened with a soul searching question, "Which human emotion is the most difficult to overcome?" In unison we answered, "Anger!" Yes anger, pastor Don continued, some call it impatience when your child whines at the grocery store, or disappointment after a failed test or obtaining a new job and some call it frustration standing in a line up at Timmy's. The dictionary states that "Anger" is a strong emotion of displeasure. After a week like this one it would be all too easy to let anger fill our hearts and want to retaliate, but that is not what we are called to do. Pastor Don turned to scripture, anger in itself is not the sin, it is what we do with it that turns it into sin and gives the devil a foothold, (Ephesians 4:26, 27) letting anger control our actions causes sin, (Psalms 4:4). Our mothers always said turn your tongue ten times before you speak, there is wisdom in those words, as James teaches that humans have not tamed the tongue, we can bless and curse with it, (James 3:7-10). We have all heard growing up, sticks and stones will hurt my bones but words will never hurt me, unfortunately we've all grown up to find that this wasn't true; words really do hurt and can for a lifetime. God has a biblical way of controlling anger just like a well-tuned engine with the right amount of fuel flowing through it will work as it should, but the improper use of anger is like pouring too much fuel on the engine and will cause an explosion. Let us look at different types of wrongful anger: Rage, dynamite anger, explosive anger, the kind that lashes out, maybe some of you have been on the receiving end of that type, it is very damaging and it hurts. Those who unleash it make excuses for it, I just couldn't help myself, something came over me or you just made me so mad I had to do it, this is abuse, (Proverbs 29:11; 14:17). There is also wrathful anger, the kind that seeks revenge, it becomes obsessive, it stems from an unforgiving spirit, it is birthed in bitterness which leaves the devil full range to operate causing destruction of many relationships and people, (Ex; Saul against King David or Haman against Mordecai). Then there is resentment anger, this stems from disagreements and is suppressed. It appears calm and restrained on the outside but it is boiling on the inside, like the prodigal son's brother in Luke 15:28-30. These are not healthy godly ways of handling anger and it separates the closest of friends, even if someone says sorry, the consequences take longer to heal, (Proverbs 18:19).

So what kind of anger is right for God's people? What type of anger can be controlled and used in a godly way? Indignation Anger, it is anger over issues of inhumanity such as child or spousal abuse, abortion and genocide, terrorism and war etc. This anger when well managed can be healthy when it is focused on the issues instead of people. This is the type of anger Jesus used, he did not explode, he did not seek revenge and never suppressed his anger when he witnessed injustices. It is sanctified anger channeled for good of humanity, (Mark 3:1-6). So to control anger we should follow Christ example, not repress it or suppress it because eventually it springs back up like a stretched out rubber band or explodes like a balloon with too much air, we should direct it at issues not a person and anger should be expressed in a calm way, not engaging our mouths before thinking, we should use gentle words to turn away wrath and be slow to speak and slow at becoming angry, (Proverbs 16:23-24; 15:1-3 James 1:19).

Beloved God wants us to choose right words and actions so we don't damage our relationships with each other and be a church without spot or wrinkle. God is working in us to achieve this, and the right way to deal with anger is giving it to God to deal righteously, (Philippians 2:3, Romans 12:19). We need to remember that we will reap what we sow, anger is contagious and one moment of unrighteous anger can destroy a relationship for a lifetime, harboured anger will ultimately separate us from God. So we leave you with these wise words of Paul;

"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."

Go in peace my friends and God Bless you with His grace and mercy, Asherey Shalom!

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