

Underbelly, not Neighbours. Who's shaping your mind?

And finally here's the most important step; **rely on God's help.**

The real secret is God's power through the Holy Spirit to change us from the inside out. "Patience and encouragement come from God [Not a pill, not a seminar, not a conference. Those can all be helpful. But patience and encouragement come from Jesus.] I pray God will help you agree with each other. [In other words so you're not fighting all the time, agree with each other...] the way Christ Jesus wants." (Romans 15:5 NCV)

So God begins dealing with anger by a heart transplant. He plants his heart of love in me so

that what I say and do is an expression of who I am in him.

I read this, this week, how spot-on does it sound to you; 'My mouth just betrays what's inside me. You find somebody with a harsh tongue, a cutting tongue, it reveals an angry heart. You find somebody with a negative tongue, you know they've got a fearful heart. You find somebody with a judgemental tongue, they're always judging everybody, you know they've got a guilty heart. You find somebody with a critical tongue, they're always nagging and being critical, they've got a bitter heart. You find somebody with a filthy tongue, you know they've got an impure heart.'

Of course the 'Good News' is that Jesus specialises in heart transplants. And while I'm not perfect, I can start living now from the heart of love that God has for me in Jesus and for those I'm angry with. So in Jesus what my mouth can betray is his love, his grace, his mercy, his peace, his hope. So I join with David in praying; "Create in me a clean heart, O God." Psalm 51.

Let us pray.  
Jesus I invite you to come and fill my heart today with your love. Remove those barriers which keep you at a distance and embrace me in the warmth and security of your loving presence that my anger may become an expression of your love, bringing the life and health you want. Amen.

## Christ Church Lutheran

Worship Times - 9.00am & 10.45am  
Pastor: Tim 0427326553



Reaching Out with the Love of Jesus that All my Know, Worship & Grow in Christ

6 June 2010

## LOVE IS NOT EASILY ANGERED

40 Days of Love



Today we are reminded that; "Love is not easily angered." (1 Cor. 13:5) Notice it didn't say that love never gets angry, but it's not easily angered. No flying of the handle or giving people a piece of our mind. God often gets angry, but always over the right things and in the right way.

Of course getting angry for the wrong reason and in the wrong way leads to lots of hurt, stressed relationships, a real mess. So how can we get angry in a healthy way?

We make it our goal that we **resolve to manage it.**

When anger manages me, then I'm in trouble. When I respond to anger with anger because I feel hurt, I inevitably cause more

pain. I need to cut out of my belief system the lie; 'I can't control my anger'. That's not true. I might choose not to manage my anger, I might choose to continue living a bad habit, but I can choose to control it.

If you don't believe this, stop and reflect what happens when you're giving expression to your anger at home and someone rings. I usually answer the phone far more politely than I have just been speaking.

In Proverbs we read; "A fool give full vent to their anger, but a wise person keeps themselves under control." (Prov. 29:11). Today resolve to manage your anger.

When you seek to manage your anger, **remember the cost**, if you don't.

When I remember the cost of my uncontrolled anger I'm more motivated to manage it. God gives us plenty of reminders of this in Proverbs; "A hot-tempered person... gets into all kinds of trouble." (Prov. 29:22 LB). "Hot tempers cause arguments." (Prov. 15:18 GN) "Anger causes mistakes." (Prov. 14:29 LB) "People with hot tempers do foolish things." (Prov. 14:17) "The fool who provokes his family to anger and resentment will finally have nothing worthwhile lift." (Prov. 11:29 LB)

I need to stop and count the cost. Do I want to

lose my family, just because I let an impulsive burst of anger out? Do I want to lose my job, or get kicked off the football field and let people down, just because I chose to give people a blast, and feel good for a moment? But be left with regret, hurt feelings, and fractured relationships.

Is it worth instigating more anger, causing people to switch off and appear apathetic as they hid from my anger. Is it worth alienating people, destroying that relationship.

This week I read; 'Nothing destroys relationships faster than unhealthy anger'. So if I just keep using it in any relationship, I'm guaranteeing that I'll destroy that relationship and create apathy more anger and alienation. Is it worth this cost?

So I need to; **reflect before reacting.**

I don't want to be a reactor out of control, that just causes an atomic blast that destroys everything around it.

So God's wisdom is; "A stupid person gives free reign to their

---

**"Love is not easily angered." 1 Cor. 13:5**

---

anger; a wise person waits and lets it grow cool." (Proverbs 29:11) Here God is telling you to Cool it! Chill out!

Take time to reflect and ask yourself; why am I angry? Is the root cause a hurt, a frustration or a fear. Then I need to deal with that cause. Is it something which is appropriate for me to get angry over or has it revealed a hurt in my life, a frustration, or a fear that I need to address.

If my anger is just a reaction, I won't heal the root cause and just create a bigger mess. Which isn't at all what I wanted. I'm sure people get angry hope things will be better after, not messier. If the root cause of my anger is hurt, frustration or fear, my anger won't

resolve any of these issues. All I'll end up doing is covering them deeper and creating a few new ones.

Always take time to reflect and know why you're angry.

Then I can; **release my anger appropriately.**

Here are three inappropriate ways. First, suppressing it. When you store anger inside it will eventually explode, or it will take it out on your body. If you swallow your anger your back, your stomach, your neck keeps score!

Second you don't repress it. Repression means denying it, saying; 'I'm not angry!' When you are. Repressed anger has a terrible habit of expressing itself as depression. One of the major causes of depression is repressed anger. Depression is often frozen anger. It's not the only cause, but if you're feeling depressed is worth probing yourself about the things that are making you angry.

Thirdly you don't express it. In other words you don't let fly with sarcasm. You don't explode like Mt Vesuvius. You don't pout. You don't act like the martyr.

So if you don't suppress it, or repress it or express it, what do you do?

God says the way to deal with anger is to confess it.

You let it out to God. You admit it first to yourself: 'I'm angry'. And you admit it to God: 'God, I'm mad!' You talk to God about it. You confess not just the anger but the cause: 'I'm hurt! I'm frustrated! I'm scared! I feel insecure! I feel this is out of control.' You admit the cause behind

---

**Healthy Anger  
or  
Unhealthy Anger**

---

the anger. You confess it.

To have a healthy pattern of anger I need to; **re-pattern my mind.**

The bible says in Romans 12:2 (NLT) "Don't copy the behaviour and customs of this world." How much of my use of anger have I picked up, have I simply learned from the world around me.

"Don't copy the behaviour and customs of this world, but let God transform you into a new person by changing the way you think." (Rom. 12:2 NLT)

So if I want to change the way I act, let's say I have a tendency to fly off the handle, to use

inappropriate language. You don't focus on the behaviour. You start by going back not even to the way you feel. You start

by changing what you think. If you change that thought, that mental process, it's going to change your feeling and it's going to change your behaviour. God said; "Be changed, be transformed by the renewing of your mind."

What's shaping your mind? What, or who are you watching and emulating? As disciples of Jesus we're to watch and emulate him, not Hollywood, not