

# “Beyond Anger Management”

“BE ANGRY AND DO NOT SIN...” (EPHESIANS 4:26)

*Sermon Notes:*

## How to Use this Message Tool

The teachings on Sundays are designed to reach you in your journey with God. They should lead you toward transformation and growth. We invite you to use this tool in your daily walk alone, in your family, or with a small community group. We believe that life change happens in community and hope this tool will develop practices and experiences that reflect this life change; becoming more like Jesus Christ.

The logo features the letters 'CSI' in a large, bold, green, blocky font. To the right of 'CSI', the words 'COMMUNITY SERMON' are stacked above 'INVESTIGATION', both in a smaller, green, blocky font. The background is black with a faint, glowing green circular pattern on the right side.

**Wrath and the Meek Peacemaker-** Feb 21, 2010

*Wrath, however, is not concerned with restoration but with revenge and dominance. Wrath moves us away from those we could potentially spend eternity with... wrath wars against the community – the kingdom – that God wants to create (Jeff Cook, 127).*

1. Is there ever a time when it is OK to be angry? Mull over possible examples.

(over)

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1. Is there ever a time when it is OK to be angry? Mull over possible examples.
2. How does Jesus' self-surrender defeat injustice when violence could not?
3. What are the primary characteristics of a child of God? What does it mean to inherit the earth?

Read Matthew 5:

- <sup>3</sup> *"Blessed are the poor in spirit, for theirs is the kingdom of heaven.*  
<sup>4</sup> *Blessed are those who mourn, for they will be comforted.*  
<sup>5</sup> *Blessed are the meek, for they will inherit the earth.*  
<sup>6</sup> *Blessed are those who hunger and thirst for righteousness, for they will be filled.*  
<sup>7</sup> *Blessed are the merciful, for they will be shown mercy.*  
<sup>8</sup> *Blessed are the pure in heart, for they will see God.*  
<sup>9</sup> *Blessed are the peacemakers, for they will be called children of God.*  
<sup>10</sup> *Blessed are those who are persecuted because of righteousness, for theirs is the kingdom of heaven.*  
<sup>11</sup> *"Blessed are you when people insult you, persecute you and falsely say all kinds of evil against you because of me. <sup>12</sup> Rejoice and be glad, because great is your reward in heaven, for in the same way they persecuted the prophets who were before you.*

4. Is violence ever the answer in the Christ-following life?

Read Matt. 5: 39-41, 44:

<sup>39</sup>*But I say to you, Do not resist the one who is evil. But if anyone slaps you on the right cheek, turn to him the other also. <sup>40</sup>And if anyone would sue you and take your tunic, let him have your cloak as well. <sup>41</sup>And if anyone forces you to go one mile, go with him two miles... <sup>44</sup>But I say to you, Love your enemies and pray for those who persecute you...*

The Third Way: "Not the way of violence, and not the way of pacifism. Jesus prescribed aggressive, nonviolent, rehumanizing retaliation. The three Scriptural responses found in this passage shame those who rely on humiliation to get what they desire. More than this, these responses are all overt acts of love. Each moves not to destroy but to awaken – to tap the humanity within an opponent who has fallen under the power of sin." (Jeff Cook, 143)

5. "Anger is a 'disordered love'." How can you see this to be true in your own experience. How can it be healed?