



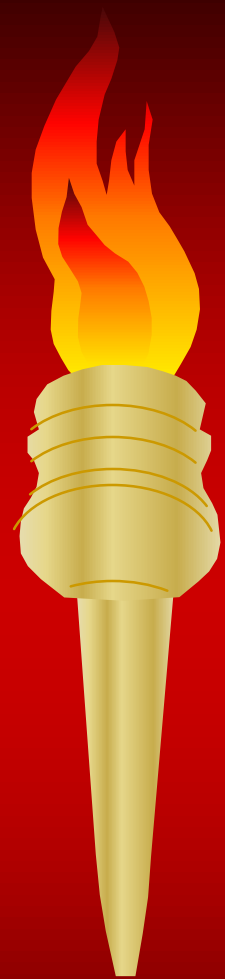
Fire Prevention for Blazing Christians

Eph 4:26-27

BE ANGRY, AND yet DO NOT
SIN; do not let the sun go down
on your anger, 27 and do not give
the devil an opportunity.

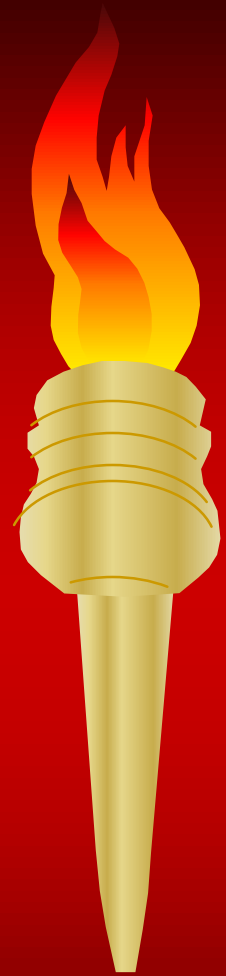
Anger is bad when it leads to wrong reactions!

- Eph 4:31-32
- 31 Let all bitterness and wrath and anger and clamor and slander be put away from you, along with all malice.



ANGER IS A MAJOR DESTROYER OF RELATIONSHIP

- A Giant that *every person* must conquer.
- Anger is a *deep rooted* stubborn problem:
 - Prov 19:9 “A man of great wrath shall suffer Punishment; for it thou deliver him, yet thou must do it again.”
 - Only hope is to get at the *root causes*!





ANGER = A HEART PROBLEM

Matt 5:22 "But I say to you that everyone who is angry with his brother shall be guilty before the court; and whoever says to his brother, 'You good-for-nothing,' shall be guilty before the supreme court; and whoever says, 'You fool,' shall be guilty enough to go into the fiery hell.

- I John 3:15 "Whoever hates his brother is a murderer."

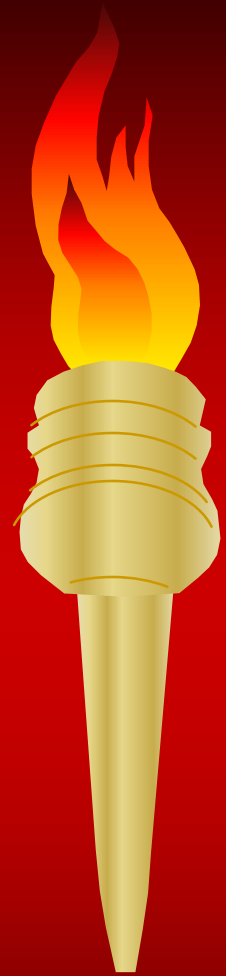


Key to understanding anger

- Result of accumulated tension from unresolved conflict.
- Result of feelings been slighted, some “right” or “trust” been violated.
 - Example: Cain and Able (Gen 4:4-7)
 - Chose not to “rule over” his sin temptation.
 - Example: David’s anger against the thief. (II Sam 12). His own *similar sin* created harsh judgment.

How do you resolve it?

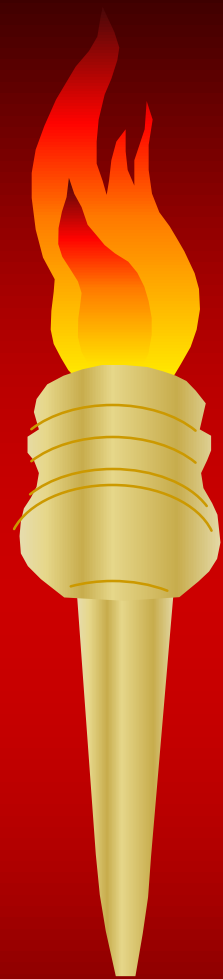
- Old thought: *Express* it . . . *Dissipate*
- Now: Must get rid of the *thoughts* that produce it!
- KEY: AVOID “FREE-FLOATING HOSTILITY.”
 - Angry much of the time . . . without cause!
 - Buried, unresolved anger = *bitterness*!



FIVE STEPS TO RESOLVE ANGER

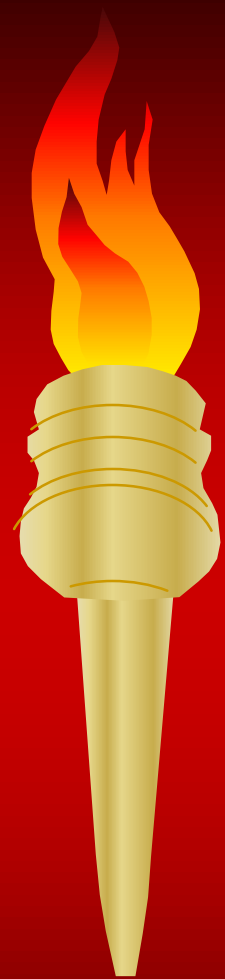
- **ACCEPT RESPONSIBILITY ...**

- It is our choice – “No one *makes us* angry.”
- Agree with God to “Put away all wrath, anger, and malice.” Eph 4:31
- Personal applications:
 - How often do you experience anger?
 - Rate the intensity (scale of 1 -10)
 - Have you shifted blame to people, situations, or experienced physical problems?



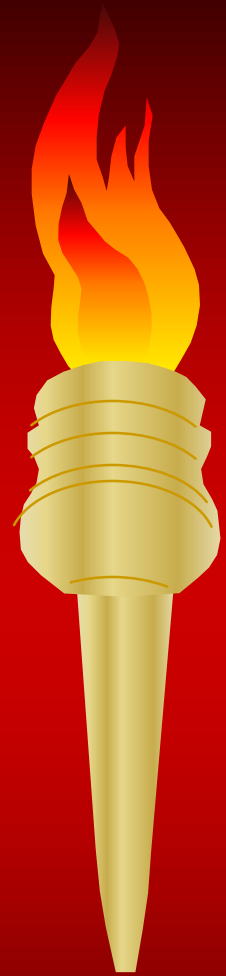
FIVE STEPS TO RESOLVE ANGER

- RECOGNIZE IT MAY BE AN “ALARM” FROM PAST GUILTS OR HURT.
 - Anger at first is often good, signal there is a need for action to correct a wrong response in the past.
 - Deal with the cause instead of “controlling” the symptom. What Nathan did for David!
- Remember to not allow anger to be continued overnight. (Eph 4:26)
 - Turn into bitterness and “give ground” to Satan.
 - Satan influences our minds and emotions.



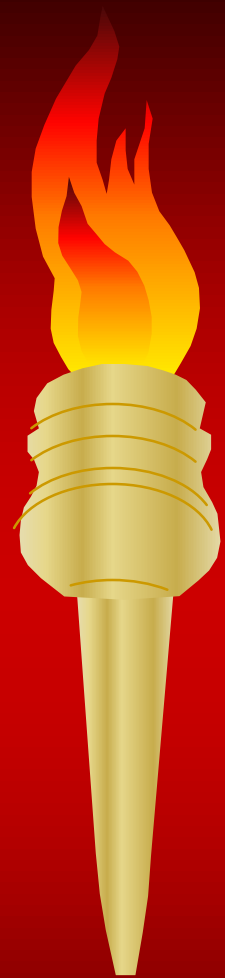
Personal application:

- Will you now use anger to reveal past guilt or some “right” you have not died to?
- Have you ever gone to bed angry? Can you identify wrong thoughts/emotions that resulted?



FIVE STEPS TO RESOLVE ANGER

- Act quickly to correct (release) past offenses.
- Eph 4:31-32 31 Let all bitterness and wrath and anger and clamor and slander be put away from you, along with all malice. *SOLUTION?*
- 32 Be **kind** to one another, **tender-hearted**, **forgiving each other**, just as God in Christ also has forgiven you.





Steps to follow:

- Once you identify the *why* of your anger—recognize a past offence, quickly contact the offended party.
- Confess your wrong actions/attitudes
- Ask the person to forgive you, and wait for the response.

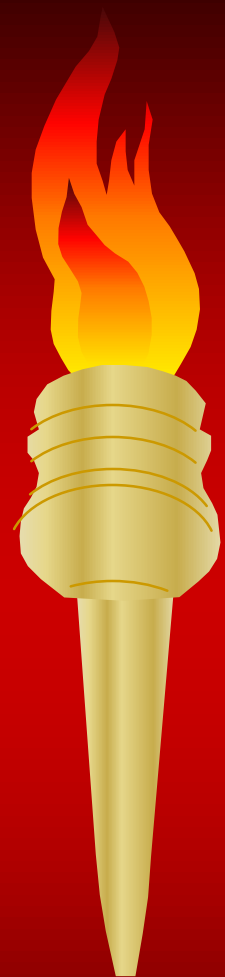


Personal application:

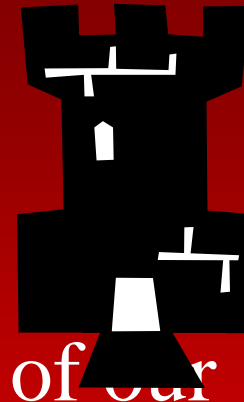
- Have you spent time recalling past offenses?
- Have you asked them to forgive you, if you wronged them? If they wronged you, have you tried to resolve and ask forgiveness for any bitterness you have held against them?
 - Think of Jesus on the cross saying: Father forgive them!
- Did you receive verbal forgiveness?
- Are you now free to tell others how you have gained a clear conscience?

REGAIN SURRENDERED “GROUND.”

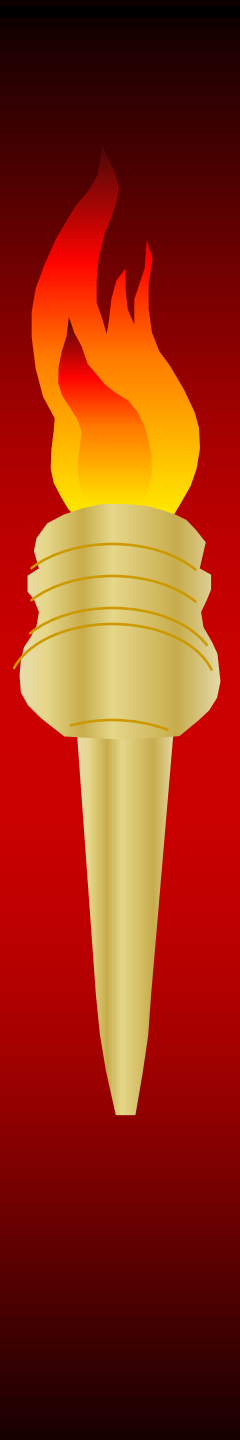
- Wrath and Bitterness are spiritual problems. Willpower is not sufficient, we must engage in spiritual warfare!
- Eph 6:11-12 For our struggle is not against flesh and blood, but against the rulers, against the powers, against the world forces of this darkness, against the spiritual forces of wickedness in the heavenly places.



Fortresses of Satan

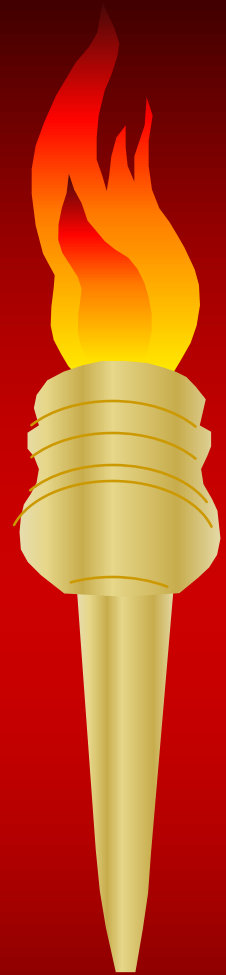
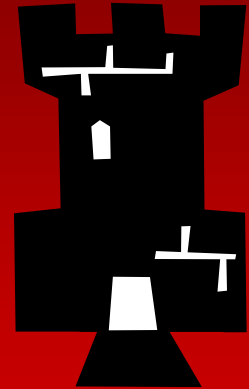


- 2 Cor 10:4-5 For the weapons of our warfare are not carnal but mighty in God for **pulling down strongholds**, 5 casting down arguments and every high thing that exalts itself against the knowledge of God, bringing every thought into captivity to the obedience of Christ,



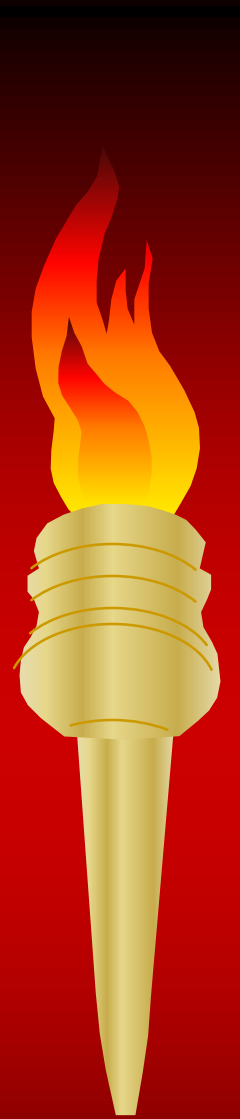
What is a strong hold?

A MINDSET OR
CONCLUSION
CONTRARY
TO SCRIPTURE!

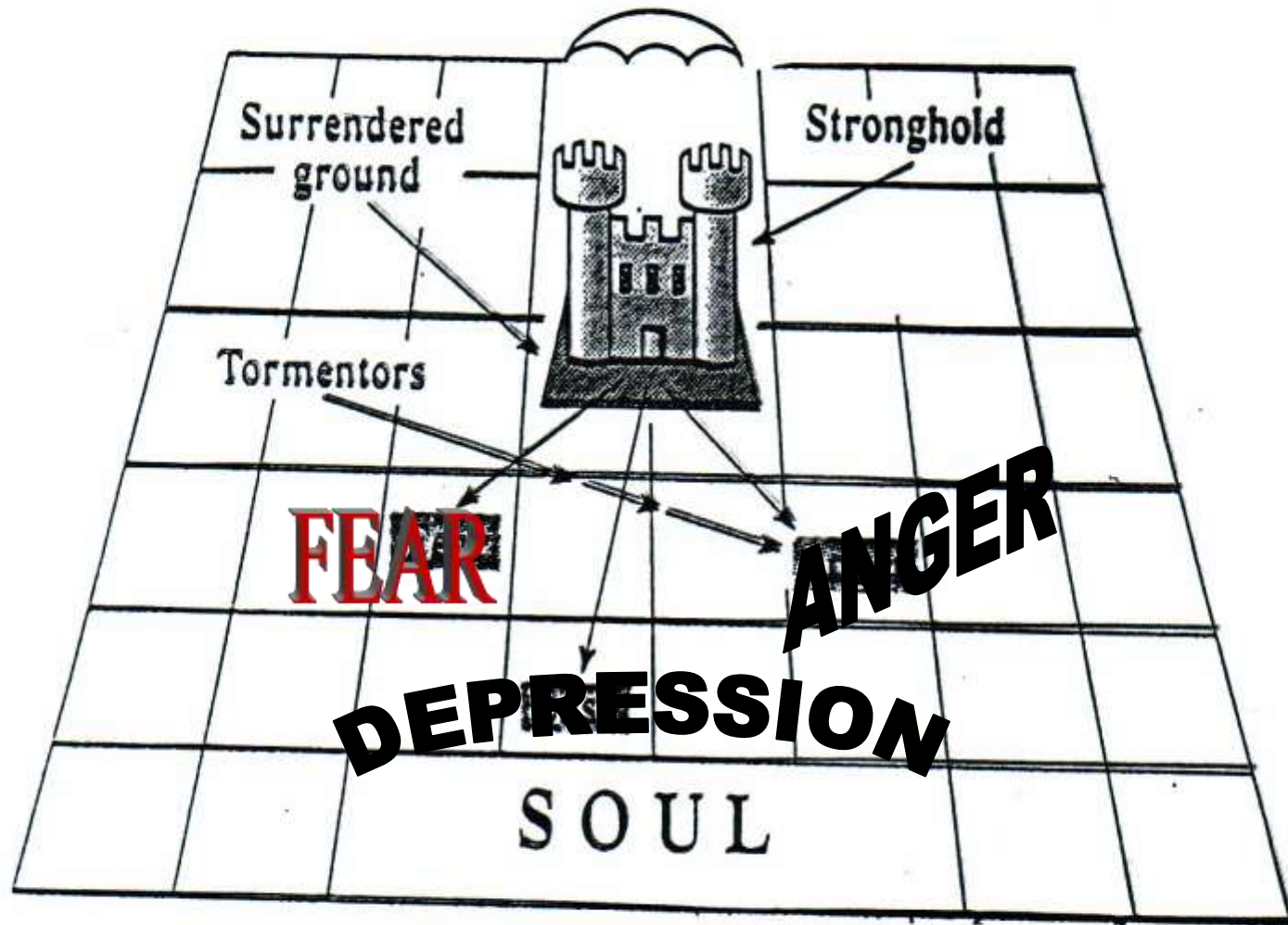


Result of unforgiving attitudes is God allows “Tormentors” in our lives!

- Matt 18:33-35 Should you not also have had mercy on your fellow slave, in the same way that I had mercy on you?' 34 "And his lord, moved with anger, handed him over to the torturers until he should repay all that was owed him. 35 " My heavenly Father will also do the same to you, if each of you does not forgive his brother from your heart.“
- A tormentor: A destructive emotion = fear, depression, anger results from Satan's jurisdiction.

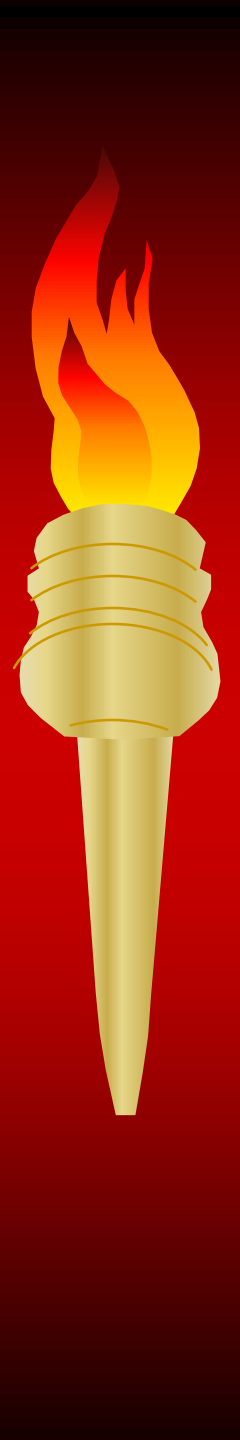


Tearing Down Strongholds of Bitterness



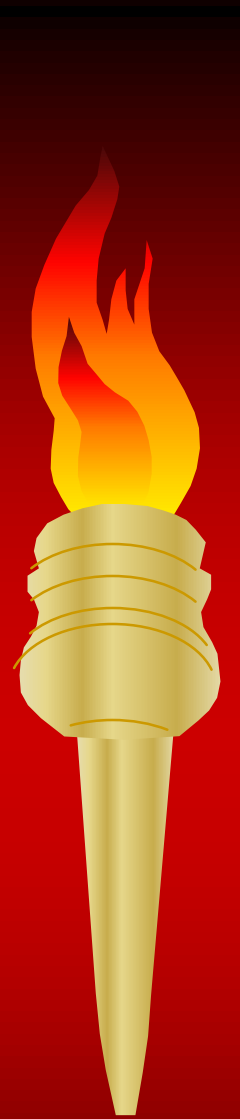
These strongholds = bondage

- Three steps to be freed:
 - Confess the sins that caused bitterness I Jn 1:9
 - Claim the power of the blood of Christ
Rev 12:11 "And they overcame him because of the blood of the Lamb and because of the word of their testimony, and they did not love their life even when faced with death.



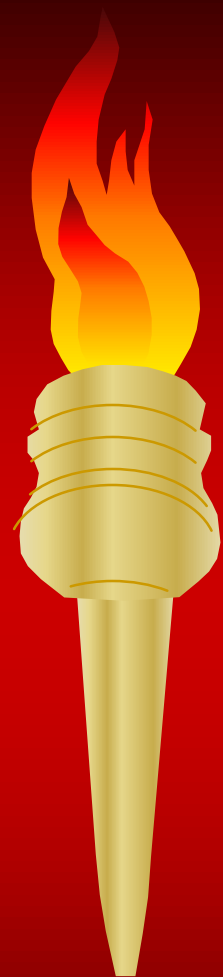
Be released from bondage!

- Ask God to take back the ground and renounce the false mindset that Satan used to build a stronghold against you!
 - Resist Satan = (James 4:7)
 - We cannot take back the ground, but God can! “He restoreth my soul.” (Ps 23:3)



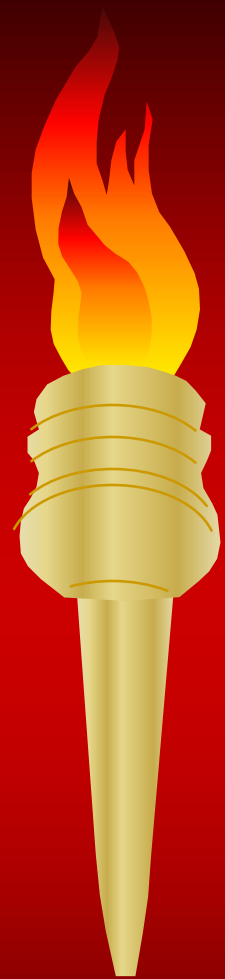
FULLY FORGIVE ALL OFFENDERS

- Once you identify the *why* of your anger—you feel you have been wronged, quickly contact the offender and try to resolve.
- Confess your wrong actions/attitudes, bitterness had toward the person.
- Ask the person to forgive you, and wait for the response.
- Hopefully, they will ask for your forgiveness too, but if not, you must decide to let go and leave it in the hands of God!



FULLY FORGIVE ALL OFFENDERS

- God has forgiven us an *enormous* debt, so we should be able to *forgive* others. (Lord's prayer, Matt 18:21-35).
- *Matt 5:44 "Bless those who curse you, do good to those who hate you, and pray for those who spitefully use you."*
- The grace and mercy you show toward them you can have applied to your account in heaven! (Matt 7:1-2)



Conclusion:

- When you are angry, don't clam up, or blow up, *own up* by using these five steps!
- You will achieve a great spiritual victory!

