

Redeem Your Anger – Part 5 – Constructive Expressions of Anger, Part 2

Introduction:

Eph 4.26–27 ***Be angry and do not sin; do not let the sun go down on your anger, 27 and give no opportunity to the devil.***

- How can our anger accomplish something _____?
- Let's give good anger a name: The _____ displeasure of mercy.
- Mercy intervenes to address and _____ whatever problem is in view.
- The four aspects of the constructive displeasure of mercy:

1. Patience

2. Forgiveness

3. _____

- Love looks at what happened and says, “That’s wrong”, and then it shows undeserved _____.

Luke 6.27b *Love your enemies, do good to those who hate you*

Eph 5.1–2 *Therefore be imitators of God, as beloved children. 2 And walk in love, as Christ loved us and gave himself up for us, a fragrant offering and sacrifice to God.*

Luke 6.32–33 *“If you love those who love you, what benefit is that to you? For even sinners love those who love them. 33 And if you do good to those who do good to you, what benefit is that to you? For even sinners do the same.*

- Charity moves _____ the person who has done wrong with undeserved kindness.

- You treat with _____ kindness that person who treated you badly.
- Several snapshots that give us a feel for how a charitable person approaches life:

A. Jesus tells us that _____ is the first one we should watch.

Matt 5.43–44 “You have heard that it was said, ‘**You shall love your neighbor and hate your enemy.**’ 44 But I say to you, Love your enemies and pray for those who persecute you,

1. Notice the _____.

Matt 5.45 so that you may be sons of your Father who is in heaven. For he makes his sun rise on the evil and on the good, and sends rain on the just and on the unjust.

2. Notice how even bad people treat their friends _____.

Matt 5.46 For if you **love those who love you**, what reward do you have? Do not even the tax collectors do the same?

3. Notice how all people everywhere recognize a special _____ between family members.

Matt 5.47 And if you **greet only your brothers**, what more are you doing than others? Do not even the Gentiles do the same?

4. If you are a child of God, then:

Matt 5.48 You therefore must be **perfect**, as your heavenly Father is perfect.

- Charity toward people who displease you is the “_____” response; it’s the way things ought to be.

B. Paul gives us detailed instructions about how to think and what to do, and why to think and do those things.

- It takes _____ – forethought, planning prayer – to lean against what comes naturally.

Rom 12.17 Repay no one evil for evil, but **give thought** to do what is honorable in the sight of all.

- Remember, you never know how things will turn out, but you are fully responsible for what _____bring to the table.

Rom 12.18 If possible, **so far as it depends on you**, live peaceably with all.

- God gives us powerful reasons for becoming _____rather than vengeful.

Rom 12.19 Beloved, never avenge yourselves, but leave it to the wrath of God, for it is written, “Vengeance is mine, I will repay, says the Lord.”

- First, trust that since the Lord call you, “Beloved”, He means it and _____about the wrong done to you.
 - Second, trust that His righteous anger will destroy all evil and will _____all wrongs when the time is right.
 - Third, beware, because if you return evil for evil, you yourself are an _____.
- Love for someone who wrongs you does not mean working up feelings of affection, attraction, or attachment, it means taking _____to do them good.

Rom 12.20 To the contrary, “if your enemy is hungry, **feed him**; if he is thirsty, **give him something to drink**; for by so **doing** you will heap burning coals on his head.”

- All these thoughts, and actions, and reasons are aimed at _____.

Rom 12.21 Do not be overcome by evil, but **overcome evil with good**.

- The mercies we've needed and received through the Gospel leads to having mercies to _____.

Matt 5.7 *"Blessed are the merciful, for they shall receive mercy.*

4. Constructive _____

- The displeasure of mercy enters forcefully into conflict in order to _____.
- It means having a willingness to start a necessary conflict in order to _____ a real problem.
- It means holding out God's _____ to those willing to reckon with what they've done.
 - Mercy doesn't stand idly by while others go in the wrong direction or when someone (including yourself) is being mistreated.
 - Mercy wades into difficult situations and gets _____.
 - Mercy isn't a free pass, it's an _____ to turn and repent.

Ex 33.19 *And he said, "I will make all my goodness pass before you and will proclaim before you my name 'The Lord.' And I will be **gracious** to whom I will be gracious, and will show **mercy** on whom I will show mercy.*

Ex 34.6–7a *The Lord passed before him and proclaimed, "The Lord, the Lord, a God **merciful and gracious, slow to anger**, and abounding in **steadfast love and faithfulness**, 7 keeping steadfast love for thousands, **forgiving** iniquity and transgression and sin..."*

- People who do wrong are invited into God's life-giving goodness, but God isn't _____ to unacknowledged and unrepentant wrong.

Ex 34.7b *...but who will by no means clear the guilty, visiting the iniquity of the fathers on the children and the children's children, to the third and the fourth generation."*

- Our mercy toward others who do us wrong and make us angry still has a carefully defined _____ for candor, conflict, and consequences.
- Merciful anger always maintains its sense of proportion, its perspective, and it's _____ purpose.
- Think about two different ways of expressing displeasure with what is wrong.

Approach 1: Constructive

Rebuke

Reprove

Admonish

Exhort

Confront

Judge fairly

Warn

Talk directly

Righteous indignation

Approach 2: Destructive

Attack

Criticize

Accuse

Moralize

Condemn

Be judgmental

Threaten

Talk aggressively

Self-righteous hostility

- When List 1 is done right, you act in the image of Jesus; you work to _____.
- When you do List 2, you act out of the image of Satan; you verbally _____.

Conclusion:

- Think about the last time you got angry.
- What would it have looked like, sounded like, and felt like for you to respond to something that made you angry with the constructive responses of _____: patience, forgiveness, charity, and constructive conflict?