

## Holiness: Your Anger (pt.2)

Well this is our 2<sup>nd</sup> week on **Anger**. –We all know what anger feels like, we’ve all experienced this emotion

Q) Did you know **Anger** is mentioned more than any other emotion in the Bible? –(over 500x) the next closest of emotion is –**fear** (which occurs about 340x) ---And (I believe) there are actually a few different kinds of **angry people** (in the room).

1. Some of you **aren’t angry enough**.

- You’re almost *NEVER angry*, you’re super laid back and chill
- You might see a problem, but you don’t allow it to really bother you.
- You look around the world saying, *"Why doesn't everybody just calm down? It's not that big a deal, bad stuff happens, there's really no reason to get worked up over it. Other people's problems aren't your problems, just live your life, focus on your own happiness, don't allow other people's suffering or sin to get you angry all the time."*

What this person needs to realize about themselves is that they’re actually a really self-centered unloving person. ---Their problem is that they’re not angry, and should be. Apathy & Careless in the face of evil –is evil. People who don’t ever get angry about anything, are probably detached from almost everything. If you can look at all the suffering & injustice in the world and you’re like *"ah, it doesn't really bother me"* you’re unloving & NOT much like Jesus, b/c Jesus got angry pretty often. Almost every day he was getting mad about some sin or injustice or way God’s laws were being broken and people being hurt. The Bible says, *"God is angry at the wicked—every day."* –If we don’t get angry often, we’re NOT holy or loving like God.

2. Some of you have more anger coming **at you than from you**. **You’re a victim of someone else’s Anger**.

–Every time you’re around that person you feel your walking on eggshells wondering if what you’ll say or do this time will set them off. Maybe a (boss, a parent, a spouse)...

- You’re *scared*, you’re *oppressed*, you’re *beaten down*. You know, (if you’re not careful) you’ll *get beaten up* –(physically or verbally).
- You don’t know what to do? --- (You feel *paralyzed & powerless*)

And one thing I say to someone dealing w/ situations of **physical abuse** –call the police. I’ve counseled women

- If they’re is **physical abuse** –call the police.
- If you are legitimately **scared of his anger**, you don’t have to stay in the same home, stay somewhere else until he gets help) –that’s a loving way to help him & protect yourself.

Now, here’s what I know about all of us... and here’s what I know about you.

3. **You have an anger problem**. --- (NOT just other people) –**you**. (I know that about you, and you can know that about me). I’ll take it a step further, **you have a serious anger problem**

Now, if you asked me (a few weeks ago) *"Jon Mark, do you have an anger problem?"* –I’d say, *"No"* (b/c I’d be thinking, I probably only get angry 4-5x a week (NOT blowing-up) but just frustrated and feeling angry... sometimes at circumstances, sometimes at people, sometimes my computer (or other in-animate objects) but I’d wouldn’t have said I had an anger problem b/c its only happening 4-5x a week. ----But... *What if I told you that I steal things 4-5x a week?* –And I justified it saying, *"It's NOT like I'm robbing banks at gun point, never been to jail but 4-5x a week small stuff, I'm at the store and slip things into my pocket, I'm at someone's house and see something I really want and just (when they're NOT looking) take it and go put it in my car. But it's not expensive Jewelry or TV, it's just small things (NOT even everyday, just a few times a week) and honestly, I don't like to really even call it 'stealing', I call it 'borrowing without the intent to repay'.*

Q) What would say to me? You’d say, *"You have a serious problem with stealing."* –And you’d be right. ---And how it that different than someone who destroys others by their anger only 4-5x a week?

See.. here’s what I’m getting at... nobody thinks they have an anger problem.

- I’ve been in **the ministry for 12yrs** now and NOT once (can I remember) someone coming to me and saying *"I have an anger problem, help me, pray for me"*

- I've sat in a lot of **accountability groups** (heard so many different sins confessed) and I remember only once a Christian confessed anger.

Yet... everyone has a problem with anger! ---But nobody really talks about it, b/c nobody thinks they have a problem.

- I've known a few people who **physically hurt others**, (who've been in jail for domestic abuse, aggravated assault) but they didn't think they had an anger problem. Why? "*I don't blow up every day, I don't always get that violent, they provoked me, I was only reacting to them*"
- (Before I was a Christian) in high school, I had a big anger problem. I used to **punch holes** in the walls of my bedroom, I broke my girlfriend's dashboard, I broke a mop over my kitchen counter, this one guy was flirting w/ my girlfriend at so I grabbed him by the shirt took him out to the parking lot and told him "*I'm gonna kill you*" But if you ask me back then "*Do you have an anger problem?*" -I'd say, "*No, my girl-friend flirts too much, my parents are too strict, my coach is a jerk, that guy looked at me wrong.*" -- -I had a thousand excuses.

And here's what many Christians do, they hear some **extreme cases of anger** like what I just shared, (myself or that person in jail for domestic abuse) and we think, "*Those people have the anger problems, goodness, that's an anger problem, they need some help, not me*" ---BUT Paul wants to help us understand, anger is a problem we all have b/c Anger isn't just these explosive outbursts. In (v.31) he lists 6 different kinds of sinful anger

- 1) **Bitterness** -(anger built up over time... it's densely packed, deeply rooted anger, very hard to get rid of) Happens over-time when you don't forgive someone Biblically.
- 2) **Blowing-up** -(more external explosive types of anger w/ words or physical violence) "*clamor, slander*"
- 3) **Closing-up** -(internal anger... which is often a form of punishment that often seeks to get even or get revenge by depriving someone of your love or intimacy. ---(**Ex:** Every **serial killer** acted out of anger, but it was a very suppressed controlled deep-rooted anger, it was very precise in the ways drove them to systematical kill. It wasn't outbursts. They would murder someone like they were taking out the trash. They weren't blowing-up, but they had deep *rage & anger*).

See... we must understand this... ALL Anger destroys ----(that's what anger does) (**Gal 5:15**) "*If you keep on biting and devouring each other, watch out or you will be **destroyed** by each other.*" -anger destroys.

- Many **parents** say, "*I yell at my kid's b/c it's the only way I can get them to obey*" -that's probably true, you've conditioned them to only obey when you're yelling or threatening, but just understand your anger is systematically destroying them (in more ways than you realize) b/c anger is always destructive.
- **Wife** says, "*My husband doesn't actually do what I say unless I nag him about it, then he'll finally do it*" I'm sure that's true, people usually give into anger/ nagging... but just understand it's destroying your marriage (even if you finally get him to do what you want.) Nagging is a form of destructive anger in the way you can drip a little water on a rock "*drip, drip, drip, drip*" (for 20yrs) and it will gradually make a hole in the rock. ---Anger destroys, it beats down... that's what anger does.

So we are not helping ourselves if we just keep justify our anger, "*well I'm not murdering anybody, I'm not physically hurting anyone.*" ---You're destroying someone with your anger, even if it's happening **3/4x a week**, how much more if its **4/5x a day**?

This is NOT the time to think about other people's anger problems, please resist the urge. It would be really tragic to talk about anger for 2 weeks and not realize... ***I'm talking about you.***

Q) How many of you had **psychology classes** in college? ----Remember Nature vs. Nurture?

- How much of our behavior comes from **Nature** & how much of our behavior comes from **Nurture?**

Now, modern Psychology is based off of Evolution & Freudian behavioral theories, (basically says)...

- *We're all products of **nature** (born w/ certain predispositions toward certain behaviors. Therefore, we're NOT responsible for our choices, your violent b/c you have a disease, you get drunk b/c you have a disease. You over-eat & worry a lot b/c of your genetics -it's not your fault.*"
- *Yes, we're a product of **nurture**. We're influenced by family, upbringing, different cultural influences, therefore, we're NOT responsible for our actions.*

We're all just products of these other **outside forces** (which allows you to what?) **keep pointing the finger & blame-shifting** to (your parents, your upbringing, your genetics or your spouse.) ---but **The Bible** says...

- Yes, we're a product of **nature**, we're all born w/ a sinful nature (each prone to certain sins & behaviors)
- Yes, we're all highly influenced by our **upbringing** & other formative cultural influences)

But the Bible says...

- Even though you might be **prone** toward certain behaviors or sins
- Even though you might have had many bad influences in your life growing up & learned certain patterns of sin since you were young---that --doesn't --excuse --your --sin.

**Ex:** My youngest son **Judah** is 15months old (NOT even 2yrs old) we didn't have to teach him how to sin or be angry, he has these breakdowns (a few times a day) when he starts screaming, trying to gain control and demand his way. Even taking swings at us. He's NEVER seen anyone throw punches (in his life). No TV shows, nobody in our house is hitting each other. But he came out of the womb taking swings. --(I'm convinced)

- God made **babies cute** ...so parents wouldn't kill them (in angry moments)
- God made **babies weak** ...so they wouldn't kill everyone else in the home (in their angry moments)

We're all born so selfish, demanding the world revolve around us (and when it doesn't)--**we--get--mad.**

We come into the world, saying "*There's a new God in town, you will all serve me now.*" And tragically many times (as adults) in our (20's/30's/50s /70s) we're still throwing the same temper tantrums as we did when we were in diapers, b/c we didn't get what we wanted, b/c everyone isn't submitting their life to my Lordship! ---- And here's what I'm getting at...

- I can't blame **nature** or **nurture** for the fact that I get mad when life doesn't go how I want it to go.
- I can't blame **anyone else** for my sinful anger.
- (Jesus said) "*We will give an account for every careless word we speak.*" --Nobody makes me say what I say.
- (Jesus said) in (**Mark 7:21-23**) "*For from within, out of the heart of man, come evil thoughts, sexual immorality, theft, murder, adultery, coveting, wickedness, deceit, sensuality, envy, slander, pride, foolishness. All these evil things come from within, and they defile a person.*"

I can't **blame** my sin on others... (Jesus says) **my sin comes from my own heart.**

Guys... this is why it's so tragic that those who are considered "**Experts**" helping people change behavior (professional therapists or psychologists, even many Christians counselors) aren't telling people that their problem is their own heart. ---But they're helping them find more excuses & sophisticated ways to blame-shift and point to someone/something else.

**Ex:** So the guy who goes to a counselor b/c he **committed adultery**, the counselor says, "*That was bad, you shouldn't have done it, but why did you do it?*" He says, "*I don't know, my wife wasn't meeting my needs*" --(He points to his wife as the problem) and what most counselors do (in very sophisticated Freudian ways) go on to help them point to 5 or 6 other things that made them do what they did. ---Listen...

- You can't change if you're still saying, "*It's my wife's fault.*"
- You can't change if you keep saying, "*The devil made me do it*"

No, (according to scripture) we say --"*I sinned b/c I sinned. I'm 100% responsible*" It's NOT "*I sinned, but my wife didn't do, but my work is stressful, but I had bad examples growing up, I sinned b/c of my genetics, this is how my whole family was.*" --(Freud would like you're reasoning, but Jesus doesn't.)

Now, (obviously, all those things affect us, make obedience more difficult) --but...

- Until we take responsibility for our sin
  - Until we own our sinful choices
  - Until we agree with God (like David) "*Against you and you only did I sin, I did what is evil in your sight*"
  - Until we can say, "I was wrong, I choose to rebel, I choose to make war on Your throne"
  - Until I get to the point of confession & repentance, I haven't taken the 1<sup>st</sup> step to become more holy.
1. Step one (for all change & growth in holiness) is **confession**. Confession is agreeing with God about your sin and calling it what God calls it.
  2. Step two is **Repentance** (turn away from our sinful behavior (as your mind & heart change on the issue)

Paul calls **repentance** in (v.22) “*putting off the old self*” (v.25) he says “*put away*” your sin, (v.31) “*Let all bitterness, wrath, anger, clamor, slander, be put away from you*” –that's repentance!

- The Bible doesn't give us 1,000 sophisticated ways to get rid of 1,000 different sins & problems
- The Bible gives us one method, one strategy, a one-size fits all approach, to deal w/ all problems & sins.

**Repentance towards God & Faith in the Lord Jesus** -----(That's it)

- That's *how we become a Christian* (and gain victory over sin)
- That's *how we lived the Christian life* (and continue to get victory over sin)

Repentance & Faith...is the path of holiness

Now, again... I'm emphasizing the need for **repentance** (as step 1 of dealing with anger) –We're talking about solutions to Anger. I'm saying the Bible says –Repent (that's step 1)... and this is the only place you're going to get this advice. ---(What I'm teaching from **Eph 4**) is utterly unique to Christianity. There's NOTHING else even close to it. ---I Googled this week, “*How do deal with anger*” (similar searches) read tons of leading **popular Psychology /Medical Websites**.

- One therapist argues (from NBC News Men's Health) for the positive effects of the **anger fantasy**. “*An anger fantasy is that process whereby I grow really angry about somebody and I work it out in my head by verbally lashing that person and then beating him to a pulp, all so that he might learn the important lesson: You Should Always Be Considerate. In my anger fantasies, I shout and I beat and I kick until I'm satisfied that the jerk who brought it on himself is deeply sorry and won't ever do it again.*” He basically goes on to say, “*Imagining myself beating him up is better than actually doing it b/c I don't have all the blood and bruises and possibility of jail.*”
- **Psychology Today** “*When your angry, talk about your anger. Call a friend and vent.*” (Ok, that's a bad idea) “*throw rocks in a safe place somewhere, or find a private space to shake your limbs to release the negative energy. Do as much of the exercise as you can wherever you are, and use your imagination the rest of the time.*”
- Most of the articles I read were very **New Age**, basically talking about loving & respecting your body. “*Promise your body that you are going to love it and care for it and you are going to work in partnership with it. This will build trust between you and your body. Then imagine yourself healed in the not too distant future.*” –This psychologist said (at the end of the article) she “*lives in Florida with her husband, daughter and a host of animals. Her life was forever changed when she met Lazaris, a non-physical being who reminded her that she is a mapmaker, dreamer and dream-weaver, vision-maker and reality creator. In addition to her healing practice, she has written...*”

These are jokes, this is the modern trends and popular advice, you read on these websites, if you go have your insurance pay big money to see a therapist or psychologist this is their wisdom. None of the advice even comes close to what we're seeing in (**Eph 4**) and we'll see why in a minute.

Now, go back to (Eph 4) and look at...

- The command here (v.31) is NOT “*put off ALL anger*” it's “*put off all these 6 types of sinful anger*”
- The command in (v.26) is to put on anger it says “*be angry*” –is a command to have **good anger**
- (v.31) we're commanded to “*put off sinful anger*”
- (v.26) we're commanded to “*put on righteous anger*”

Which we know is right, b/c God is angry, and when He sent Jesus down to live a perfect sinless life, Jesus was very often angry without sinning. Jesus' anger was good holy righteous anger. ---So here's my question:

- Q) How do we have good anger like Jesus?
- Q) How can we actually have righteous anger?

And I'm realistic, I don't expect (after the sermon) that we'll get anger right every time, but I'm hoping we'll get **anger right** more often... I'm hoping for a lot of improvement. That we'll... “*be angry and not sin*”

**David Powlison** (in his book on Anger) says, “*At heart, anger “says ‘That's wrong!’ and acts to protect the innocent & helpless. It says, ‘That's wrong!’ and energizes us to address real problems. God, who is good and does good,*

*expresses good anger for a good cause. Jesus gets good and angry—in the service of mercy & peace. Anger, at its best, brings good out of bad situations by standing up for the helpless & victimized.”*

**Ex:** If we're **leaving church** and I see a man beating his wife (in the front yard) if I just keep driving and do nothing, I'm as evil as him. But I'm also wrong to shoot the guy, burn down his house, kick his cat, curse at his kids.

- It was **righteous anger** for me to get mad at this guy beating his wife. ---I should get mad about that!
- It would be very **wrong** to express my anger by killing him, cursing his kids, kicking his cat, burning his house.

Let me give a more realistic example...

- It's **right** for me to get upset if my kids don't obey & honor me. That's a right thing to be angry at. If I don't care about that, if that doesn't bother me that they're sinning against God like that, I'm wrong.
- It's **wrong** if I take that anger and then start to yell & threaten, yank their arm & spank out of anger.

---So...

- If you're **husband gets home from work** and he just wants to sit on the couch all night, watching TV or play on his phone, while you're cooking/ cleaning/ taking care of the kids, neglecting you, you're right to be angry. He's in sin. ---But what you do (in that moment) with your anger –matters.
- If you're **boss at work is lying to you**, not paying you for work you're doing, sinning against you in some way, its right to be angry at that, but what you do with that anger –matters.

You see... **We've been created (in the image of God) to feel anger toward sin & injustice.** It's a good emotion, God made us to get upset about sin. One commentator said "*he that be angry and not sin, let him be angry at nothing but sin.*" So be angry, that emotion is good. Be angry at sin committed (against you, against others, against God) but listen... what you do with your anger really really really matters. ---So when you feel the emotion of anger you have a real choice, what will I do with this anger? And I see 3 things (in this passage) God tells us to do for our anger to be right anger, or good anger.

### 1. Let your anger cause you to **–give grace**

**(v.29)** "*Let no corrupting talk come out of your mouths, but only such as is good for building up, as fits the occasion, that it may give **grace** to those who hear.*" --(In your most angry moments) you **can** control your words.

---You don't have to tear down or speak wrongly. ---*(It might feel like you do, but you don't.)*

- **Ex:** if you're **really mad** and you're about to yelling, then the phone rings and you pick it up (all calm and polite) "*hello, hey how are you doing? I'm good.*" You just went from being super angry to speaking very calmly & gently. ---How? b/c we have the ability to **speak** w/ grace & kindness.
- **Ex:** Those in the **military** you control your tongue aren't your superiors, you speak with honor & respect even if your angry. How? We have the ability to.

**(v.29)** Paul's saying (in your moment of anger) you need to make a conscious choice "*I'm not going to speak w/ destructive words, but words that build up.*" **(Prov)** "*A harsh words stirs up anger but gracious word turns away wrath.*" --Gentle gracious words really will solve many anger issues.

**Ex:** Something that's helped me to speak with grace. I try to remember all people are **sinners & suffers**. ---If I'm only thinking of people as **Sinners**, I'm probably NOT going to be as compassionate as if I'm remember many people are **Suffers**. ---If your spouse snaps at you, did they sin? Yes, but if I remember how hard of a day they had, or whatever trial they're going through, it softens my heart. ---That's been really helpful.

But here's the central truth we need to understand... (in those tense moments) we'll speak gracious words, **only if our heart is full of grace**. "*Out of the abundance of the heart the mouth speaks*" --If **my heart is full of grace**, I'm going to **speak gracious words**. Q) How do I get our hearts full of grace toward someone whose sinned against me? --I must think about how gracious God has been with me, when I continually sin against Him.

You see... our anger is our attempt to be someone's judge. That's what we're doing in moments of anger, we're inflicting justice and punishment on sin. All of us (created in the image of God) were made with a sense of justice, we know wrong things must be punished) and in our anger, we want to be the one to punish that person and give them the justice they deserve, but we must remember, (God says) "*Vengeance is mine, I will repay*"

—so here’s what’s helped me...

- If the person I’m angry at *isn’t* a Christian, I don’t want to add my anger & just punishment to what they have coming on Judgement Day
- If this person I’m angry at *is* a Christian, I don’t want to be angry at someone God’s NO longer angry at, I don’t want to punish w/ my justice, if God has already punished His Son (for them) & forgiven them Listen... when you really believe that... your heart will be filled with compassion/ kindness/ mercy/ grace.

## 2. Let your *anger* cause you to —forgive

Now, listen... some of you have never learned to say “*I forgive you*” others might say the words “*I forgive you*” but don’t actually know what it means to Biblically forgive someone.

Q) How do you know you have truly forgiven someone of sin or wrong they committed against you?

Forgiveness Makes a Three-fold Promise:

1. “*I will not bring up this offense again or use it against you.*”
2. “*I will not gossip or malign you because of this offense.*”
3. “*I will not dwell on this offense.*” I will not replay the videotape of your sin making myself angry again.

**(1 Cor 13:5)** “*Love is not easily angered, it keeps no record of wrongs.*” True forgiveness is casting the sin as far as the east is from the west, and not holding that sin against them. Not bringing it up again, even if they do it again. Treating every offense as the first offense. (Doesn’t mean, **you trust them**. Doesn’t mean you literally **forget** how they sinned against you.) ---Forgiveness isn’t an *emotion*, it’s a *choice*, it’s making this **3-fold promise**:

1. “*I will not bring up this offense again or use it against you*”
2. “*I will not gossip or malign you because of this offense*”
3. “*I will not dwell on this offense*”

If you do NOT give someone this type of forgiveness, your anger will eventually turn into bitterness. Remember (last week) I said, “*Bitterness is created when you do not Biblically forgive someone*”

Guys... I know that it’s so easy to think about what others have done against us, how they have wronged us, but ***if I start thinking about what Christ has done for me***. —I can’t be mad. (It’s NOT just an *example* for how to forgive, but it actually *empowers* me to forgive!) —I’ve experienced that! In that moment of anger, I’ve applied the gospel and I have felt the surge of spiritual power to offer forgiveness, how? God’s forgiveness empowers ours. **(v.32)** “*forgiving one another, as God in Christ forgave you.*” So maybe *they sinned against me a few times*, but *I sin against God 100’s of times a day* and he has forgiven me ALL of my sin & continues to! —How can I NOT forgive this person? ---(*His forgiveness empowers my forgiveness!*)

So when Jesus says, **(Matt 5)** “*If you do not forgive others their sins, your heavenly father will not forgive your sins*” —What is he saying?... *if you’ve been forgiven of a mountain of sin, and can’t forgive some who has sinned a tiny ant hill against you*, it’s showing... you don’t actually believe the gospel. ----Every time I force myself to think about my sin & the cross of Christ, I can’t get angry. It compels me to *give grace*, it compels me to *forgive*, it compels me to *—sacrificially love*. ---that’s the 3<sup>rd</sup> & last pt.

## 3. Let your *anger* cause you to —sacrificially love

There’s a lot of people that want to separate *their relationship with God* from *their relationship with people*.

- You can’t say “*God has been so gracious toward me*” —then be harsh & unmerciful toward others
- You can’t say “*God has forgiven me of my sins against Him*” —then not forgive others sins against you.
- You can’t say “*God has loved me so much*” —and then NOT be a loving person toward others.

**(1 John 4)** “*We love, because he first loved us*” “*that if we don’t forgive and love others, we don’t know God*”

- If we’ve experienced the love of Christ, the natural overflow will be that we love others as he’s loved us.
- If we’ve experienced God’s grace, we will naturally be gracious merciful people.

- If we've experienced God's **forgiveness** (when we sin against him) we're ready to give that same forgiveness to others (who sin against us).

**(Eph 5:2)** "walk in love, as Christ loved us and gave himself up for us..."

You say... "that's *hard*" (No, that's **impossible**) –unless you really **believe the gospel**. The more we treasure the gracious–forgiving–self-sacrificing love of Christ for you, it's really NOT hard anymore to give that to someone else. ---Believing how gracious forgiving & loving God has been to us really is where you find the power to give (grace/ forgiveness/ love) toward even the most difficult people (in our lives)

Jesus could've got mad when people were lying about him and spreading rumors about him and trashing his character. When they begin to spit at him, mocked him, and beat him, and nailed him to the cross, when he had done nothing wrong. Jesus was sinned against and in the worst possible ways, what was his response? Mercy & compassion, grace. (In his dying breath) he's saying "*Father forgive them for they know not what they do.*" Then out of **love** he... 'gave himself for us as a sacrifice for sin.'

There's a lot of people writing books & blogs about being **Gospel-centered**. That's great, amen to that. But I don't want to get too worried telling us to read all those books, b/c if we'll just focus on what the Bible actually teaches, we'll end up being very gospel-centered. The whole Bible teaches this way.

- Believing the Gospel **isn't** ...just the front door into Christianity.
- Believing the Gospel **is** ...also how we live the whole Christian life (it's what teaches us how to do our relationships, it's what changes all our behavior & makes us holy) –

And listen... (as we do this) we actually become "*imitators of God*" **(Eph 5:1)** says "*Be imitators of God*".

**Q) How?** When evil committed against us, we give (grace/forgiveness/self-sacrificing love). That's very God-like. That looks a lot like Jesus. Someone who begins to live like that is living very holy & beginning to really imitate God. ---their looking to like a child of God resembling their Father.

The world **won't** give this advice, and **can't** give this advice, because they don't believe the gospel. Which means... they have NO ability to actually handle anger rightly. (Eph 4 says) the only way to be angry and not sin, is to give grace/forgiveness/love, as God has given us this grace/forgiveness/love.

So guys... (when you're angry) go for a jog, exercise, take deep breathes, count to 10, I'm not gonna say that stuff doesn't release some stress. ---But anger comes from **the heart** and the gospel alone deals with the heart.

**Remembering the gospel** ...(changes our angry hearts) ...allowing us to express anger in the ways God does.

- We don't have to ignore our anger, b/c God didn't. ---God poured out his **anger** on his Son, which allows him to pour out on us (NOT anger) but **grace, forgiveness & love**. ---That's what frees us to give grace, forgiveness & love.
- We can acknowledge 'this thing that happened is wrong', but instead of repaying evil, for evil, I can look in the face of evil, I can give grace, forgiveness & love (as God did for me)