

### **Unoffendable Part 3: The Anger Effect**

**Question:** When you go on a trip do you pack a little or a lot?

How many of us are Carrying Anger & Offense?

Anger always look for Acceptance, Acknowledgement, Affirmation, an Accomplice

Anger must Go somewhere.... (MOST OF US SPREAD IT AND KEEP IT- CARRY IT WITH US!)

We are all becoming SOMETHING. It might be hideous, it might be beautiful- either way in your own strength, you cannot stop the process

Learning- The way of Jesus- dealing with anger thru living light w/ Radical Faith (Trust), Forgiveness, & Freedom can shape us/form us. Not just spiritually- but wholistically, physically.

His way is ALWAYS better- Jesus not only knows how you think, but also how you thrive.

: On a scale of 1 to 10 how is your stress level at 3pm on a typical day?

- a. From the best we can understand. Human beings are the only creation that holds on to theses stressors which can & most often leads to long term consequences: weight gain, skin changes, heart problems, etc.

-How have you experienced the corrosive power of Anger in your life?

- b. We become what we hold onto as we grow older.... If we hold onto peace, we are seen as peaceful. If we hold onto anger, we are seen as bitter and angry

-What are some words you would like people to use when describing you ten years from Now?

- a. What are some of the ways you have experienced the connection between anger and stress?

As Humans: We “borrow from tomorrow” as a source of anxiety and anger. We often CHOOSE to worry about things that have not happened yet (Luggage!)

What if You do not have to Hold on to Anger or Anxiety, what if You do not have to Carry the Anger or Anxieties of yourself or others! What if the Burden of the World is not meant for your shoulders?

#### **Matthew 6:19-34 (Context/Expound)**

-What evidence do you see in the Words of Jesus that holding on to worry & stress is a choice? Does Jesus ever Encourage us to Worry about Anything?

“Trust in yourself” sounds like a perfectly normal thing to do.

The problem is, for a follower of Jesus we are asked to put our Trust in God – Our hearts are deceitful: **Jeremiah 17:9-10, Proverbs 14:12**

This is a far cry from “Trust in yourself”

And sometimes we might struggle with Trusting God to carry out Justice. Maybe you are afraid He will not do anything or people will not get what they deserve. Maybe you think you are entitled to the Anger & Offense you carry.

Maybe, you feel that your offense & anger is an exception to TRUSTING GOD

**ANSWER: TRUST!!!!** Trust in the Lord, Trust counteracts Anxiety/Stress/Anger

If you want to let go of anger? Trusting God is central to letting Anger go!

**Proverbs 3:1-8**

- a. You see as **Proverbs 15:1** says, when we do this, a gentle answer turns away wrath

Here is a more uncomfortable question: What are some of the ways you have proven that you cannot trust yourself with anger?

What if you could Stop holding onto Anger, stop carrying it with you. What if you could Live Lighter?

**MATTHEW 11:25-30** – Light burden

**John 6:35**- Bread of Life, **John 7:37-38**- Living Water. Is your Anger & Offense damming up the river?

What specific statements did Jesus make about himself in these verses?

What are some reasons people/you feel Weary & Burdened in Today's World?

How do these verses show us ways to overcome obstacles of trust?

What if Trust is directly connected to how, you carry Offense & Anger?

Trusting God means you Trust Him even though you do not understand everything that is happening. ...

**PRAYER/RESPONSE IN TRUSTING GOD**