

HEARTSICK PART III
“ANGER”
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INTRODUCTION

- Emotions are essential to our lives.
- The problem: some bring life and others destroy
- Have you ever asked the question, “Where did that come from?”
- Emotions are the reason we do things we can’t believe, because they can distort reality.
- Jesus is more interested in healing our broken emotions than helping us manage them.
- What emotion competes for control of your life?
- Let’s talk about an emotion all of us have had to deal with in one way or another; anger.

I. OUT OF CONTROL

- What do we say about someone that is raging with anger? Out of control.
- Unresolved anger hurts us and the people around us.
- What if we get healed from it?
- Matthew 15:17-20, “...the words you speak come from the heart—that’s what defiles you. For from the heart come evil thoughts, murder, adultery, all sexual immorality, theft, lying, and slander. These are what defile you...”
- Wisdom knows that actions follow the heart.
- What’s on the inside of us will someday make its way out.

II. WHERE DID THAT COME FROM?

- James 4:1-3, “What is causing the quarrels and fights among you? Don’t they come from the evil desires at war within you? You want what you don’t have, so you scheme

and kill to get it. You are jealous of what others have, but you can’t get it, so you fight and wage war to take it away from them...”

- Vss. 4:2 - the battle is inside of me.
- Usually anger comes because we want something we didn’t get or got something we didn’t want.
- Anger wants to control your behavior and your actions.
- But that doesn’t mean we have to be angry.
- Conflict and pressure are the indicators of what is really inside us. But they don’t have to control us, dominate us.
- Forgiveness is us giving up the right to hurt them for hurting us.
- Jesus followers: forgiveness is you acting toward others the way that God has already acted toward you!
- Following Jesus means we must be forgivers of people.

III. WHERE DO WE START?

- Decide you can be free, Jesus promised it.
- Ask the people closest, “Do I have an anger problem?”
- Admit that you’re sick, “I have a problem.”
- Remember the people closest to us pay the highest price.
- Quit using your story; no more justifying behavior and anger; allow God to do heart surgery. No more excuses.

CLOSE

- It is ok not to get everything you want or everything you deserve.
- Move towards Jesus and others, placing them ahead of ourselves.
- James is telling us that humility works.
- Colossians 3:13, “Make allowance for each other’s faults, and forgive anyone who offends you. Remember, the Lord forgave you, so you must forgive others.”