

Buy a Goldfish

Much of our anger comes from being inconvenienced.

Putting God's Love into Action

Ephesians 4:17-32 NLT

With the Lord's authority I say this: Live no longer as the Gentiles do, for they are hopelessly confused. Their minds are full of darkness; they wander far from the life God gives because they have closed their minds and hardened their hearts against him. They have no sense of shame. They live for lustful pleasure and eagerly practice every kind of impurity. But that isn't what you learned about Christ. Since you have heard about Jesus and have learned the truth that comes from him, throw off your old sinful nature and your former way of life, which is corrupted by lust and deception. Instead, let the Spirit renew your thoughts and attitudes. Put on your new nature, created to be like God—truly righteous and holy. So stop telling lies. Let us tell our neighbors the truth, for we are all parts of the same body. And "don't sin by letting anger control you." Don't let the sun go down while you are still angry, for anger gives a foothold to the devil. If you are a thief, quit stealing. Instead, use your hands for good hard work, and then give generously to others in need. Don't use foul or abusive language. Let everything you say be good and helpful, so that your words will be an encouragement to those who hear them. And do not bring sorrow to God's Holy Spirit by the way you live. Remember, he has identified you as his own, guaranteeing that you will be saved on the day of redemption. Get rid of all bitterness, rage, anger, harsh words, and slander, as well as all types of evil behavior. Instead, be kind to each other, tenderhearted, forgiving one another, just as God through Christ has forgiven you.

Sermon in a Sentence:

Your words are lethal or life-giving. You can break down or build up; restrain or release.

The Paradox of Transformation

You cannot change without Jesus. Jesus will not change you without your cooperation.

A New Point of View

We often approach anger and the rage charged words we use with a feeling of helplessness. We might say, "I lost my temper." Or, "It's all your fault. If you didn't" But how we express our anger can be intentionally chosen. We can walk out of here knowing that anger requires a response. God is the one who gives us the grace to choose either pain or peace; words that are lethal or life-giving, that break others down or build them up. Jesus can heal our hearts and set us free from the dark side of anger.