



North Church Message Notes

What Lies Beneath: Anger

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What you do with your emotions matters greatly. Emotional wellbeing is directly related to spiritual wellbeing.

BIBLE Ephesians 4:26-32 (NIV 2011)

1. Anger is a valid emotion

– In your Anger do not sin (vs. 26)

Trying not to be angry is going against who you have been created to be. Emotions were created for a reason. They were not meant to be suppressed.

2. Get it out

– Don't let the sun go down while you are angry, don't give the devil a foothold (vs. 26)

The worst thing you can do with anger is stuff it. Suppression leads to depression. When it is suppressed it comes out in all the wrong places. I shoot at the wrong target. Those closest to me tend to get it.

Jesus showed that anger is fine when expressed appropriately, but when I hold it in it becomes destructive.

3. Guard your tongue

– Don't let unwholesome talk come out of your mouths (vs. 29)

4. Forgiveness

– Be kind and compassionate, forgiving just as Christ forgave (vs. 32)

It's after getting it out that I am able to begin forgiving. Grieving allows forgiveness to come. Anger is tied to forgiveness.

5. Grieve

– Get rid of Anger, rage, bitterness (vs. 31)

Get it out appropriately. Safe place...get it out. Go after the root of pain. Allow Jesus to bring truth.

"Forgiveness can only come if we look in the right direction and listen to the right Voice. When our eyes are on the weapons, we react with fear. When our eyes are on the faces of our enemies, we hate. When our ears are listening to their threats, our hearts shudder. But, when our ears are against the mouth of God we can, even in these horrendous moments, experience His love. If our eyes can see the brokenness of our attackers, we can even forgive them, with God's help. We need to see them as humans, though. We cannot forgive monsters, only fellow human being."

– Excerpt from the book *Fearless, Free* by Hetti Britt.

6. Conclusion

– Write a lament