



- Our faith in God, gifts from God, and gifts to God mean nothing if we do not **love well**.

- God's Spirit in us is the **source** of love that we share.

But the Holy Spirit produces this kind of fruit in our lives: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control. Galatians 5:22(NLT)

Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It does not dishonor others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. Love does not delight in evil but rejoices with the truth. It always protects, always trusts, always hopes, always perseveres. 1 Corinthians 13:4-7 (NIV)

- Is there any **attitude** in me that would prevent God's love from being expressed through me?

Let's not just talk about love; let's practice real love. 1 John 3:18 (MSG)

Truths about anger:

- It's not a **sin** to be **angry**.

"In your anger do not sin": Do not let the sun go down while you are still angry, and do not give the devil a foothold. Ephesians 4:26-27

- What we do with anger can lead us to **sin**.

"An angry man stirs up dissension, and a hot-tempered one commits many sins." Proverbs 29:22

Don't befriend angry people or associate with hot-tempered people, or you will learn to be like them and endanger your soul. Proverbs 22:24-25 (NLT)

- Anger is intended to be a **warning** system, not a **guidance** system.

Ways people express anger:

- The **machine gunist**.

"Cain became furious and he scowled in anger... And while they were in the field, Cain attacked his brother Abel, and killed him." Genesis 4:5, 8

A fool gives full vent to his anger, but a wise person holds it in check. Proverbs 29:11 (CSB)

- The **Mutes**.

"... I stayed by myself and was filled with anger. Why do I keep on suffering? Why are my wounds incurable? Why won't they heal?" Jeremiah 15:17-18

- The **Martyrs**.

"The elder brother was so angry he would not go in (to the party). So his father went out and pleaded with him..." Luke 15:28

- The **Manipulators**.

"But they were furious and began to plot with each other what they might do to Jesus." Luke 6:11

My dear brothers and sisters, always be willing to listen and slow to speak. Do not become angry easily, because anger will not help you live the right kind of life God wants. James 1:19-20 (NCV)

How to deal with the Anger within:

- Calculate the **cost** of anger.

Proverbs 15:18; Pr. 29:22; Pr. 15:18; Pr. 14:29; Pr. 14:17

"Those who control their anger have great understanding; those with a hasty temper make mistakes." Proverbs 14:29 (NLT)

- **Think** before reacting.

"Sensible people always think before they act." Proverbs 13:16

"A fool gives full vent to anger, but a wise person quietly holds it back." Proverbs 29:11 (NLT)

- Ask God to **help** you.

"Lord, help me control my tongue; help me to be careful about what I say!" Psalm 141:3 (NCV)

...The mouth speaks of what the heart is full of. Luke 6:45

"The fruit of the Spirit is love, joy, peace, patience, kindness, goodness and self-control" Galatians 5:22



TO CREATIVELY LOVE AND LEAD PEOPLE IN A GROWING RELATIONSHIP WITH JESUS.

Questions that can be used in Connection Groups:

These questions also work well for personal time with God.

- What scripture and/or point spoke most to you from the Talk on Sunday? Explain why?
- Do you believe that the Quest loves well? What are the areas that we could improve in? (And when I say "we" that includes you... 😊)
- What kind of anger do you personally deal with? (Explosive, mute, martyr, etc.)
- What does the statement mean to you: "Anger is intended to be a warning system, not a guidance system." ?
- Talk through the points under "Ways people express anger". What are the dangers of each one?
- How do we calculate the cost of anger?
- Why is it important to "cool down" before responding?
- How do we depend on the Holy Spirit for strength when we're angry?

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Love without Anger

Sunday, August 20th, 2023

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