Connect Study 2nd August 2020 Ps Jonathan

**REFINERS FIRE – NEW LIGHT SERMON SERIES (July/August 2020)**

For ***he is like a refiner's fire and like fullers' soap***. Malachi 3:2

In a comparison of the 2 kings anointed by Samuel, Saul and David, we see a major difference. When God rejected Saul because of disobedience, Saul was still fighting for his good name. (1 Samuel 15:10). When David sinned terribly, God still called him “a man after my own heart.” The difference is one of the heart. God saw true beauty in David’s heart – a heart of repentance, of courage, of devotion and worship to God.

“For the Lord sees not as man sees: ***man looks on the \_\_\_\_\_\_\_\_\_\_\_\_ appearance***, but ***the Lord looks on the heart***.” 1 Samuel 16:7

* Just as He looked into David’s heart, He sees our heart. He knows the real us, who we are when no one is looking

* Martin Luther King Jr. said, “I hope I get judged by my character, not the colour of my skin”.

**Question:**

**What is the state of your heart?**

* There is a sin that dominates the hearts of many people. Today we are going to start our journey of recovery from that sin.
* This sin is ANGER. What I *do* with this anger emotion *is* a problem - how I express it, who I hurt, or if I am still righteous in my anger. Let’s get real and let’s get practical!

We ALL need help. Here is a 6-step plan to keep calm in a crisis, and stop the anger flow.

1. **REALISE** the cost of uncontrolled anger**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

* “A hot-tempered man…gets into all kinds of trouble.” Proverbs 29:22 (LB)
* “Hot tempers cause arguments.” Proverbs 15:18 (GN)
* “ . . . anger causes mistakes.” Proverbs 14:29 (LB)
* “People with hot tempers do foolish things.” Proverbs 14:17 (GN)
* “The fool who provokes his family to anger and resentment will finally have nothing worthwhile left.” Proverbs 11:29 (LB)

**Question:**

**What about YOU? Has it cost you anything? What are the consequences of anger?**

1. **RESOLVE** to manage it\_**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

* “A fool gives full vent to his anger, but a wise man KEEPS himself under control.” Proverbs 29:11
* Choose to manage anger, to decide in advance to recognise anger for what it is and to change, no more anger expression! Stop making excuses.
* Men get angry more than women, at things, machines, women generally get angry with people. Anger is described as “a goal thwarted”. i.e. Things don’t go the way you want.

1. **REFLECT** before reacting **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

* “My dear brothers and sisters, always be quick to listen, slow to speak, and slow to get angry, because human anger will never bring about the righteous life that God desires.” James 1:19-20
* BE QUICK \_\_\_\_\_\_to listen\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* BE SLOW \_\_\_\_\_\_to speak\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* “A stupid man gives free rein to his anger; a wise man waits and lets it grow cool.” Prov. 29:11 (NEB)
* BE SLOW \_\_\_\_\_\_to get angry\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_   
   “A man's wisdom gives him patience.” Prov. 19:11 (NIV)

ASK YOURSELF 3 QUESTIONS

1. WHY am I angry? Hurt? Frustration? Fear?

2. WHAT do I want?

3. HOW can I get it?

Get the facts first! Strategies. Count to 10 (Thomas Jefferson) (if very angry, count to 1000). Listen to understand. (Then I become more understanding!)

1. **RELEASE** my anger appropriately**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

* “If you become angry, don’t let your anger lead you into sin.” Eph. 4:26 (TEV)
* “A gentle answer quiets anger, but a harsh one stirs it up.” Prov. 15:1 (TEV)
* Don’t Suppress it . . . Repress it . . . or Express it. CONFESS it!
* How can you use the above scriptures to put into practise some anger busting resolutions?

1. **RE-PATTERN** my mind**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

* “Don't copy the behaviour and customs of this world, but let God transform you into a new person by changing the way you think.” Romans 12:2a (NLT)
* “Keep away from angry, short-tempered people, or you will learn to be like them . . .” Prov. 22:24 (LB)
* “If you exploit or abuse your family, you’ll end up with a fistful of air.” Prov. 11:29 (MSG)
* “You husbands must love your wives and never treat them harshly.” Col. 3:19 (NLT)
* Anger is contagious! It is in the soul realm. Where did you catch it? Don’t’ model for your children!

1. **ASK GOD** to fulfil me with His love**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

* “Love is not easily angered.” 1 Cor. 13:5
* “Patience and encouragement come from God. I pray God will help you all agree with each other the way Christ Jesus wants.” Romans 15:5
* “Whatever is IN YOUR HEART determines what you say.” Matt. 12:34