

Murder Begins in the Heart

WELCOME: What was the misdemeanour in your youth or childhood which brought down the greatest wrath of your parents/guardians? In your opinion, did the “sin” warrant the anger?

WORD: IS ANGER WRONG? See Ephesians 4 v 26,27

DOES GOD GET ANGRY? See Exodus 4 v14; Numbers 32 v13;
Mark 3 v 5; John 2 v 15-16; Romans 2 v 5-8

So, if we are made in the image of God, and anger is legitimate, when is it wrong? Read the words of Jesus: Matthew 5 v 21-26
Proverbs 18 v 21 “The tongue has the power of life or death, and those who use it will eat its fruit”.

WHAT TYPE OF ANGER BRINGS LIFE, AND WHAT TYPE BRINGS DEATH?

James 3 v 5-10, 14- chapter 4 v 3 identifies the sources for both types.
How can we recognise legitimate anger, and act upon it?
What actions might such anger produce?

In what ways are we expected to curb wrong anger? James 1 v 19;
Psalm 86 v15; Psalm78 v 38.

“Most anger is born from hurt. But it is easier to express anger than pain- if I express my pain, they are capable of trampling on it further, - my anger pushes them away and prevents them from hurting me more. We must learn to voice our pain, and not our anger”. Do we agree with this? How might we put it into practice?

WORSHIP: (Gentle music)

Allow time to recognise, and repent, of any of the following:

Sarcasm, fault-finding, back-biting, refusal to see any good, verbal attack, irritability, bad temper, uncontrolled outbursts, violence, hatred, heart of stone.

Worship Jesus in His perfection and beauty, and receive His cleansing and grace. Bring any painful wounds for His healing. It may be appropriate to pray for one another.

WITNESS: Proverbs 16 v 24

“Pleasant words are a honeycomb sweet to the soul and healing to the bones

Pray for the witness of the Cell during the week at home, and in the community.