

# Emotions

Getting a Grip on your Heart and Mind

desert breeze  
community church  
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Saturday & Sunday, June 30, July 1, 2018

## Anger – Casualties of War

**Text: James 4:1-12, 1:20-21, Mt 5:3-6, 2Cor 4:1-12**

**Thesis Statement:** We are emotional beings created in the image of an emotional God. There are no bad emotions, but because of the fall there are emotions gone bad.

**Emotional Intelligence:** Being aware of your feelings and interpreting them correctly – Being aware of and interpreting the feelings of others correctly – The ability to bring calm to yourself and to emotional situations – The ability to redirect negative emotions in a productive way. (Challenge: search Mohapel Quick EQ Test)

**1. Definition of Anger:** Energy released against something **evil** to protect something that is **good**. *Combining Out your anger = Identify, Evaluate, Redirect, Repent, Worship*

**2. Anger is a secondary emotion to:**

- Warring **desires** – pleasures
- Blocked **goals** – selfish need to rule
- Anything that **disrupts** our kingdom rule

**3. The origin of the War of Desires in the Kingdom of the Heart**  
(James 4:1-12)

- **Our wants** – Our pleasures are what make us feel good, not what **make us good**.
- **Our law** – Self avenging vigilantes become **lawbreakers** themselves
- **Our subjects** – No one on earth was created to serve you as **Lord and Savior** – nor does anyone on earth hold your **identity** in their hand.

**4. Progression of good desires gone bad in relationships:**

“I want > I must have > I will have > So, you should > You didn’t > Therefore, I will”

**5. Breaking My Law: Telltale signs of a self-sovereign attitude**

- a) Personalize what is not personal
- b) You’ll turn God given moments of ministry into moments of anger.
- c) You will be adversarial in your response to perceived offenses.
- d) You will settle for quick situational solutions that do not get to the heart of what is really going on.

**6. God is constantly angry because He is constantly loving.** v5,6  
***Man’s anger – James 1:20-21 vs God’s Truth - Matthew 5:3-6***

**7. The “cruciformed life” is produced by a process of troubling comfort.**

**8. Being alive in Christ comes through the death of self.** (2 Cor 4:1-12)

**Three kinds of Good Anger:** (From Paul Tripps Good & Angry)

- The restorative anger of **love**.
- The rescuing anger of **mercy**.
- The advocacy anger of **justice**.

**Growing Notes:**

Take an emotional intelligence test and discuss the results with others who know you well.

Review the sermon teaching notes and James 4:1-20. Discuss your own anger and your experiences with the anger of others. Comb it out = *Identify, Evaluate, Redirect, Repent, Worship*

Review James 1:20-21, Mt 5:3-6 and 2 Corinthians 4:1-12 and discuss them in light of this statement – God is constantly angry because He is constantly loving. He hates the sin in us. He is infuriated at the sin done to us. He hates what sin has done to His creation. Hates the idea of any of us perishing for it, yet demands a price to be paid. If He were not angry all the time about those things he would not be a loving God. Although He is furiously angry at our sinfulness, He holds no ill will toward us.