



CHRIST FIRST

COVINA

Pastor James Laing

Mar 14, 2021

ANGER

BOOK OF JAMES

1. SLOW TO _____

Know this, my beloved brothers: let every person be quick to hear, slow to speak, slow to anger; for the anger of man does not produce the righteousness of God. James 1:19-20

- A. "Anger is an acid that can do more harm to the vessel in which it is stored than to anything on which it is poured." —*Mark Twain*
- B. Not all anger is sinful. (Mark 3:5) James is specifically talking about sinful anger. Being slow to become angry is to reflect the same attribute of God. (Ps 145:8)
- C. Anger can cause a person quickly to go from rational to insane.
- D. It's not always the situation that makes you angry but it's what you think about the situation. It's what you tell yourself about it.
- E. Anger is sin when it seeks to tear down a person vs to solve a problem. (Eph 4:29).
- F. Anger is sin when it's allowed to boil over without restraint. (Pr 29:11)
- G. Anger is sin when you stuff it inside and stew on it to the extent that you carry it into the next day. (Eph 4:26-27).
- H. Get past anger by admitting/confessing that you are sinfully angry. (Pr 28:13)
- I. Convert your anger into love. (Gen 50:21; Rom 12:21)
- J. You can change how you feel about someone when you change how you act towards them. (Matt 5:43-48)
- A. Make room for God's wrath (Rom 12:19).
- B. Before it builds in intensity, let it go or let it out. (Eph 4:26-27)
- C. Volume self-check. (Pr 15:1).

2. STRENGTH IN _____

Therefore put away all filthiness and rampant wickedness and receive with meekness the implanted word, which is able to save your souls. James 1:21

- A. Meek isn't weak. Meek is strong. (Pr 16:32)
- B. Meek (Gk "prautēs"): mildness of disposition, gentleness of spirit.
- C. Anger is a secondary emotion. Anger is a "cover" emotion because it covers over the emotion beneath.
- D. When we obey God's word and are slow to become angry, we embrace meekness and give room to experience, uncover and communicate the foundational emotion we're experiencing. We can only uncover that emotion by being slow to become angry.
- E. God is slow to anger with us. (2 Pet 3:9; Rom 2:4)

3. DOER OR _____

But be doers of the word, and not hearers only, deceiving yourselves. James 1:22

- A. Gary Chapman "We must act to solve our part of the problem. (Romans 12:18) We cannot control how others act or respond, but we can make the changes that need to be made on our part. Overcoming a temper is not accomplished overnight. But through prayer, Bible study, and reliance upon God's Holy Spirit, ungodly anger can be overcome."
- B. You are responsible for doing something about this kind of sin. And if anger has been something you have struggled with for a long time, get help.
- C. Reach out to us at office@christ-first.org and we can refer you to Christian counselors who are trained to help you with your anger management.

BECOME A CHRIST FOLLOWER TODAY

Admit: Sin

Believe: Christ died for your sins & rose again

Choose: To follow Christ

Three Ways to Give

1. **Mail:** Christ First Covina 200 N Second Ave Covina, CA. 91723
2. **Online:** <https://christ-first.org/give-online>
3. **Text:** (626) 784-4882. Text the amount you'd like to give and follow the prompts.

Thank you for your generosity!

Answers: Anger, Meekness, Deceived
Christ-first.org/media

COMMUNITY GROUP QUESTIONS

What is one thing the Lord impressed upon your heart about anger in the sermon this past Sunday?

Anger is detrimental to your physical health. It can increase the risk of heart disease. Anger can be intense, but it doesn't always manifest itself externally. You can constantly yell at someone from your heart without speaking an audible word. If you are in the midst of a season of anger, open your heart to what God wants you to learn today.

Read James 1:19-22

Everyone struggles with anger. Describe a time when you got really angry. Were you thinking clearly in the midst of your rage? How long did you remain in this emotionally charged state? What did you experience physically?

Did you continue to carry it internally or were you able to let it go? How do you slow the onset of anger in you?

Meekness in our culture can be interpreted as being weak. Have you observed this in our culture?

"Meekness" = mildness of disposition, gentleness of spirit.

Do you know someone who is meek but is actually a really strong and assertive person? Describe them.

Meek isn't weak. Meek is strong.

Whoever is slow to anger is better than the mighty, and he who rules his spirit than he who takes a city. Proverbs 16:32

Being meek can help you be in touch with your authentic self and what's going on in you emotionally. Pastor James described anger as a "cover" emotion. The last time you got really angry, what was the emotion your anger covered?

If you were more self-aware and allowed the foundation emotion to be experienced, do you think that would help you to be slow to become angry?

Read James 1:22.

Be a doer and not just a hearer God's Word... consider what your best next step is to manage your anger better. Take a moment of silence to reflect, pray and write down your best next step to manage your anger better. Invite someone to pray for the entire group to be doers of what God is teaching.

EASTER AT CHRIST FIRST

Who are you inviting?

Encourage everyone in your group to text an invite to their 8to15.

Easter is on April 4th.

Classic Service: 9am (Courtyard)

Modern Service: 11am (Courtyard)

Spanish Service: 11am (Grass Area)

Kid's choir will sing in each service.

Family Egg Hunt after both 9am and 11am services.

To maintain social distancing, each family will be their own group searching for specific-colored eggs. Bring an Easter basket from home.

Easter Jam Reconnect: Special Online Family Easter Event.

On **Saturday, April 3**, starting at 9am, we'll be hosting an online family event on YouTube (<https://www.youtube.com/christfirstcovinavideos>) We'll provide two chocolate bunnies and a tub of frosting for your family which you can pick up on Sunday March 25th. You provide eggs - either real or plastic, a hammer and a hand towel. We can't wait to share this family fun with you!