



Sermon On The Mount - Part 3
“Hotheads to Healers”
Ryan White/Family Pastor
July 7, 2019
Key Passage: Matthew 5:21:26 (ESV)

Two Types of Anger:

- Visceral anger — *“Be angry and do not sin.”* (Eph. 4:26)
- Meditative anger — *“Do not let the sun go down on your anger, and give no opportunity to the devil.”* (Eph. 4:26-27)

Two Ingredients that Fuel Anger:

- Unmet expectations — *“What causes quarrels and what causes fights among you? Is it not this, that your passions are at war within you? You desire and do not have, so you murder. You covet and cannot obtain, so you fight and quarrel.”* (James 4:1-2)
- Fear — *“Refrain from anger and turn from wrath. Do not fret—it leads only to evil.”* (Ps. 37:8)

Three Bad Responses to Our Anger:

- Explode — *“For the anger of man does not produce the righteousness of God.”* (James 1:10)
- Bottle the poison — *“Love is not resentful. It keeps no record of wrongs.”* (1 Cor. 13:5)
- Demand control.

The Kingdom Solution to Anger:

- Life with Jesus
 - Following his lead
 - Drawing from his resources
 - Trusting him as we walk each day in his presence
- Participate in the transforming practice of reconciliation.
“So if you are offering your gift at the altar and there remember that your brother has something against you, leave your gift there before the altar and go. First be reconciled to your brother, and then come and offer your gift.” (Matt. 5:23-24)

