

Listen UP: Am I an Anger Assassin
Matthew 5:21-24 and Matthew 5:38-48

Quick to LISTEN

Everyone should be quick to listen, slow to speak and slow to become angry....
James 1:19b

...because human anger does not produce the righteousness that God desires.”
James 1:20

******The word for anger that a James uses is rage (temper) or out of control emotional outbursts.

******Do you consider yourself to be an angry person? Does your spouse (or kids) think, you are angry?

N. Never allow emotion to win.

21 “You have heard that it was said to the people long ago, ‘You shall not murder, and anyone who murders will be subject to judgment.’ 22 But I tell you that anyone who is angry with a brother or sister will be subject to judgment. Again, anyone who says to a brother or sister, ‘Raca,’ is answerable to the court. And anyone who says, ‘You fool!’ will be in danger of the fire of hell.

23 “Therefore, if you are offering your gift at the altar and there remember that your brother or sister has something against you, 24 leave your gift there in front of the altar. First go and be reconciled to them; then come and offer your gift. Matthew 5:1-24

*******Raca* is a term that generally dismisses someone as not significant enough to mess with. You’ve generally dismissed the person and are treating them like they don’t exist.

— can a person be worthless (*raca*)?

— so we should never treat someone like they are.

******What is the danger of deciding that someone is ‘dead to you’? Is it ever ok?

Righteous anger:

- Righteous anger cares about others.
- It attacks the sin instead of the sinner.
- Righteous anger doesn't seek to hurt. Love doesn't retaliate.
- Expressing righteous anger should be a last resort - not a first.

****Frustration often 'comes out' as anger'. Frustration: the feeling of being upset or annoyed, especially because of inability to get something done or change something or someone. What frustrates you? How does it make you angry?**

****Even though Jesus flipped tables... (John 2:15-17 and Luke 19:45-47)
he spent most of his time turning the other cheek (Matthew 5:38-40)**

Music

Sermon Part 2

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"You have heard that it was said, 'Eye for eye, and tooth for tooth.' But I tell you, do not resist an evil person. If anyone slaps you on the right cheek, turn to them the other cheek also. And if anyone wants to sue you and take your shirt, hand over your coat as well. If anyone forces you to go one mile, go with them two miles. Give to the one who asks you, and do not turn away from the one who wants to borrow from you.

"You have heard that it was said, 'Love your neighbor and hate your enemy.' But I tell you, love your enemies and pray for those who persecute you, that you may be children of your Father in heaven. He causes his sun to rise on the evil and the good, and sends rain on the righteous and the unrighteous. If you love those who love you, what reward will you get? Are not even the tax collectors doing that? And if you greet only your own people, what are you doing more than others? Do not even pagans do that? Be perfect, therefore, as your heavenly Father is perfect. Matthew 5:38-48

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Quick to listen

Quick to Listen

- L. Look inside for 'your' dirty filter.
- I. Insight - What's going on behind 'their' scenes?
- S. Stop and pray for 'discerning ears.'
- T. Think the best. (choose)
- E. Engage with appropriate body language.
- N. Never allow emotion to win.

****Listening is a skill that we learn and listening to each other is important.
However, learning to listen to God is skill that will change your life.**

Listening involves a calm mind and a receptive spirit.

The last 7 weeks summed up in one word (acronym)

W. A. I. T.

- W. Why
- A. Am
- I. I
- T. Talking

*In the morning, Lord, you hear my voice;
in the morning I lay my requests before you
and **wait** expectantly. Psalm 5:3*