

# DANGER ZONE

## ANGER

3-8-15

1. Often we enter into a dangerous place and we know it by cones, fences and signs.

*Self-deception is a process of denying or rationalizing away the relevance, significance, or importance of opposing evidence and logical argument.*

2. The longer we live in the danger zone of self-deception, the more difficult it becomes to see the danger. We believe that it will not harm us, and the more convinced we are that we are right.

3. Things are really dangerous when we don't know or acknowledge we're in a danger zone.

### WOULD YOU BE WILLING TO RENT THE DEVIL A GUESTROOM?

Ephesians 4:26-27 "In your anger do not sin": Do not let the sun go down while you are still angry,<sup>27</sup> and do not give the devil a foothold.

*topos* (top'-os); opportunity, location, place, room.

Genesis 4:6-7 Then the LORD said to Cain, "Why are you angry? Why is your face downcast?<sup>7</sup> If you do what is right, will you not be accepted? But if you do not do what is right, sin is crouching at your door; it desires to have you, but you must master it."

### WRONG WAYS WE HANDLE ANGER:

1) SPEWERS \_\_\_\_\_ IT

Proverbs 29:11 A fool gives full vent to his anger, but a wise man keeps himself under control.

**Proverbs 14:17** A quick-tempered man does foolish things.

**2) STEWERS \_\_\_\_\_ IT.**

**Psalm 32:3** When I kept silent, my bones wasted away through my groaning all day long.

## **WHERE DOES YOUR ANGER COME FROM?**

**Matthew 15:1** Then some Pharisees and teachers of the law came to Jesus from Jerusalem and asked, <sup>2</sup> "Why do your disciples break the tradition of the elders? They don't wash their hands before they eat!" <sup>3</sup> Jesus replied, "And why do you break the command of God for the sake of your tradition? ... <sup>6</sup> ... you nullify the word of God for the sake of your tradition. <sup>7</sup> You hypocrites! ... <sup>8</sup> "'These people honor me with their lips, but their hearts are far from me. <sup>9</sup> They worship me in vain; their teachings are but rules taught by men.'" <sup>10</sup> Jesus called the crowd to him and said, "Listen and understand. <sup>11</sup> What goes into a man's mouth does not make him 'unclean,' but what comes out of his mouth, that is what makes him 'unclean.'" ... <sup>17</sup> "Don't you see that whatever enters the mouth goes into the stomach and then out of the body? <sup>18</sup> But the things that come out of the mouth come from the heart, and these make a man 'unclean.'

**1. So your heart is responsible for your words, actions and deeds.**

**Matthew 15:19-20** For out of the heart come evil thoughts, murder, adultery, sexual immorality, theft, false testimony, slander. <sup>20</sup> These are what make a man 'unclean'; but eating with unwashed hands does not make him 'unclean.'"

**2. So if your heart isn't in good shape, it's going to be almost impossible to maintain healthy relationships with anybody.**

**3. So what is in your heart is going to come out of you, regardless of who is around you.**

## STEPS TO GET A HEALTHY HEART:

### Step 1. FILL YOUR \_\_\_\_\_ WITH GOD'S WORD.

**Psalm 119:9-11** How can a young man keep his way pure? By living according to your word. <sup>10</sup> I seek you with all my heart; do not let me stray from your commands. <sup>11</sup> **I have hidden your word in my heart** that I might not sin against you.

### Step 2. KEEP YOUR \_\_\_\_\_ FOCUSED ON PRAISEWORTHY THINGS.

**Philippians 4:8** Finally, brothers, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable – if anything is excellent or praiseworthy – think about such things.

### Step 3. MAKE \_\_\_\_\_ A PRIORITY.

**Psalm 86:11-13** Teach me your way, O Lord, and I will walk in your truth; give me an undivided heart, that I may fear your name. <sup>12</sup> I will praise you, O Lord my God, with all my heart; I will glorify your name forever. <sup>13</sup> For great is your love toward me; you have delivered me from the depths of the grave.

### Step 4. QUICKLY \_\_\_\_\_ KNOWN SIN IN YOUR LIFE.

**1 John 1:9** If we **confess** our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness.

*Confess means: Admit having done something wrong.*

*The definition of confess in the scripture is associated with change. It is connected with restitution, repentance and restoration.*

**Ephesians 4:31-32** **Get rid of all** bitterness, rage and anger, brawling and slander, along with every form of malice. <sup>32</sup> Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.