

Get Rid of Bitterness, Rage, and Anger

(Ephesians 4:28-32)

Yearly Theme: *“Love Is...”*

Series Title: *Don’t Push My Buttons*

August 25th, 2019

Turn in your Bibles to: *Ephesians 4:28-32*

²⁸ If you are a thief, quit stealing. Instead, use your hands for good hard work, and then give generously to others in need. ²⁹ Don’t use foul or abusive language. Let everything you say be good and helpful, so that your words will be an encouragement to those who hear them.

³⁰ And do not bring sorrow to God’s Holy Spirit by the way you live. Remember, he has identified you as his own, guaranteeing that you will be saved on the day of redemption.

³¹ Get rid of all bitterness, rage, anger, harsh words, and slander, as well as all types of evil behavior. ³² Instead, be kind to each other, tenderhearted, forgiving one another, just as God through Christ has forgiven you.

Key Point: “bitterness, rage, anger, harsh words, and slander come from an unforgiving heart, but followers of Christ are ruled by love, they forgive and show kindness to others the way Christ has forgiven and shown kindness to them.”

- Being a Christian should change our Behavior, how we Speak, and how we Think.
- Forgiveness and Kindness are key to loving others like Christ.

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NOTES:



North Main Exists to...

"Develop completely committed followers of Christ who:
Know Christ intimately,
Grow in Christ continually, and,
Go for Christ daily;

Through:
Core Families,
Community Partnerships, and
Global Connections."

DON'T PUSH MY BUTTONS



Love is not Irritable
(Ephesians 4:17-32)

LESSON 4:
"GET RID OF BITTERNESS, RAGE, AND ANGER"
(EPHESIANS 4:31-32)

AUGUST 2019

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(Ephesians 4: 31-32)

Series Title: *Don't Push My Buttons*

KICK STARTERS:

- ⇒ How is bitterness expressed in your life? Do you realize when you feel bitter?
- ⇒ When someone does something wrong to you what is your most natural response? Does it differ between people and circumstances?

SCRIPTURE: (Before studying this material, consider listening to the corresponding message online at: <http://www.northmaincog.org/media/sermon-media>)

Ephesians 4:17-32 (NLT)
Living as Children of Light

17 With the Lord's authority I say this: Live no longer as the Gentiles do, for they are hopelessly confused. 18 Their minds are full of darkness; they wander far from the life God gives because they have closed their minds and hardened their hearts against him. 19 They have no sense of shame. They live for lustful pleasure and eagerly practice every kind of impurity.

20 But that isn't what you learned about Christ. 21 Since you have heard about Jesus and have learned the truth that comes from him, 22 throw off your old sinful nature and your former way of life, which is corrupted by lust and deception. 23 Instead, let the Spirit renew your thoughts and attitudes. 24 Put on your new nature, created to be like God—truly righteous and holy.

25 So stop telling lies. Let us tell our neighbors the truth, for we are all parts of the same body. 26 And "don't sin by letting anger control you." Don't let the sun go down while you are still angry, 27 for anger gives a foothold to the devil.

28 If you are a thief, quit stealing. Instead, use your hands for good hard work, and then give generously to others in need. 29 Don't use foul or abusive language. Let everything you say be good and helpful, so that your words will be an encouragement to those who hear them.

30 And do not bring sorrow to God's Holy Spirit by the way you live. Remember, he has identified you as his own, guaranteeing that you will be saved on the day of redemption.

31 Get rid of all bitterness, rage, anger, harsh words, and slander, as well as all types of evil behavior. 32 Instead, be kind to each other, tenderhearted, forgiving one another, just as God through Christ has forgiven you.

GROUP DISCUSSION:

1. Read Romans 12:17- 21. Discuss what it means when God says: "It is mine to avenge, I will repay."

2. Is it wrong to want God to take revenge on someone who has wronged you? Why or why not?

3. Discuss some obstacles that prevent people from forgiving each other. Does forgiveness cost anything to the person it is being offered to or does it cost something to the person offering it? Explain.

4. How do the offender and the forgiver both benefit from forgiveness? In what ways do each of them benefit?

5. If you are surrounded by non-believers at work or school, how can you let them see Jesus without coming across as judgmental?

5. "Forgiveness is both an event and a process." What do you think is meant by this phrase? Discuss how it is either true or not true for your own life.

SELF-EVALUATION/APPLICATION:

- ⇒ Read Matthew 5:23-24 When you are aware of someone's displeasure toward you, it is your responsibility to attempt to reconcile. Who has God brought to your mind? What is one step you can take toward healing today?

- ⇒ What are some other ways you can practice forgiveness this week?
