

Be Careful

Sunday, January 14, 2024
10:30 AM

We began the year with a look at several areas of our lives in which we should "BE CAREFUL" as well as the tools that God has given us to accomplish that task.

Our **Key Texts** have been

Proverbs 4:18-27

"The path of the righteous is like the morning sun, shining ever brighter till the full light of day. But the way of the wicked is like deep darkness; they do not know what makes them stumble. My son, pay attention to what I say; turn your ear to my words. Do not let them out of your sight, keep them within your heart; for they are life to those who find them and health to one's whole body. Above all else, guard your heart, for everything you do flows from it. Keep your mouth free of perversity; keep corrupt talk far from your lips. Let your eyes look straight ahead; fix your gaze directly before you. Give careful thought to the paths for your feet and be steadfast in all your ways. Do not turn to the right or the left; keep your foot from evil."

Ephesians 5:8-17

"For you were once darkness, but now you are light in the Lord. Live as children of light (for the fruit of the light consists in all goodness, righteousness and truth) and find out what pleases the Lord. Have nothing to do with the fruitless deeds of darkness, but rather expose them. It is shameful even to mention what the disobedient do in secret. But everything exposed by the light becomes visible—and everything that is illuminated becomes a light. This is why it is said: "Wake up, sleeper, rise from the dead, and Christ will shine on you." Be very careful, then, how you live—not as unwise but as wise, making the most of every opportunity, because the days are evil. Therefore do not be foolish, but understand what the Lord's will is."

2 Peter 1:3-13 NLT

"By his divine power, God has given us everything we need for living a godly life. We have received all of this by coming to know him, the one who called us to himself by means of his marvelous glory and excellence. And because of his glory and excellence, he has given us great and precious promises. These are the promises that enable you to share his divine nature and escape the world's corruption caused by human desires. In view of all this, make every effort to respond to God's promises. Supplement your faith with a generous provision of moral excellence, and moral excellence with knowledge, and knowledge with self-control, and self-control with patient endurance, and patient endurance with godliness, and godliness with brotherly affection, and brotherly affection

with love for everyone. The more you grow like this, the more productive and useful you will be in your knowledge of our Lord Jesus Christ. But those who fail to develop in this way are shortsighted or blind, forgetting that they have been cleansed from their old sins. So, dear brothers and sisters, work hard to prove that you really are among those God has called and chosen. Do these things, and you will never fall away. Then God will give you a grand entrance into the eternal Kingdom of our Lord and Savior Jesus Christ. Therefore, I will always remind you about these things—even though you already know them and are standing firm in the truth you have been taught. And it is only right that I should keep on reminding you as long as I live.“

Where we need to be careful...

- Eyes what you see
- Ears what you hear
- Tongue what you speak
- Hands what you do
- Feet where you go
- Mind what you think
- Heart what you Embrace (Hold On To)

What are you holding on to in your heart?

- Anger
- Envy
- Bitterness
- Wrath
- Unforgiveness
- Sin

1. Read the Book
 - Read it for breadth
 - Read it for depth
 - Study it with others
 - Memorize it
 - Meditate on it
 - Use it
2. Talk to the Father (Prayer)
3. Spiritual Community (Church)
4. Listen to the Spirit (Baptism of The Holy Spirit)
5. Learn the enemy's playbook (Knowledge, Wisdom and Understanding)

In light of the last be careful (Heart what you embrace) and the last tool (Learn the Enemies playbook) I felt like the God wanted me to take one more week to expand on one of the areas that we touched on - Anger

***Confirmations and conversations throughout the week**

- God speaking to my heart Wednesday morning.
- Shelly
- Ivon
- Woman at the food bank
- Sheena

James 1:19-20

19 My dear brothers and sisters, take note of this: Everyone should be quick to listen, slow to speak and slow to become angry, 20 because human anger does not produce the righteousness that God desires.

*James seems to be warning us to BE CAREFUL with ANGER (Slow, doesn't produce the right things)

Ecclesiastes 7:9

9 Do not be quickly provoked in your spirit, for anger resides in the lap of fools.

One of the ways we can start being more careful with anger is to **broaden our understanding of what it is...**

*Ivon - one word for anger

*Illustration - Snakes (a great place to begin is "All snakes are poisonous" Be careful with snakes) Yes there are poisonous and non-poisonous snakes but it won't hurt me to start out by broadening my definition of what may be harmful, however it might hurt me to start out by trying to (without proper knowledge) judge the difference between the two and mistakenly picking up one that is poisonous

Yes there are certain forms of Anger that not sinful...

- Righteous anger - anger at sin and injustice... Directed at evil, things God opposes...
Sin, evil, injustice, and the like should make us angry. Human trafficking, domestic violence, child abuse, and murder are just a few of the evils in the world that should cause us to mourn and be angry, just as God is righteously angry over such devastating evil
- Anger has been said to be a warning flag—it alerts us to those times when others are attempting to or have violated our boundaries.
- However, what most of us feel day in and day out is not righteous anger toward evil, but human anger toward our family, friends, strangers, and fellow brothers and sisters in Christ. This type of anger usually lacks compassion, humility, and love. Human anger gives way to evil

Psalm 37:8

8 Refrain from anger and turn from wrath; do not fret—it leads only to evil.

What I am trying to point out is that it might help us be more careful with anger if we learned to identify more forms of human anger as anger and not simply some other form of the word that we feel justified in feeling and thus expressing in some form. (upset, disturbed, annoyed, irritated, frustrated, not happy with you).

*G3973 ὀργή **orgē**, n. [36] [→ [3974](#), [3975](#), [4239](#), [4240](#); cf. [3977](#)]. wrath, anger, the feeling and expression of strong displeasure and hostility; this can range from petty human anger to the righteous anger of God toward sinful disobedience:*

originally any "natural impulse, or desire, or disposition," came to signify "anger," as the strongest of all passions.

movement or agitation of soul (This fits in line with Wednesday Night's Bible Study - Strive for Peace - Hebrews 12:14)

So, part of being careful with anger is to be more aware of what it is... I believe if we will humble ourselves to the Word and to the teaching of The Holy Spirit, He will give us a greater understanding of what negative (human) anger is and how the enemy wants to use it against us.

So, what I want to focus on this morning are three ways that we can BE CAREFUL with anger

Let It Go

Proverbs 19:11

11 A person's wisdom yields patience; it is to one's glory to overlook an offense.

- We can let it go by not letting it get a hold of us in the first place...
- Being slow to anger means not letting so much stuff get to us ("Don't sweat the small stuff")
- 90% of the stuff we get angry about just needs to sluff right off
- We let it go by not holding on to it...

Ephesians 4:26-27

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

- Holding on to it and replaying it or saving it for later
- We can let it go by reminding ourselves that "God's got it do I don't have to"

Psalm 37:8-9

8 Refrain from anger and turn from wrath; do not fret—it leads only to evil. 9 For those who are evil will be destroyed, but those who hope in the Lord will inherit the land.

Stop Justifying

We already talked about one aspect of justification... redefining what anger is so as not to be guilty of it.

Colossians 3:8

8 But now you must also rid yourselves of all such things as these: anger, rage, malice, slander, and filthy language from your lips.

Another facet of Justification has to do with our propensity to justify our actions... In other words we have drawn our own set of boundaries within our minds as to what actions performed against us permit our response of anger.

We could talk about redrawing those boundaries, making them much smaller, but we would probably disagree greatly what qualifies and what does not.

I think the better answer is for us to understand an important principal about Justification and anger

We can justify the emotion without choosing to justify the resulting action.

If we can deal with the anger at the point of the emotion, we can be careful not to "Sin in our anger" with a wrongful action

Proverbs 29:11 (NIRV)

11 Foolish people let their anger run wild. But wise people keep themselves under control.

Strive For Peace

Hebrews 12:14 (ESV)

14 Strive for peace with everyone, and for the holiness without which no one will see the Lord.

Strive - work hard for, fight for, persevere in

- **Actively Love (As opposed to passive)**

1 John 3:18

18 Dear children, let us not love with words or speech but with actions and in truth.

- **Repeatedly Forgive**
- **Keep the slate clean**

*This is important to God

Ephesians 4:30-32

30 And do not grieve the Holy Spirit of God, with whom you were sealed for the day of redemption. 31 Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. 32 Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.