

# MONSTERS INSIDE OF ME

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## INTRODUCTION: ANGER IS A MONSTER WITH MANY FACES

**Ephesians 4:29-32 (NLT)** - <sup>29</sup> 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. <sup>30</sup> 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. <sup>31</sup> Get rid of all bitterness, rage, anger, harsh words, and slander, as well as all types of evil behavior. <sup>32</sup> Instead, be kind to each other, tenderhearted, forgiving one another, just as God through Christ has forgiven you.

### Moses: Anger fueled by unresolved issues. (Numbers 20:1-12)

- **Unprocessed** grief over loss. (vs. 1) *(Pro Presenter Slide Bulletin Outline)*

**Numbers 20:1 (NLT)** - In the first month of the year, the whole community of Israel arrived in the wilderness of Zin and camped at Kadesh. While they were there, Miriam died and was buried.

- **Unrealistic** expectations of others. (v. 3-5) *(Pro Presenter Slide Bulletin Outline)*

**Numbers 20:3-5 (NLT)** - <sup>3</sup> The people blamed Moses and said, "If only we had died in the LORD's presence with our brothers! <sup>4</sup> Why have you brought the congregation of the LORD's people into this wilderness to die, along with all our livestock? <sup>5</sup> Why did you make us leave Egypt and bring us here to this terrible place? This land has no grain, no figs, no grapes, no pomegranates, and no water to drink!"

- **Uncharted** waters. (vs. 8) *(Pro Presenter Slide Bulletin Outline)*

**Numbers 20:8 (NLT)** - “You and Aaron must take the staff and assemble the entire community. As the people watch, speak to the rock over there, and it will pour out its water. You will provide enough water from the rock to satisfy the whole community and their livestock.”

- **Unresolved** conflicts from past. (vs. 10) *(Pro Presenter Slide Bulletin Outline)*

**Numbers 20:10 (NLT)** - Then he and Aaron summoned the people to come and gather at the rock. “Listen, you rebels!” he shouted. “Must we bring you water from this rock?”

### **Jonah: Anger fed by unmet expectations. (Jonah 4)**

**Jonah 4 (NLT)** - This change of plans greatly upset Jonah, and he became very angry. <sup>2</sup> So he complained to the LORD about it: “Didn’t I say before I left home that you would do this, LORD? That is why I ran away to Tarshish! I knew that you are a merciful and compassionate God, slow to get angry and filled with unfailing love. You are eager to turn back from destroying people. <sup>3</sup> Just kill me now, LORD! I’d rather be dead than alive if what I predicted will not happen.” <sup>4</sup> The LORD replied, “Is it right for you to be angry about this?” <sup>5</sup> Then Jonah went out to the east side of the city and made a shelter to sit under as he waited to see what would happen to the city. <sup>6</sup> And the LORD God arranged for a leafy plant to grow there, and soon it spread its broad leaves over Jonah’s head, shading him from the sun. This eased his discomfort, and Jonah was very grateful for the plant. <sup>7</sup> But God also arranged for a worm! The next morning at dawn the worm ate through the stem of the plant so that it withered away. <sup>8</sup> And as the sun grew hot, God arranged for a scorching east wind to blow on Jonah. The sun beat down on his head until he grew faint and wished to die. “Death is certainly better than living like this!” he exclaimed. <sup>9</sup> Then God said to Jonah, “Is it right for you to be angry because the plant died?” “Yes,” Jonah retorted, “even angry enough to die!” <sup>10</sup> Then the LORD said, “You feel sorry about

the plant, though you did nothing to put it there. It came quickly and died quickly. <sup>11</sup> But Nineveh has more than 120,000 people living in spiritual darkness, not to mention all the animals. Shouldn't I feel sorry for such a great city?"

- His anger **turned** inward and toward suicidal ideation. (v. 1-3) *(Pro Presenter Slide Bulletin Outline)*

**Jonah 4:1-3 (NLT)** - This change of plans greatly upset Jonah, and he became very angry. <sup>2</sup> So he complained to the LORD about it: "Didn't I say before I left home that you would do this, LORD? That is why I ran away to Tarshish! I knew that you are a merciful and compassionate God, slow to get angry and filled with unfailing love. You are eager to turn back from destroying people. <sup>3</sup> Just kill me now, LORD! I'd rather be dead than alive if what I predicted will not happen."

- His anger **related** to unmet dreams (ungodly as they were). *(Pro Presenter Slide Bulletin Outline)*

- His anger **led** to obsessing over what he could not control. (v. 5) *(Pro Presenter Slide Bulletin Outline)*

**Jonah 4:5 (NLT)** - Then Jonah went out to the east side of the city and made a shelter to sit under as he waited to see what would happen to the city.

- His anger became **displaced**. (vs. 9-10) *(Pro Presenter Slide Bulletin Outline)*

**Jonah 4:9-10 (NLT)** - <sup>9</sup> Then God said to Jonah, "Is it right for you to be angry because the plant died?" "Yes," Jonah retorted, "even angry enough to die!" <sup>10</sup> Then

the LORD said, “You feel sorry about the plant, though you did nothing to put it there. It came quickly and died quickly.

- His anger **involved** irrational beliefs. (vs. 10-11) *(Pro Presenter Slide Bulletin Outline)*

**Jonah 4:10-11 (NLT)** - <sup>10</sup> Then the LORD said, “You feel sorry about the plant, though you did nothing to put it there. It came quickly and died quickly. <sup>11</sup> But Nineveh has more than 120,000 people living in spiritual darkness, not to mention all the animals. Shouldn’t I feel sorry for such a great city?”

- I should have this vine – I am entitled to it.
- God should do what I want him to do (judge people I don’t like).
- All or nothing thinking (happy about the vine (vs. 6) and then wishing to die in (vs. 8).

### **Paul: Anger freed by Godly instructions (Ephesians 4:25-32)**

**Ephesians 4:25-32 (NLT)** - <sup>25</sup> So stop telling lies. Let us tell our neighbors the truth, for we are all parts of the same body. <sup>26</sup> And “don’t sin by letting anger control you.” Don’t let the sun go down while you are still angry, <sup>27</sup> for anger gives a foothold to the devil. <sup>28</sup> If you are a thief, quit stealing. Instead, use your hands for good hard work, and then give generously to others in need. <sup>29</sup> 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. <sup>30</sup> 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. <sup>31</sup> Get rid of all bitterness, rage, anger, harsh words, and slander, as well as all types of evil behavior. <sup>32</sup> Instead, be

kind to each other, tenderhearted, forgiving one another, just as God through Christ has forgiven you.

- **Resolve** to honestly address it: **(Ephesians 4:25)** *(Pro Presenter Slide Bulletin Outline)*

**Ephesians 4:25 (NLT)** - So stop telling lies. Let us tell our neighbors the truth, for we are all parts of the same body.

- **Recognize** that anger makes you vulnerable to sin. **(vs. 26a-27) (Proverbs 29:22)** *(Pro Presenter Slide Bulletin Outline)*

**Ephesians 4:26a-27 (NLT)** - And “don’t sin by letting anger control you.”<sup>27</sup> for anger gives a foothold to the devil.

**Proverbs 29:22 (NLT)** - An angry person starts fights; a hot-tempered person commits all kinds of sin.

- Resolve conflict in a **timely** manner. **(v. 26b)** *(Pro Presenter Slide Bulletin Outline)*

**Ephesians 4:26b (NLT)** - Don’t let the sun go down while you are still angry,

- **Recognize** and **release** negative characteristics of anger. **(v. 31)** *(Pro Presenter Slide Bulletin Outline)*

**Ephesians 4:31 (NLT)** - Get rid of all bitterness, rage, anger, harsh words, and slander, as well as all types of evil behavior.

- **Refocus** to overcome uncontrolled anger. (vs. 32) *(Pro Presenter Slide Bulletin Outline)*

**Ephesians 4:32 (NLT)** - Instead, be kind to each other, tenderhearted, forgiving one another, just as God through Christ has forgiven you.

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Message Notes  
July 15, 2018**