

# INTERNAL ENEMIES

WEEK 2 // ANGER

DANNY ANDERSON

*"If you could kick the person in the pants responsible for most of your trouble, you wouldn't sit for a month."*

- Theodore Roosevelt

There are things **inside** of us that can do far greater damage to us than anything **outside** of us.

If we don't learn to handle these enemies and keep them in check, they can **destroy** us.

We become angry when we don't get what we want .

What is causing the quarrels and fights among you? Don't they come from the evil desires at war **within you**? You want what you don't have, so you scheme and kill to get it.

James 4:1-2

Anger starts a vicious cycle .

Short-tempered people do **foolish** things... *Proverbs 14:17*

"You have heard that our ancestors were told, 'You must not murder. If you commit murder, you are subject to judgment.' But I say, if you are even **angry** with someone, you are subject to judgment!" *Matthew 5:21-22*

"So if you are presenting a sacrifice at the altar in the Temple and you suddenly remember that someone has something against you, leave your sacrifice there at the altar. Go and be **reconciled** to that person. Then come and offer your sacrifice to God." *Matthew 5:23-24*

Watch out that no **poisonous** root of bitterness grows up to **trouble** you, **corrupting** many. *Hebrews 12:15*

## How do we deal with anger?

Fools vent their anger, but the wise quietly **hold it back**.  
Proverbs 29:11

1. Practice not getting what you want .

He died for everyone so that those who receive his new life will no longer live for **themselves**. Instead, they will live for **Christ**, who died and was raised for them. *2 Corinthians 5:15*

2. Practice forgiveness .

Forgiveness stops the cycle.

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

*"He who has conquered his anger, has conquered his enemy."*

- Unknown

## What makes you angry?

## Who do you need to forgive?

To further explore and apply this message with your small group, visit [eclife.org/groups](http://eclife.org/groups) to access this week's group discussion questions.

[illegible]

## EVENTS & OPPORTUNITIES

Full list of events and registration is available at [eclife.org](http://eclife.org)'s **EVENTS** page

**VERB**

Designed to help 7<sup>th</sup>-12<sup>th</sup> grade students connect with God and with one another, each month's VERB focuses on a different theme that will help students grow in their relationship with Jesus. Students will experience a friendly, welcoming environment that is both fun and encouraging.

When: Sunday, September 15, 6:00pm

Where: Greenwood Campus E-Café & Auditorium

## The 1824

Join us for an environment created specifically for young adults: 18\* to 24 years old. Each month, we gather for worship, teaching, and a chance to chat with others facing similar unique life experiences.

When: Thursday, September 19, 7:00pm

Where: Greenwood Campus Fieldhouse

*\*18-year-old attendees must be graduated seniors.*

## Night of Worship

An opportunity for us all to raise our voices and hands in praise to God! Childcare is available for children ages 0-3. \$10 per child.

When: Thursday, October 3, 7:00pm

Where: Greenwood Campus Auditorium