



Disorientation: Peeling Back the Layers of Anger

January 11th & 12th

Speaker: Joel Schmidgall

Scripture: Matthew 2:21-24, Ephesians 4:31-32

Sermon Overview

In Matthew 5:21-24, Jesus unpacks the true meaning behind the sixth commandment. The Pharisees focused on the act of murder, but Jesus said, the anger in our hearts has the same judgment before God. Have you ever taken time to look under the hood of the anger in your life? Anger is a secondary emotion. When we dig beneath the surface, we find anger is often born out of an unmet need or expectation. And we find that there are other emotions and challenges at play that lead to anger being expressed. What is the underlying hurt in your life? Anger is an iceberg - there's always so much more underneath the surface.

We'll walk through this scripture and its progression, as it takes us from anger to forgiveness to reconciliation. Some of us need to learn to forgive and let go of those offenses that have actually taken us captive. And some of us need to reach out to those that have been offended by us and move towards reconciled relationship. These are not easy steps. But the Lord can give you wisdom as you reflect and let His Spirit bring revelation to your heart.

Sermon Series Questions:

What is one thing that the Holy Spirit revealed to you this week?

Sermon Specific Questions:

Take some time to think about a recent experience where anger was rising up. What was beneath the surface of your anger?

Read Ephesians 4:31-32. What does the work of getting rid of bitterness, anger, and malice look like?

Who have you held bitterness against and what are the offenses that you need to wrestle with, forgive, and release to God?

Andy Stanley says, "Here's a question every angry man and woman needs to consider: How long are you going to allow people you don't even like – people who are no longer in your life, maybe even people who aren't even alive anymore – to control your life? How long?" When reflecting on this quote, what comes to mind?

What phone call, visit, or journey do you need to take to reconcile an offense that someone has against you?

Ezekiel 36:26 says, "I will give you a new heart and put a new spirit in you; I will remove from you your heart of stone and give you a heart of flesh." How is your heart today? What does it look like? Ask the Holy Spirit to reveal to you how God sees your heart.