TABOO THREE:

Return of the Elephant



REVIEW

- Disagreement is OK, come have a conversation
- Planned over a year ago
- Pester the Pastor is back
- Review our past Taboo serieseses

Just a regular Tuesday …



Anger



Anger

Acceptable?



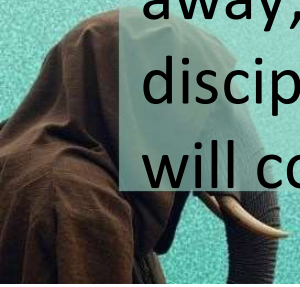
Righteous vs. Human

God gave us emotions



John 2:13-17

13 The Passover of the Jews was at hand, and Jesus went up to Jerusalem. 14 In the temple he found those who were selling oxen and sheep and pigeons, and the money-changers sitting there. 15 And making a whip of cords, he drove them all out of the temple, with the sheep and oxen. And he poured out the coins of the money-changers and overturned their tables. 16 And he told those who sold the pigeons, “Take these things away; do not make my Father's house a house of trade.” 17 His disciples remembered that it was written, “Zeal for your house will consume me.”



Mark 3:1-6

3 Again he entered the synagogue, and a man was
there with a withered hand. **2** And they watched Jesus,
to see whether he would heal him on the Sabbath, so
that they might accuse him. **3** And he said to the man
with the withered hand, “Come here.” **4** And he said to
them, “Is it lawful on the Sabbath to do good or to do
harm, to save life or to kill?” But they were silent.



Mark 3:1-6

5 And he looked around at them **with anger, grieved at their hardness of heart**, and said to the man, “Stretch out your hand.” He stretched it out, and his hand was restored. 6 The Pharisees went out and immediately held counsel with the Herodians against him, how to destroy him.



Righteous vs. Human

Christ’s anger was not about himself



Rage Culture

- Rage quitting
- Maternal/Paternal rage
- Rage bait
- Countless videos



The Final Straw

- Pressure cooker
- Amygdala hijack



James 1:19-20

19 Know this, my beloved brothers: let every person be **quick to hear, slow to speak, slow to anger**; 20 for the anger of man does not produce the righteousness of God. 21 Therefore put away all filthiness and rampant wickedness and **receive with meekness the implanted word, which is able to save your souls**.





…a deeper issue

- Exploders

Outward rage

Slamming doors

Aggressive body language

Physical destruction

- Imploders

Passive-aggressive

Withholding intimacy/affection

Cold communication

shutdowns

Emotional punishment



The Attack

Topos

aka

Beachhead



Ephesians 4:25-28

25 Therefore, having put away falsehood, let each one of you speak the truth with his neighbor, for we are members one of another. 26 **Be angry and do not sin**; **do not let the sun go down on your anger, 27 and give no opportunity to the devil**.



Pride?

"But, I have a RIGHT to be angry!"



No, you don’t, because anger…

- consumes
- destroys
- hurts
- clouds judgement
- affects your health
- **isn’t** strong



Proverbs 16:32

Whoever is **slow to anger** is better than the mighty, and he who rules his spirit than he who takes a city.



Ephesians 4:31-32

31 Let **all** bitterness and wrath and anger and clamor and slander be put away from you, along with **all** malice. 32 Be **kind** to one another, **tenderhearted**, **forgiving one another**, as God in Christ forgave you.



How’s that going?





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Cut it out

- Hold onto your “yeah buts”
- You are not Batman
- You are not Jesus
- We should grieve over sin, and protect and love others - not rage over personal inconvenience
- Let God work on us first



Philippians 4:4-9

4 **Rejoice** in the Lord always; again I will say, **rejoice**. 5 Let your r**easonableness** be known to everyone. The Lord is at hand; 6 do not be anxious about anything, but in everything by prayer and supplication with **thanksgiving** let your requests be made known to God. 7 And the **peace of God**, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.



Philippians 4:4-9

8 Finally, brothers, whatever is **true**, whatever is **honorable**, whatever is **just**, whatever is **pure**, whatever is **lovely**, whatever is **commendable**, if there is any **excellence**, if there is anything **worthy of praise**, think about these things. 9 What you have learned and received and heard and seen in me—practice these things, and the **God of peace** will be with you.



SO WHAT?

- Keep it in perspective – don't sweat the small stuff
- Join a small group – you are not alone
- Ask God to point it out – ask a friend
- Ask forgiveness from God and others
- GIVE forgiveness


TIME OF GIVING
Online giving is also available on our church website,
www.westmiddlebury.org, and on our Tithely app.
Offering boxes are
available at both entrances.
2 Corinthians 9:7