

What Should Be Your Number One Aim in Life?

Part 16 2019



Your greatest aim in life...

“To love God, to fear Him, to keep His commandments, to hate
evil” and to do good.

First of all....Let's not forget our....

Mission/Vision/Values

Statements

Mission/Vision/Value Statements of the COGSA

- *Mission*: “To make disciples who make disciples...and in the process, help change lives through the Power of God’s Applied Word to heal a broken-hurting world”.
- *Vision*: “To prepare a people for servant-leadership with Christ in Tomorrow’s New World”.
- *Values*: “To represent the government of God on earth in all areas of life by demonstrating the following behaviors:
 - *Love God – Vertical Relationship (Worship & Discipleship)*
 - *Love One Another – Horizontal Relationship (Fellowship/Ministry)*
 - *Love the World – Outward Relationship (Evangelism)*

Our Mission Field Statement – Our City

● *Anyone being called by God who is not yet under the influence of Jesus the Messiah as well as those who choose to be drawn further into a closer-growing relationship with God through a deeper and fuller level of –*

- *Knowledge*
- *Understanding*
- *Application*

of God's Word, including long-lost-biblical-truths that are rarely taught in most churches that when applied will lead to true success in this life and everlasting life in the future.

“Truth with Love”
“Right Doctrine – Right Behavior”
“That Others May Live”

Today's Message – Part 16

(We'll continue with the theme on)

“How to Control Your Anger”



(1 Cor 13/5 NIV....Love is not easily angered,....)

(1 Cor 13:5 NKJV....Love is not provoked,....)

We Live in an Increasingly Angry World

- *Anger is on display in all facets of our society: work violence, road rage, domestic violence, battered women, child abuse, rioting in the streets and campus universities, politics, movies, TV shows, local, national & world news, school classrooms, video games, sports, in families & other relationships, and even in so called peaceful demonstrations. Anger is everywhere!!!*
- *We as God's people must do our part in modeling to others how to control one of the most destructive of all human emotions:
ANGER.*

*Quick Review
of the first four tips on
controlling your anger.*

*Six Tips
Total*

Quick Review of the Four Tips Covered So Far

- 1) *Resolve to control your anger.*
- 2) *Remember the cost.*
- 3) *Think before you speak & Analyze the root cause of your anger.*
 - Root causes:
 - Hurt – your feeling hurt.
 - Frustration – your feeling frustrated.
 - Fear – your feeling fearful.
- 4) *Release my anger appropriately.*
 - First, you don't SUPPRESS it.
 - Second, you don't REPRESS it.
 - Third, you don't EXPRESS it.
 - *Sarcasm, Manipulation, Blowing Up, Pouting*
 - Fourth, you CONFESS it.

*Let's cover the last
Two Biblical Tips*

5) Renew your mind.

- Change the way you think so that you can change the way you inappropriately express your anger...it all starts in the mind.
- Your old pattern of thinking did not develop overnight...someone throughout your life modeled it for you...you learned how to deal with anger by watching others (by watching the world) deal with anger.
- The good news is that you can unlearn old ways of thinking and learn new/Godly ways of thinking...you can replace old habits with new habits...especially with God's help.

5) Renew your mind.

- Rom 12:2 NLT Don't copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think. Then you will learn to know God's will for you, which is good and pleasing and perfect.
- Don't copy the way the world teaches/models on how to handle anger....before we were serious disciples of God, we were following and learning what the world taught....but now that we are Believers and striving to be more Christ-like, we are to surrender our lives to God so that He can teach us new ways of thinking....including new ways for handling our anger.

The world is a bad teacher.... God is a good teacher.

The world has been teaching us how not to properly handle our anger.... but as God's people, we need to learn and need to model for others how to properly handle our anger.

The Key to this new learning is to ask God for help so that He can help us.....

Change the way we think.

5) Renew your mind.

● 1) Thoughts feed... 2) Feelings feed... 3) Action/Behavior

- When you act in angry ways, it's because you feel angry. When you feel angry, it's because you're choosing to think angry thoughts.
- The way I think affects the way I feel. Every time I feel something, it's because I'm thinking something.
- Every emotion you feel has a thought behind it. When you think this, then you're going to feel this.
- For example: If I feel depressed, it's because I'm thinking depressed thoughts. The way I think, determines the way I feel and the way I feel determines the way I act.

5) Renew your mind.

- 1) Thoughts → 2) Feelings → 3) Action/Behavior
- So, if you want to change the way you act, follow this Scripture:
 - Rom 12:2 Don't copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think.
 - Don't start by focusing on how you act, nor focus on starting how you feel...instead, focus on what you are thinking (your thoughts).
 - If you change your thoughts (where it all starts...in the mind), then you will change how you feel, and ultimately you will change how you act.
- So, ask God to help you change your thoughts...way you think.

5) Renew your mind.

- *A few more things to learn about renewing your mind:*
 - *God will help you transition from “works of the flesh” thinking to “fruits of the Spirit” thinking gradually. . . . will not happen overnight. . . . it is a gradual process and God will not do for you what you can do for yourself. . . . you really have to want to change.*
 - *Analogy: You know that if you eat healthy and if you exercise, you will be healthier and stronger. But if you eat healthy for one day and if you go to the gym for one day, you are not going to see yourself any healthier or stronger in one day. . . . or for 1 week, 2 weeks, 3 weeks etc. you are not going to see any changes. . . . so you quit. . . . but if you don't quit, you will finally see some changes. . . . same with spiritual growth.*

5) Renew your mind.

● Also, learn this:

- Because anger can be contagious and addictive, do all you can to stay away from people who have anger/explosive-temper problems.
 - Prov 22:24-25 TLB Keep away from angry, short-tempered men (or women), lest you learn to be like them and endanger your soul.
- Also Remember, you can only change yourself; you cannot change anybody else....you can't change other people....you can only change you.
- Wedding joke: 1) Walk down the aisle, 2) Step up to the alter, 3) Then they sing a hymn... "I'll Altar Him/Her".

6) Rely on God's help.

- The progress you make in “renewing your mind” will depend on the progress you are making in drawing closer to God and obedience to His Word (it's a daily effort)...prayer, study, meditation, observance of Sabbath, Holy Days, Clean and Unclean meats, etc.
- If your going to be “wishy-washy” in your efforts to draw closer to God and in your efforts to exercise the spiritual disciplines, you won't make much progress in “controlling your anger”. The pull of the flesh and pulls of this world's culture is too strong for you to change by yourself...you need God's help.

6) Rely on God's help.

- Without God, self-help books, or anger management courses, not even this message will help in the “renewing of your mind”.
- Without God's help, whatever you have stuffed inside you (hurt, frustration, fear, insecurity) will remain there until you decide to let God change your way of thinking.
- Matt 12:34-35 Brood of vipers! How can you, being evil, speak good things? For out of the abundance of the heart the mouth speaks.
- Your mouth reveals what's inside....what's in your heart.

6) Rely on God's help.

- The problem is not your mouth... the problem is your heart...don't focus on your behavior or how you feel...instead focus on your thoughts (your heart).
- Old saying: "You put lipstick on a pig; it's still a pig".
- We are like a "tube of toothpaste"; when it is squeezed, whatever is inside will come out.
- A harsh-critical tongue reveals an angry heart; a complaining tongue reveals an unthankful heart; a boastful tongue reveals an insecure heart; etc. A happy tongue reveals a happy heart.

We all need a....

Heart Transplant

&

Only God can give us that....a new heart.

Some Final Scriptures

- Ps 51:10-11 Create in me a clean heart, O God, And renew a steadfast spirit within me. 11 Do not cast me away from Your presence, And do not take Your Holy Spirit from me.
- Have someone read Ezek 36:16-29...about Israel but to us also.
- Ezek 36:27-28 I will put My Spirit within you and cause you to walk in My statutes, and you will keep My judgments and do them.
- Finally, at Christ's return, we will fully reach our destination...finally, a CLEAN HEART...but start NOW!!!

Summary

How To Control Your Anger

- *1) Resolve to manage your anger.*
- *2) Remember the cost.*
- *3) Think before you speak & Analyze root cause of your anger.*
- *4) Release my anger appropriately.*
- *5) Renew my mind.*
- *6) Rely on God's help.*