

Key Takeaways Regarding Anger

*Anger Ruining Your Health by Debbie Strong

Therefore, if you are offering your gift at the altar and there remember that your brother has something against you, ²⁴leave your gift there in front of the altar. First go and be reconciled to your brother; then come and offer your gift. Matt. 5:23

Constantly losing your cool can hurt more than your relationships

Unhealthy episodes of anger, when you hold it in for long periods of time, turning it inward or exploding in rage can wreak havoc on your body.

Chronic anger can increase your risk for heart attacks and strokes.

Chronic anger can also impact your immune system and increase the risk of respiratory problems.

Passive anger can cause depression-when you constantly think about what makes you angry but do nothing about it.

Immediate Ways to Control Anger

Reconciliation-Reconcile, identify and address your feelings in a sensible, calm and respectful manner before you lose control.

The kind of communication where you speak up directly to the person you are angry with not to accuse but to deal with the frustration in a problem-solving manner.

You might even have to change your environment by getting up and walking away.

To move to a more positive coping behavior, instead of losing your temper take some deep breaths.

Long Term Solutions

Pray and ask God to assist you to live peaceably with all men. Romans **12:18**

Identify your trigger points. What makes you mad and causes you to become angry.

Find out alternative methods and other ways that you can deal with your angry.

Get busy, stop thinking so much.

Get involved with activities that will change your focus such as taking a walk, running, biking, sewing, needlepoint etc.

Activities that will take your mind off what made you angry will help you focus on the present moment so there is no room for anger.

The Power of Love- Reconciliation

All this is from God, who reconciled us to Himself through Christ and gave us the ministry of reconciliation. II Corin. 5:18

The Power of Love- Reconciliation

- ▶ What does it mean to reconcile?

The Power of Love-Reconciliation

5 R's of Reconciliation

- ▶ Reestablish a relationship
- ▶ Resolve conflicts/differences
- ▶ Resign, accept another persons situation or position
- ▶ Reunite, harmonize and make peace before each other
- ▶ Restore communion, relationship with another

The Power of Love- Reconciliation

- ▶ You do not reconcile with strangers but friends (husbands, wives, parents, children). When God reconciles us He takes us to Him as His children.
- ▶ To unite, by removing the enmity and changing from the position of hostility to a relationship of friendship.

The Power of Love- Reconciliation

- ▶ The word “reconciliation” has a beautiful ring to it even in terms of human life
- ▶ For relationships broken by bitterness and distance and hurt
- ▶ For friends who have fallen out .
- ▶ For parents and children whose relationship is now broken, hostile, and painful.

The Power of Love-Reconciliation

- ▶ We are ambassadors
- ▶ We are called to the ministry of reconcile those that aren't born again to God through our witness.
- ▶ It is also our job for that ministry of reconciliation to work in the Body of Christ.
- ▶ We are ambassadors, messengers, representatives who have not come to speak in our own name, nor to deliver our own message and our own authority.
- ▶ We have not come to bring our own opinion. But the Christian ministry has been sent in the stead of Christ, in the place of Christ, to declare what God has done through Jesus Christ declared in His word (the bible).

The Power of Love- Reconciliation

- ▶ How do you know when a relationship has been reconciled?

The Power of Love- Reconciliation

- ▶ How do you trust a person's confession?
- ▶ How do you know when there's true repentance?
- ▶ Do tears and brokenness mean Godly sorrow? Are the tears because of the consequences of being caught?
- ▶ Do some sins disqualify you as a child of God?
- ▶ Satan is eager to assist self's deception. He distorts thinking, beliefs, and behaviors heightens spirits hopelessness.

The Power of Love-Reconciliation

- ▶ God so love the world that He gave.... John 3:16
- ▶ To reconcile we must give of ourselves
- ▶ We must let go of pride and let the love of God be our guide.
- ▶ For when we were God's enemies, we were reconciled to Him through the death of His Son, how much more, having been reconciled, shall we be saved through His life. Rom. 5:10

The Power of Love-Reconciliation

- ▶ Rom. 5:6-11 (ESV)-...God shows his love for us in that while we were still sinners, Christ died for us.
- ▶ Since, therefore, we have now been justified by his blood, much more shall we be saved by him from the wrath of God.
- ▶ For if while we were enemies we were reconciled to God by the death of his Son, much more, now that we are reconciled, shall we be saved by his life. ...

The Power of Love-Reconciliation

- ▶ God didn't count our sins against us but loved us so much that he had His son die on the cross for us.
- ▶ Christ satisfied God's judgment and made it possible for God's enemies, (us), to find peace with Him.
- ▶ Our reconciliation to God, then involves the exercise of His love, grace and the forgiveness of our sins.

The Power of Love- Reconciliation

- ▶ The result of Jesus' love for us through His sacrifice changed our relationship from enmity to friendship.
- ▶ We are no longer call you servants.....instead He calls us friends. John 15:15
- ▶ This is Christian reconciliation
- ▶ Since we want to be like Christ, He has also given to us the ministry of reconciliation

The Power of Love- Reconciliation

- ▶ Rom. 12: 14 & 16 (ESV)-Bless those who persecute you; bless and do not curse them....Live in harmony with one another. Do not be haughty, but associate with the lowly. Never be wise in your own sight.
- ▶ II Corin. 6:4 (ESV)-We put no obstacle in anyone's way, so that no fault may be found with our ministry, but as servants of God we commend ourselves in every way: by great endurance, in afflictions, hardships, calamities, beatings, imprisonments, riots, labors, sleepless nights, hunger; ...

The Power of Love-Reconciliation

- ▶ II Corin. 5: 18-21-All this is from God, who through Christ reconciled us to himself and gave us the ministry of reconciliation;
- ▶ that is, in Christ God was reconciling the world to himself, not counting their trespasses against them, and entrusting to us the message of reconciliation.
- ▶ Therefore, we are ambassadors for Christ, God making his appeal through us. We implore you on behalf of Christ, be reconciled to God. For our sake he made him to be sin who knew no sin, so that in him we might become the righteousness of God.

- ▶ Next Bible Study
- ▶ TBA

Reconciliation

- ▶ Resources
- ▶ www.gotquestions.org/reconciliation.htm