

Summer of Love Series – Love Is Not Easily Angered

July 23rd, 2023

WHAT MAKES YOU EASILY IRRITATED?

WHAT IS SOMETHING THAT EASILY ANGERS YOU?

YOU DON'T RESPECT OTHERS WHEN YOU'RE HIGHLY REACTIVE

James 1:19-20 - Everyone should be quick to listen, slow to speak and slow to become angry, because human anger does not produce the righteousness that God desires.

Proverbs 19:11 - Good sense makes one slow to anger, and it is his glory to overlook an offense.

Proverbs 14:29 - A patient person shows great understanding, but a quick-tempered one promotes foolishness.

Proverbs 29:11 - A fool gives full vent to his spirit, but a wise man quietly holds it back.

VENTING CAN LEAD TO

- Greater feelings of stress and anxiety
- Physical issues including sleep disruption, muscle tension, headaches, and digestive problems.
- Impaired interpersonal relationships.
- Increased negative emotions and moods.
- Problems at work, at home, or in social situations.

YOU DON'T RESPECT GOD WHEN YOU'RE HIGHLY REACTIVE!

WHO IS SOMEONE WHO IS NOT REACTIVE?

Romans 12:19 - Beloved, never avenge yourselves, but leave it to the wrath of God, for it is written, "Vengeance is mine, I will repay, says the Lord."



Leviticus 19:17-18 - You shall not hate your brother in your heart, but you shall reason frankly with your neighbor, lest you incur sin because of him. You shall not take vengeance or bear a grudge against the sons of your own people, but you shall love your neighbor as yourself: I am the Lord.

Ephesians 4:26-27 - Be angry and do not sin; do not let the sun go down on your anger and give no opportunity to the devil.

LET GOD HAVE SUPREMACY OVER YOUR EMOTIONS.

Psalm 103:8 - The Lord is merciful and gracious, slow to anger and abounding in steadfast love.

Experience Today's Message

1. SELF WORK - MAKE A LIST OF YOUR PET PEEVES AND IRRITATING SITUATIONS. WORK ON THEM.
2. TAKE A BREATH - DONT' RESPOND RIGHT AWAY. COUNT TO 15 OR 30.
3. PRACTICE ACCOUNTABILITY
4. CHERISH EACH MOMENT

"When life changes, you will probably miss the way it was. You may miss those long morning drives or walks to the office, or those hectic family gatherings. You may miss them because those moments are finite — you will only travel those streets and see those people a certain amount of times. Every time you do something that is one less time you do it. One day you will do something the final time and you will rarely know when that day comes. For all you know, today might be the last time you walk in a particular neighborhood. Or it might be the last time you smile at a particular someone. To think otherwise, would be foolish. Nothing is guaranteed, except this moment. Your only real choice is to cherish every exchange like it is your last — because it very well might be. Therefore, the best way to cherish life is to remind yourself of life's impermanence. It is to remember that every time you see someone that is one less time you see them. It is to remember that every time you go somewhere that is one less time you visit. By doing this, you naturally slow down. Almost like a reflex, you start to truly live." - Andrew Anabi

Read these few scriptures each day (put them on a cue card) to reprogram your mind away from being a reactive person.