

## Redeem Your Anger – Part 4 – Constructive Expressions of Anger, Part 1

### Introduction:

***Eph 4.26–27** Be angry and do not sin; do not let the sun go down on your anger, 27 and give no opportunity to the devil.*

- How can our anger accomplish something \_\_\_\_\_ ?

***John 3.17** For God did not send his Son into the world to condemn the world, but in order that the world might be saved through him.*

- Let's give good anger a name: The \_\_\_\_\_ displeasure of mercy.
- God's mercy is the expression of His \_\_\_\_\_ with this world's suffering and sin.
- Mercy \_\_\_\_\_ to address and solve whatever problem is in view.
- Good anger feels justified anger about something that's wrong, \_\_\_\_\_ with mercy and active efforts to make things right.
- Mercy includes a component of justified, and even forceful, anger, but it's not \_\_\_\_\_ by hostility, vindictiveness, or destructiveness.
- Mercy walks hand in hand with justice, by bringing mercy to the \_\_\_\_\_ of injustice, and by offering mercy to the \_\_\_\_\_.
- The first two aspects of the constructive displeasure of mercy:
  1. \_\_\_\_\_
- Patience sees what's wrong, and hates what's wrong, but is "\_\_\_\_\_."

**Ex 34.6** *The Lord passed before him and proclaimed, “The Lord, the Lord, a God merciful and gracious, **slow to anger**, and abounding in steadfast love and faithfulness,*

**1 Cor 13.4** *Love is patient and kind; love does not envy or boast; it is not arrogant*

- **To be slow to anger means you’re willing to work with wrong \_\_\_\_\_.**

**2 Pet 3.9** *The Lord is not slow to fulfill his promise as some count slowness, but is patient toward you, not wishing that any should perish, but that all should reach repentance.*

2. \_\_\_\_\_

- **Forgiveness is mercifully \_\_\_\_\_.**

**Psa 103.8** *The Lord is merciful and gracious,  
slow to anger [patient] and abounding in steadfast love.*

**Psa 103.9** *He will not always chide,  
nor will he keep his anger forever.*

**Psa 103.10** *He **does not** deal with us according to our sins,  
**nor** repay us according to our iniquities.*

- **Forgiveness means you don’t get what you \_\_\_\_\_.**

**Psa 103.11** *For as high as the heavens are above the earth,  
so great is his **steadfast love** toward those who fear him;*

**Psa 103.12** *as far as the east is from the west,  
so far does he **remove** our transgressions from us.*

**Psa 103.13** *As a father shows compassion to his children,  
so the Lord shows compassion to those who fear him.*

- **We give forgiveness in two ways:**

- **We must have an \_\_\_\_\_ of forgiveness, where we forgive another person before God, whether or not they admit or even recognize any wrong.**

***Mark 11.25*** *And whenever you stand praying, **forgive, if you have anything against anyone**, so that your Father also who is in heaven may forgive you your trespasses."*

- **We must seek \_\_\_\_\_ forgiveness, where we bring up the wrong that the person did, and if they repent, forgive them and be reconciled.**

***Luke 17.3–4*** *Pay attention to yourselves! If your brother sins, rebuke him, and if he repents, forgive him, 4 and if he sins against you seven times in the day, and turns to you seven times, saying, 'I repent,' you must forgive him."*

**Conclusion:**

- **Patience and forgiveness are the first two key aspects of \_\_\_\_\_ your anger by expressing the constructive displeasure of mercy.**