

SIDEXSIDE

People in Need of Change **Helping**



People in Need of Change

8 A'S CONT...

- Help People *Apply* the Gospel (Matt 18:23-34; Acts 7:60; Ps. 144:4)
- Help People *Apologize* to the Victims of Their Anger (Jas. 5:16; Matt. 5:23-24)
 - Helping someone address their anger is incomplete without encouraging them to confess and repent to those against whom they have sinned in anger. This confession and repentance before others should regularly accompany their actions done in sinful anger.



ADDRESSING ANGER: SUMMING IT UP

- Helping people identify and acknowledge their anger is key.
- Understanding anger in all its expressions fundamentally as “againstness” or a disposition of opposition will go a long way in helping you examine yourself and others.
- Anger broadcasts value judgments.
- Angry people need help experiencing the forgiveness of their own sinfulness



WHAT IS GRIEF?

- Grief: An emotion of deep sorrow
 - Grief as an emotion is distinct from deep disappointment.
- Grieving: Also called mourning in Scripture, grieving is the process of experiencing and walking through deep sorrow.
- Grief is a response to the Fall and its effects and therefore, is *normal* but not *natural*, properly speaking—it's not part of the way things are supposed to be. (Rev. 21:4)
 - While grief, like anything, can lead to sin, grieving itself is not sinful and is to be expected in a world marred by sin, death and loss. (Isa. 53:3; Jn. 11:35)



WHAT CAUSES GRIEF?

- Two Primary Causes
 - Loss of Something Significant (Deut. 34:8; Jn. 11:35; Isa. 53:3)
 - Death of a loved one
 - We grieve because we love
 - Infertility
 - Loss of a job
 - Loss of health/ability
 - Loss a relationship
 - Loss of respect/dignity/reputation
 - Guilt (2 Cor. 7:10)
 - The accusations of a healthy conscience cause us to grieve over our sin before God—this is distinct from grieving over the losses caused by sin.

