

January 27, 2019

Speaker: Tim McCardel

Message Series: Soul Detox

Today's Message: Toxic Emotions

1. Rage Rash—Neutralizing The _____ of Anger

"Anger is an acid that can do more harm to the vessel in which it is _____ than to anything on which it is poured." ~Mark Twain

Ephesians 4:26, 27 "In your anger do not sin: Do not let the sun go down while you are still angry and do not give the devil a foothold."

Psalms 4:4 "In your anger do not sin."

"Foothold" - Greek—"topos" - opportunity or location, an _____ territory

Two Types of Anger:

1) _____ - Mark 3:1-6

Mark 3:5 "He looked around at them in anger... deeply distressed at their stubborn hearts"

⇒ Jesus didn't allow His anger to cause Him to sin—He _____ it to do good—healing the man!

John 11:38 "Jesus was still angry as He arrived at the tomb..."

⇒ Jesus is angry at sin's huge hurt, at the power and destruction of the enemy: death, so He actually groans like a horse snorting.

Romans 12:9 "Love must be sincere. Hate what is evil; cling to what is good."

2) _____ Anger—Genesis 4:6, 7 "Why are you angry? Why is your face down cast?... Sin is crouching at your door; it desires to have you, but you must rule over it."

" _____ " - have a short fuse, a hot temper

Proverbs 14:17 "A quick-tempered man does foolish things."

Proverbs 29:11 "Fools give full vent to their rage."

" _____ " - bottle up their anger, slow-burning coals

Psalms 32:3 "When I kept silent, my bones wasted away thru my groaning all day long."

"Love is not easily angered, it keeps no record of wrongs." (Stewers keep long records)

Truth: "Spewers" and "Stewers", both, are likely in the sewer unless control is learned.

James 1:19-20

Galatians 5:22-23 "... the fruit of the Spirit... self-control"

2. Scare Pollution—Unlocking the Chokehold of Fear

A) Four Main Types:

1) **Fear of Loss**—a major thief—stealing your joy and peace

Ex: losing a spouse, a child, financial loss, losing control

Philippians 4:6-9

2) **Fear of Failure**—often afraid that I just don't have what it takes (husband, dad, job)

Truth: BIG God... BIG Vision... BIG Risks → BIG GOD

Luke 1:37

3) **Fear of Rejection**—many are controlled by a people pleasing mind

Exodus 20:3 *"You shall have no other gods before Me."*

4) **Fear of Unknown**—the "What If's" - worrying about things you cannot control

B) **Faith In The Wrong Things:** Imagination Running Wild— "What Ifs" vs. "God Is"

1) What you fear reveals what you value the most: examine your fears: reveals your priorities

2) What you fear reveals where you trust God the least

Psalms 56:1-4

SAY IT OUT LOUD... WRITE IT DOWN... REPEAT IT AGAIN... REFER TO OVER & OVER