



Sunday, January 24th, 2021

Series: "MOVE!"

TWCC Sermon Connection Outline: "Move from Anger, Angst, and Aughts to Agape"

- ANGER = a strong feeling of displeasure or rage; fury; indignation; irateness; mad; livid.
- ANGST = a feeling of anxiety, apprehension, or insecurity; antagonism springing from a root of anger.
- AUGHT = Anything.

THE REALITY AND RESPONSES OF PAIN

Read **Hebrews 2:9 - 10 (NKJV)** and **1 Peter 5:5 - 10 (NKJV)**

- **Suffer / Sufferings** = (Greek - *pathêma* = something undergone, i.e. hardship or pain; subjectively, an emotion or influence.)
- **PAIN** = the suffering of (1) _____ (from People) [Persecution = the public or private backbiting; criticizing; ostracizing; castigation; threats; hostile pursuit of intimidation or harassment by others.] (2) _____ [of bad or negative circumstances] (3) _____ (of Dangers or Disasters) and (4) _____ (of Difficulties, Dilemmas, or Diseases)
- **Key questions to ask yourself:** Q. Do you want to be a better Christian in 2021? A. _____ the threshold of your pain.
- **THERE IS NO GROWTH WITHOUT CHANGE, NO CHANGE WITHOUT LOSS, AND NO LOSS WITHOUT PAIN. YOU'LL GROW ONLY TO THE THRESHOLD OF YOUR PAIN.**
- **Read Ephesians 4:15 - 16 (NLT) and 2 Peter 3:18 (NLT)** Remember, growth is messy, and some people only grow to the size of their problems and not to the level of their potential. And, if you are growing, then more people will dislike something that you're doing - and this, at times, makes people _____, hold on to _____ and have _____ against you.
- The changes, transitions, challenges, and growth tend to draw out the critics, cynics, and complainers. So, if you're a sensitive soul to the point that it bothers you, you will need to grow your _____ threshold. There will be more opportunities to feel _____.
- **It is easy to become emotionally drained, spiritually depleted, and physically fatigued. When those kinds of things start to happen, there are three characteristics that are the danger zone for people at home, on the job or in ministry.** (1) _____ (2) _____ (3) _____
- **Read Psalms 34:19 (KJV) and John 16:33 [AMPC]**
- **POINT OF TRUTH:** The _____ of PAIN is inevitable, but the _____ to PAIN is our CHOICE.
- **RESPONSE TO PAIN CHOICES:**
 - (1) **Curse the pain** - we become a _____; (We accuse and transfer blame for any and everything on others; we live with misguided expectations of pain.)
 - (2) **Nurse the pain** - we become _____; (A victim not a victor; incessantly angry, upset all the time and constantly irritable.)
 - (3) **Rehearse the pain** - we _____ and _____ ourselves; (Hurting people hurt other people; you easily burnout and mentally and emotionally breakdown due to self-afflicting,

- self-sabotaging and self-defeating behavior.)
- (4) **Reverse the pain** - we become _____; (Through the *empowerment* of God's grace and the *exercise* of your faith you walk through and work through the pain with cheerful endurance, perseverance, mental positivity and power.)

THE DANGERS OF ANGER, ANGST AND AUGHTS

Read Mark 11:22 - 26 (KJV) and Ephesians 4:26 - 32 (KJV).

- We are told by Jesus in Mark 11:25 that we are not to have **AUGHTS** against any, not just when its many. Don't hold hostility, unforgiveness, animosity or ill-will in your heart against _____ for **ANYTHING**.
- We see the expiration time for **UNRESOLVED** and **UNRIGHTEOUS** ANGER is Sunset in the Ephesians 4:26. If we retain UNRESOLVED or UNRIGHTEOUS anger in us over night it will *metastasize*, and we will be either: **(1)** _____ or **(2)** _____ or both.
- The Progressive Steps of Unresolved Anger and Unforgiveness are found there in Verse 31 of Ephesians 4: [3 - Emotions - **(1st) - Bitterness**; **(2nd) Wrath** and **(3rd) Anger**] and [3 - Volume Levels of Vocalizing our Anger, Angst and Aughts - **(1st) Clamor** - noisy shouting, loud continuous noise, insistent protest; **(2nd) Evil Speaking** - slander, detraction, speech injurious to another's good name, reproachful speech, blasphemy, vilification; **(3rd) - Malice** - malignity, ill-will, spite, a desire to injure, wickedness that is not ashamed to break laws.]
- Scriptural Anger and Angst Management: **Read Psalms 37:8 (NLT); Proverbs 15:1 (NLT); Ecclesiastes 7:9 (NLT); Proverbs 15:18 (NKJV); Proverbs 22:34 (NKJV); Proverbs 29:11 (NLT) and Proverbs 29:22 (NLT)**

WALKING AND MOVING IN THE CURE AND CONQUER ALL: LOVE AND FORGIVENESS

- Your _____ walk will never outgrow your _____ walk! Your _____ level will never exceed your _____ level! You've got to MOVE to AGAPE - walking, talking, and living in the _____ of God!
- We must realize that in life, in leadership [home; work; business or church] people will _____ you.
- When people _____ you two things occur:
 - (1) The _____ (**ACT**) - Forgiveness deals with the _____.
 - **Read Matthew 5:44 (NKJV) and Mark 11:25 (NKJV)**
 - Walking in Forgiveness is a part of Walking in Love. Forgiveness should be practiced: (1) _____ (2) **PROACTIVELY**, (3) **REACTIVELY** and _____.
- **Forgiveness Process in Dealing the Trespass of Others:** (1) Let it drop (2) Leave it (3) Let it go (4) Give up the resentment (the anger, angst and aughts).
 - (2) The _____ - We have to do something to deal with _____.
 - The Bible says whatever we _____ we take away the ability for it to **HURT** you. **Read 1 Peter 3:9 (NLT)**
- **How Do You Spell Release? (F-O-R-G-I-V-E-N-E-S-S):** **Read John 20:22 - 23 (NKJV)**
 - **How long should I hold on to offenses, trespasses, faults, failings of others?** Consider, James "Johnny" Johnson's (5 - second rule). INSTANT FORGIVENESS and UNCONDITIONAL LOVE. Don't allow anger and hatred to grow and spread in your heart and emotions in harmful, hurtful ways.
- **WE SHOULD _____ A SPIRIT OF FORGIVENESS, AND DROP THE BAD HABIT OF _____ OFFENSES.** **Colossians 3:13 (NLT)** - "Make allowance for each other's faults, and forgive anyone who offends you. Remember, the Lord forgave you, so you must forgive others."
