



Rock Point Church  
Daniel Goulding | 05.05.2024

## **BIG IDEA | What comes out of us is what is in us!**

### **Matthew 5:21-24 (NLT)**

<sup>21</sup> You have heard that it was said to the people long ago, 'You shall not murder, and anyone who murders will be subject to judgment.' <sup>22</sup> But I tell you that anyone who is angry with a brother or sister will be subject to judgment. Again, anyone who says to a brother or sister, 'Raca,' is answerable to the court. And anyone who says, 'You fool!' will be in danger of the fire of hell.

<sup>23</sup> "Therefore, if you are offering your gift at the altar and there remember that your brother or sister has something against you, <sup>24</sup> leave your gift there in front of the altar. First go and be reconciled to them; then come and offer your gift.

### **How do we overcome anger?**

**Acknowledge your trauma.**

**Never let the enemy gain a stronghold in your life.**

### **Ephesians 4:26-28b (CSB)**

<sup>26</sup> Be angry and do not sin. Don't let the sun go down on your anger, <sup>27</sup> and don't give the devil an opportunity. <sup>28</sup> Let the thief no longer steal.

**Grace is better than anger.**

**Romans 12:18-21 (NLT)**

<sup>18</sup> Do all that you can to live in peace with everyone.

<sup>19</sup> Dear friends, never take revenge. Leave that to the righteous anger of God. For the Scriptures say,

“I will take revenge;

I will pay them back,”

says the Lord.

<sup>20</sup> Instead,

“If your enemies are hungry, feed them.

If they are thirsty, give them something to drink.

In doing this, you will heap

burning coals of shame on their heads.”

<sup>21</sup> Don't let evil conquer you, but conquer evil by doing good.

**Extend forgiveness.**

**Colossians 3:12-13 (NLT)**

<sup>12</sup> Since God chose you to be the holy people he loves, you must clothe yourselves with tenderhearted mercy, kindness, humility, gentleness, and patience. <sup>13</sup> Make allowance for each other's faults, and forgive anyone who offends you. Remember, the Lord forgave you, so you must forgive others.

**Reconciliation is the goal.**

**Matthew 11:28-30 (NLT)**

<sup>28</sup> Then Jesus said, “Come to me, all of you who are weary and carry heavy burdens, and I will give you rest. <sup>29</sup> Take my yoke upon you. Let me teach you, because I am humble and gentle at heart, and you will find rest for your souls. <sup>30</sup> For my yoke is easy to bear, and the burden I give you is light.”