

MOSES: The High Price of a HOTHEAD

THE GLORY:

Moses: Leadership Personified

Exodus 2:1-10, 3:1-10, 4:1-9, Acts 7:20-22

BEYOND THE GLORY:

A Great Leader with Anger Issues

- Angry at **Racism**
Exodus 2:11-15, Acts 7:23-29
- Angry at **Authority**
Exodus 11:4-8
- Angry at **Disobedience**
Exodus 32:7-22
- Angry at **God**
Numbers 11:10-15
- Angry at **Others**
Numbers 20:1-12, Exodus 17:1-7

TABLE TALK:

James 1:19-21, Ephesians 4:26-27, Psalms 4:4-8, Hebrews 12:1-3
Proverbs 15:18, 19:19, 22:24, 29:11, 29:22

Why We Explode:

The Excuses We Use:

The Way Out:

- ① **Can the Excuses** _____
- ② **Eat Some Crow** _____
- ③ **Leave It To God** _____
- ④ _____

Food for Thought for the week of November 18, 2007

(Questions and Scriptures for further study)

1. This weekend we took a look at the high price of a hothead. Take a few minutes to think about what triggers your anger and make a short list of some "hot buttons" below.

Pastor Chris made it clear that anger itself is not a sin and that the way we deal with this powerful emotion is very important. How could the following passages help you deal with anger or rage?

Romans 12:17-21

Do not repay anyone evil for evil. Be careful to do what is right in the eyes of everybody. [18] If it is possible, as far as it depends on you, live at peace with everyone. [19] Do not take revenge, my friends, but leave room for God's wrath, for it is written: "It is mine to avenge; I will repay," says the Lord. [20] On the contrary:

"If your enemy is hungry, feed him;
if he is thirsty, give him something to drink.
In doing this, you will heap burning coals on his head."

[21] Do not be overcome by evil, but overcome evil with good. [NIV]

Ephesians 4:22-27

You were taught, with regard to your former way of life, to put off your old self, which is being corrupted by its deceitful desires; [23] to be made new in the attitude of your minds; [24] and to put on the new self, created to be like God in true righteousness and holiness.

[25] Therefore each of you must put off falsehood and speak truthfully to his neighbor, for we are all members of one body. [26] "In your anger do not sin": Do not let the sun go down while you are still angry, [27] and do not give the devil a foothold. [NIV]

Philippians 2:3-8

Do nothing out of selfish ambition or vain conceit, but in humility consider others better than yourselves. [4] Each of you should look not only to your own interests, but also to the interests of others. [5] Your attitude should be the same as that of Christ Jesus:

[6] Who, being in very nature God,
did not consider equality with God something to be grasped,
[7] but made himself nothing,
taking the very nature of a servant,
being made in human likeness.
[8] And being found in appearance as a man,
he humbled himself
and became obedient to death--
even death on a cross! [NIV]

Colossians 3:5-10

Put to death, therefore, whatever belongs to your earthly nature: sexual immorality, impurity, lust, evil desires and greed, which is idolatry. [6] Because of these, the wrath of God is coming. [7] You used to walk in these ways, in the life you once lived. [8] But now you must rid yourselves of all such things as these: anger, rage, malice, slander, and filthy language from your lips. [9] Do not lie to each other, since you have taken off your old self with its practices [10] and have put on the new self, which is being renewed in knowledge in the image of its Creator. [NIV]

James 1:19-25

My dear brothers, take note of this: Everyone should be quick to listen, slow to speak and slow to become angry, [20] for man's anger does not bring about the righteous life that God desires. [21] Therefore, get rid of all moral filth and the evil that is so prevalent and humbly accept the word planted in you, which can save you.

[22] Do not merely listen to the word, and so deceive yourselves. Do what it says. [23] Anyone who listens to the word but does not do what it says is like a man who looks at his face in a mirror [24] and, after looking at himself, goes away and immediately forgets what he looks like. [25] But the man who looks intently into the perfect law that gives freedom, and continues to do this, not forgetting what he has heard, but doing it--he will be blessed in what he does. [NIV]

2. A man named Cain gave us a great case study in anger and lack of self-control. Read his story in Genesis 4:1-12. What could have been at the root of Cain's anger?

Genesis 4:1-12

Adam lay with his wife Eve, and she became pregnant and gave birth to Cain. She said, "With the help of the Lord I have brought forth a man." [2] Later she gave birth to his brother Abel.

Now Abel kept flocks, and Cain worked the soil. [3] In the course of time Cain brought some of the fruits of the soil as an offering to the Lord. [4] But Abel brought fat portions from some of the firstborn of his flock. The Lord looked with favor on Abel and his offering, [5] but on Cain and his offering he did not look with favor. So Cain was very angry, and his face was downcast.

[6] Then the Lord said to Cain, "Why are you angry? Why is your face downcast? [7] If you do what is right, will you not be accepted? But if you do not do what is right, sin is crouching at your door; it desires to have you, but you must master it."

[8] Now Cain said to his brother Abel, "Let's go out to the field." And while they were in the field, Cain attacked his brother Abel and killed him.

[9] Then the Lord said to Cain, "Where is your brother Abel?"

"I don't know," he replied. "Am I my brother's keeper?"

[10] The Lord said, "What have you done? Listen! Your brother's blood cries out to me from the ground. [11] Now you are under a curse and driven from the ground, which opened its mouth to receive your

brother's blood from your hand. [12] When you work the ground, it will no longer yield its crops for you. You will be a restless wanderer on the earth." [NIV]

What could it have looked like for Cain to be angry but not fall into sin?

God knew the answers already but he still chose to ask Cain a number of questions in this situation. Why do you think God asked these questions?

3. Part of living with anger and not falling into sin is choosing to live by truth as opposed to feelings alone. What steps does Romans 12:1-3 advise us to take and how could renewing our mind, or thinking differently, help us avoid sin when we are angry?

Romans 12:1-3

Therefore, I urge you, brothers, in view of God's mercy, to offer your bodies as living sacrifices, holy and pleasing to God--this is your spiritual act of worship. [2] Do not conform any longer to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is--his good, pleasing and perfect will.

[3] For by the grace given me I say to every one of you: Do not think of yourself more highly than you ought, but rather think of yourself with sober judgment, in accordance with the measure of faith God has given you. [NIV]

4. One way to further our relationship with God is to simply talk with Him about our struggles. Take a couple minutes and have a conversation with your heavenly dad about what makes you mad. Ask him to give you the strength to forgive. Then thank Him for all you have been given.