

# Goliath *Must* Fall

Winning the Battle Against Your Giants

## Giant of Anger

"Anybody can become angry - that is easy, but to be angry with the right person and to the right degree and at the right time and for the right purpose, and in the right way - that is not within everybody's power and is not easy." -Aristotle

### Common causes of anger:

1. FEAR
2. FRUSTRATION
3. HURT/PAIN

**Mark 3:5-6 (NIV)** He looked around at them in anger and, deeply distressed at their stubborn hearts, said to the man, "Stretch out your hand." He stretched it out, and his hand was completely restored. 6 Then the Pharisees went out and began to plot with the Herodians how they might kill Jesus.

**1 Samuel 17:28-30 (NIV)** When Eliab, David's oldest brother, heard him speaking with the men, he burned with anger at him and asked, "Why have you come down here? And with whom did you leave those few sheep in the wilderness? I know how conceited you are and how wicked your heart is; you came down only to watch the battle." 29 "Now what have I done?" said David. "Can't I even speak?" 30 He then turned away to someone else and brought up the same matter, and the men answered him as before.

**1 Samuel 16:6-7 (NIV) says this.** When they arrived, Samuel saw Eliab and thought, "Surely the Lord's anointed stands here before the Lord." 7 But the Lord said to Samuel, "Do not consider his appearance or his height, for I have rejected him. The Lord does not look at the things people look at. People look at the outward appearance, but the Lord looks at the heart."

### Overcoming Anger:

1. Remember that no one is PERFECT.
2. Let God HANDLE it.

**Ephesians 4:15 (NIV)** Instead, we will speak the truth in love, growing in every way more and more like Christ, who is the head of his body, the church.

**Ephesians 4:31-32 (NIV)** Get rid of all bitterness, rage, anger, harsh words, and slander, as well as all types of evil behavior. 32 Instead, be kind to each other, tenderhearted, forgiving one another, just as God through Christ has forgiven you.

3. Respond DIFFERENTLY.

**Romans 12:21 (NIV)** Do not be overcome by evil, but overcome evil with good.

### Additional Notes...

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## scriptures that relate

Monday: Proverbs 26:13	Wednesday: Matthew 5:43-48	Friday: Psalm 65:1-2
Tuesday: 1 John 1:9	Thursday: James 1:19-20	Saturday: Ephesians 4:26-27

## small groups—talk it over

1. Why was Jesus angry at times?
2. How can I know when my anger is becoming unhealthy?
3. What does it mean to not let the sun go down on your anger?
4. What does the Bible mean when it says in your anger do not sin? (Ephesians 4:26)

## pastor nathan's prayer requests

**Monday:** Pray for the church leadership as they prayerfully lead us.

**Tuesday:** Pray for Pastor Brian as he prepares the message God is giving him.

**Wednesday:** Pray for our discipleship classes and small groups.

**Thursday:** Pray for the Worship Arts department as we plan to deliver God's Word through art.

**Friday:** Pray for the youth and children in our church to be an impact to those around them.

**Saturday:** Pray for our weekend services and those attending.