



WHAT **JESUS** SAID ABOUT...

ADMONITIONS of Personal Relationships



WHAT **JESUS** SAID
ABOUT...

21 “You have heard that the ancients
were told, ‘You shall not commit
murder’ and ‘Whoever commits murder
shall be liable to the court.’ 22 But I
say to you that everyone who is angry
with his brother shall be guilty before
the court; and whoever says to his
brother, ‘You good-for-nothing,’ shall
be guilty before the supreme court;
and whoever says, ‘You fool,’ shall be
guilty enough to go into the fiery hell.

After we have stripped away our anger, then we can finally put on love and self control. Trapped by anger

Without stripping out the root cause for anger, it is like putting a coat of paint on a dirty wall. It will peel off in no time.

First strip off the dirt and then
you can lay the paint right on the
wall, and it will stick.

Afterwards, real healing can
come when we affirm our
purpose of living to do God's will,
to exert self-control and to love
one another.

1.) Face the real issues (Galatians 5:13-26)



WHAT **JESUS** SAID
ABOUT...

Galatians 5:13-26 (NASB)

13 For you were called to freedom, brethren; only do not turn your freedom into an opportunity for the flesh, but through love serve one another. 14 For the whole Law is fulfilled in one word, in the statement, "You shall love your neighbor as yourself."

15 But if you bite and devour one another, take care that you are not consumed by one another.

16 But I say, walk by the Spirit, and you will not carry out the desire of the flesh.

17 For the flesh sets its desire against the Spirit, and the Spirit against the flesh; for these are in opposition to one another, so that you may not do the things that you please. 18 But if you are led by the Spirit, you are not under the Law.

19 Now the deeds of the flesh
are evident, which are:
immorality, impurity, sensuality,
20 idolatry, sorcery, enmities,
strife, jealousy, outbursts of
anger, disputes, dissensions,
factions,

21 envying, drunkenness,
carousing, and things like these,
of which I forewarn you, just as I
have forewarned you, that those
who practice such things will not
inherit the kingdom of God. 22
But the fruit of the Spirit is love,
joy, peace, patience, kindness,
goodness, faithfulness,

23 gentleness, self-control;
against such things there is no
law. 24 Now those who belong to
Christ Jesus have crucified the
flesh with its passions and
desires.

25 If we live by the Spirit, let us
also walk by the Spirit. 26 Let us
not become boastful, challenging
one another, envying one
another.

Can you admit to having a spirit of
anger? Do you really want to live
as God desires?

Do you want self-control?

Do you want to love one another?



WHAT **JESUS** SAID
ABOUT...

We must accept the fact of our anger. Ask those around you if they sense a spirit of anger in you. Acknowledgment is the first step of overcoming anger. Why? Our pride does not make it easy to say that we were wrong in our actions, words and judgments.

2.) Deal with your anger (James 1:19-20)



WHAT **JESUS** SAID
ABOUT...

James 1:19-20 (NASB)

19 This you know, my beloved brethren. But everyone must be quick to hear, slow to speak and slow to anger; 20 for the anger of man does not achieve the righteousness of God.

Unresolved anger is always bad. We must not tolerate it.

We must acknowledge that man's anger will not accomplish God's work.



WHAT **JESUS** SAID ABOUT...

3.) Die to self; live by Christ (Galatians 2:20)



WHAT **JESUS** SAID
ABOUT...

Galatians 2:20 (NASB)

20 I have been crucified with Christ; and it is no longer I who live, but Christ lives in me; and the life which I now live in the flesh I live by faith in the Son of God, who loved me and gave Himself up for me.

**I have died to myself. I now live
for Jesus Christ.**



WHAT **JESUS** SAID
ABOUT...

An open and deliberate decision to not live according to your old life and consciously to allow Christ to live out His life in you is a special and necessary part of deliverance from anger. When this is done, you open yourself to Christ's full work in your life.

There's two aspects to dying to self. 1. There is the initial dedication period which is like starting anew. 2. There is also the regular daily dying to self. A daily morning prayer where we commit ourselves to the Lord.

4.) Break the stronghold of anger (2 Corinthians 10:3-7)



WHAT **JESUS** SAID
ABOUT...

2 Corinthians 10:3-7 (NASB)

3 For though we walk in the flesh, we do not war according to the flesh, 4 for the weapons of our warfare are not of the flesh, but divinely powerful for the destruction of fortresses.

5 We are destroying speculations
and every lofty thing raised up
against the knowledge of God,
and we are taking every thought
captive to the obedience of
Christ, 6 and we are ready to
punish all disobedience,
whenever your obedience is
complete.

7 You are looking at things as they are outwardly. If anyone is confident in himself that he is Christ's, let him consider this again within himself, that just as he is Christ's, so also are we.

May God destroy every last lie of mine!

A stronghold is some hidden sin from our lives that we have given up hope on overcoming. We probably have tried to overcome anger in the past. Failure brings with it a disheartening and final cover up of our sin.

"He deserves it."

"I was so hurt by him. I need to
get back."

"I can't help it."

"I was always that way."

"My parents were that way."

"It's not too bad."

"My anger is better than before."

Proverbs 14:29

"He who is slow to anger has great understanding, But he who is quick-tempered exalts folly."

1 Corinthians 13:4-5

"Love is patient, love is kind, and is not jealous; love does not brag and is not arrogant, 5 does not act unbecomingly; it does not seek its own, is not provoked, does not take into account a wrong suffered..."

5.) Replace anger with acts of kindness (Ephesians 4:31)



WHAT **JESUS** SAID ABOUT...

Ephesians 4:31-32 (NASB)

31 Let all bitterness and wrath
and anger and clamor and
slander be put away from you,
along with all malice.

32 Be kind to one another,
tender-hearted, forgiving each
other, just as God in Christ also
has forgiven you.

**Anger must go, but I will
replace it with fruits of love.**



WHAT **JESUS** SAID
ABOUT...

6.) Fully deal with each day's anger (Eph 4:26)



WHAT **JESUS** SAID
ABOUT...

Ephesians 4:26

"BE ANGRY, AND yet DO NOT SIN; do not let the sun go down on your anger,"

**Make sure before I go to bed, I
deal with my anger.**



WHAT **JESUS** SAID
ABOUT...

Unresolved anger turns into
wrath. We have a command from
the Lord to heighten the
importance of settling quarrel
before we sleep.

23 Therefore if you are
presenting your offering at the
altar, and there remember that
your brother has something
against you, 24 leave your
offering there before the altar and
go; first be reconciled to your
brother, and then come and
present your offering.

25 Make friends quickly with your
opponent at law while you are
with him on the way, so that your
opponent may not hand you over
to the judge, and the judge to the
officer, and you be thrown into
prison. 26 Truly I say to you, you
will not come out of there until
you have paid up the last cent.

Overcoming Sexual Sins and Lusts



WHAT **JESUS** SAID
ABOUT...