

ANGER

Talk #5 “The Mind of Christ”

I'd like to talk to you about how it is possible to have the mind of Christ – to share His plan, His purpose for our lives.

How can having the mind of Christ help me to have power over my Anger?

Proverbs 23:7 says, *As he [a man] thinks in his heart, so is he.*

Another way to put it would be to say the way we think determines how we live and who we are. Your FEELINGS (anger) don't have to determine what you think – or what you decide to do.

We must learn to take every thought (even our Anger) to Christ (see 2 Corinthians 10:4-5) if we don't, we won't live the life Jesus died to give us – a life of peace with God, peace with ourselves, great relationships, real joy and the ability to become all God has created us to be.

Set your minds and keep them set on what is above (the higher things ... Colossians 3:2)

Do not be conformed to this world...but be transformed (changed) by the renewal of your mind... Romans 12:2.

Have a think session with yourself every day. Just sit down and say, “I'm going to think about some things on purpose.” Then spend some time thinking about scriptures that renew your mind with the truth about what God says – about His love for you, His plan for you, how He wants you to live and behave... Use a concordance to find verses that cover areas you are struggling with or need to know more about. I encourage you to write some of them down and put them in places where you will see them every day.

If you will commit to set your mind on God's Word, renewing your mind with truth, then you will experience the fullness of new life that we can all have in Christ. All it takes is a little more progress one just day at a time.

Speaker: Give an example of how you had an anger situation where you sat down and thought through your response, thinking with the mind of Christ. (WWJD?)

Discussion Questions:

- How can having the mind of Christ help ME to have power over my anger?
- How can I start to do that?