

ANGER

Talk #6 How Christ's Love & Grace impacts my anger

Do you ever take time to think about the gifts that God has given us?

You may have immediately thought of Romans 12:6-6 where Paul tells us that we each have different gifts “according to the grace given to each of us. If your gift is prophesying, then prophesy in accordance with your^[a] faith; ⁷ if it is serving, then serve; if it is teaching, then teach; ⁸ if it is to encourage, then give encouragement; if it is giving, then give generously; if it is to lead,^[b] do it diligently; if it is to show mercy, do it cheerfully.”

But when I think about gifts from God, I also think Isaiah 12:2 is a good place to start: “See, God has come to save me. I will trust in him and not be afraid. The LORD God is my strength and my song; he has given me victory.”

From this verse alone, I see five things God has given to those who love Him:

- salvation (“God has come to save me”)
- courage (“I will trust in him and not be afraid”)
- strength (“the LORD God is my strength”)
- a song (“the LORD God is...my song”)
- victory (“he has given me victory”)

I look at this list and see that God's covered everything.

He's given us eternal life—it's hard to top that.

He's given us courage to face whatever comes our way.

He's given strength to do whatever He calls us to do.

He gives us a song to sing even in the darkest night.

And He gives us victory over temptation, evil, discouragement and whatever else seeks to defeat us --- even our own emotions, our own feelings, our own anger!

These five things in Isaiah are all we really need to flourish. Strip away everything else and the gifts God's given us enable us to thrive.

If we concentrate on what God has done and how much He loves and has forgiven us, it makes sense that maybe, just maybe, it should be easier to extend grace instead of extending anger when we are hurt.

Speaker: Give an example of a gift God has given you that helps you when you are angry.

Discussion Questions:

- Do you ever take time to think about the gifts God has given you?
- Do you only TAKE God's gifts -or- do you ever give anything back?