

## Message Notes

### SEEING RED

#### Part 1 – What’s My Anger Costing Me?

Numbers 20:2-12

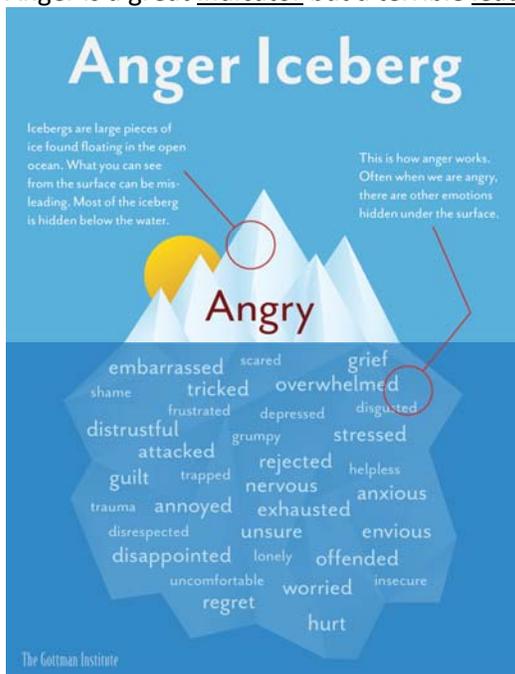
June 17/18, 2017

Pastor Mark Riggins

#### ANGER MYTHS:

- If I don’t express my anger, I will explode.
- Men are angrier than women.
- Anger is bad.
- Anger is good.
- Anger is always about revenge.

Anger is a great indicator but a terrible leader.



#### Anger self-assessment:

- I become impatient easily when things don’t go according to my plans.
- When I’m irritated with someone I may shut down or withdraw entirely.
- When talking about a controversial topic, my voice gets louder and more assertive.
- I do not easily forget when someone “does me wrong.”
- When someone confronts me with an opposing opinion, I’m thinking of my comeback even while they’re still speaking.
- I may act kindly toward others on the outside, yet feel bitter and frustrated on the inside.

*One day, after Moses had grown up, he went out to where his own people were and watched them at their hard labor. He saw an Egyptian beating a Hebrew, one of his own people. Ex. 2:11*

*Looking this way and that and seeing no one, he killed the Egyptian and hid him in the sand. Ex. 2:12*

*Moses turned and went down the mountain with the two tablets of the covenant law in his hands. They were inscribed on both sides, front and back. The tablets were the work of God; the writing was the writing of God, engraved on the tablets. Ex. 32:15-16*

*...his anger burned and he threw the tablets out of his hands, breaking them to pieces... Ex. 32:19*

*Now there was no water for the community, and the people gathered in opposition to Moses and Aaron. Numb 20:2*

*They quarreled with Moses and said, "If only we had died when our brothers fell dead before the Lord! Why did you bring the Lord's community into this wilderness, that we and our livestock should die here? Why did you bring us up out of Egypt to this terrible place? Numb. 20:3-5*

*Moses and Aaron went from the assembly to the entrance to the tent of meeting and fell facedown, and the glory of the Lord appeared to them. The Lord said to Moses, "Take the staff, and you and your brother Aaron gather the assembly together. **Speak** to that rock before their eyes and it will pour out its water. You will bring water out of the rock for the community so they and their livestock can drink." Numb. 20:6-8*

Reacting involves blurry vision.

Responding involves clearer vision.

*So Moses took the staff from the Lord's presence, just as he commanded him. He and Aaron gathered the assembly together in front of the rock and Moses said to them, "Listen, you rebels, must we bring you water out of this rock?" Then Moses raised his arm and **struck** the rock **twice** with his staff. Water gushed out, and the community and their livestock drank. Numb. 20:9-11*

The tone of our words will outlast the truth of our words.

"One of the hardest things in the world is to be right and not hurt other people with it." -Dallas Willard

*But the Lord said to Moses and Aaron, "Because you did not trust in me enough to honor me as holy in the sight of the Israelites, you will not bring this community into the land I give them." Num. 20:12*

Anger steals what we love the most.

Anger can cast a shadow over a lifetime of walking with God.

- Has anger impacted my health; if so, how?
- Has anger helped or hurt me at work?
- Has anger helped or hurt my relationships?
- Has my anger affected my family in good ways or bad?

Who do I love most?

What do I love the most?

What's it like to be on the other side of the angry me?

Fruits of the Spirit:

Joy-Peace-Forbearance-Kindness-Goodness-Faithfulness-Gentleness-Self-control

## **Discussion Questions**

### **SEEING RED**

#### **Part 1 – What’s My Anger Costing Me?**

**Numbers 20:2-12**

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1. Did anything stick out to you from Mark’s sermon last weekend?
2. Mark said, “Anger shatters what we love the most.” As we looked at the story of Moses, do you remember what his anger cost him? Moses dreamed for 40 years of taking the Hebrew people into the Promised Land. However, his anger destroyed his dream and kept him out. (Ex. 32:12) Have you ever witnessed someone else’s anger destroy something they loved?
3. Have you ever lived with an angry person (home, work, friends)? How did their anger impact you?
4. Do you occasionally struggle with anger?
5. Mark talked about the difference between “tone” and “truth.” Moses was right in saying the Hebrew people lacked faith but his tone was a bit “holier-than-thou.” Can you think of a time when you experienced someone’s “tone” overshadow “truth?”
6. We saw the difference between “reacting” and “responding.” Reacting is immediate, emotional, and self-focused. Responding is reasoned and makes room for others. The average adult will experience the “wave of anger” in less than 10-minutes. What practical ways do you endure the “wave of anger” so that you can respond instead of react?
7. We learned from the story of Moses that “anger steals what we love most.” Can you think of what anger is trying to steal from you?
8. How can this group pray for you this week?