

Conversions

"From Rage to Redemptive Anger"

Numbers 20:1-12

3/20/22

Outline

Anger

The Good Uses Of:

- Anger warns us of impending danger and enables us to fight or flee.
- It establishes healthy boundaries.
- It protects human dignity.
- It motivates us to correct an injustice.
- It protects our loved ones.

Eph. 4:26 *"Be angry but sin not."* (KJV) *"In your anger do not sin"* (NIV)

In the first month the whole Israelite community arrived at the Desert of Zin, and they stayed at Kadesh. There Miriam died and was buried.

² *Now there was no water for the community, and the people gathered in opposition to Moses and Aaron. ³ They quarreled with Moses and said, "If only we had died when our brothers fell dead before the Lord! ⁴ Why did you bring the Lord's community into this wilderness, that we and our livestock should die here? ⁵ Why did you bring us up out of Egypt to this terrible place? It has no grain or figs, grapevines or pomegranates. And there is no water to drink!"*

⁶ *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. ⁷ The Lord said to Moses, ⁸ "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."*

⁹ *So Moses took the staff from the Lord's presence, just as he commanded him. ¹⁰ 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?" ¹¹ Then Moses raised his arm and struck the rock twice with his staff. Water gushed out, and the community and their livestock drank.*

¹² *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." Numbers 20:1-12.*

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I. The Consequences.

II. The Triggers.

- Cumulative stress.
- Unrealistic expectations.
- Cognitive distortion.

"Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things." Philippians 4:8

- Pride. *"must we bring water from the rock."* (vs. 10)

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“Do not think of yourselves more highly than you ought.” Romans 12:3

“Honor one another above yourselves.” Romans 12:10

“For man’s anger does not bring about the righteous life God desires.” James 1:20.

A Better Way:

1. Communicate without yelling.
2. Get off your throne and be considerate.
3. Change the way you think. Don’t misread people. Think the best of them and not the worse.
4. Watch out for distorted thinking.
5. Be realistic. Be reasonable. Don’t catastrophize everything
6. Remember we are all human beings, with triggers.