

Dr. Martin Luther King Jr.

“Jesus said, ‘Love your enemies that you may be children of your Father who is in heaven.’ Of course, you say, all this about loving enemies is not practical. Life is a matter of getting even, of hitting back, of dog-eat-dog. Maybe in some distant utopia the idea will work, but not in the hard, cold world in which we live.

My friends, we have followed the so-called practical way for a long time now. Time is cluttered with the wreckage of communities which surrendered into hatred and violence. We are going to follow another way. We will not abandon our righteous efforts. With every ounce of our strength, we will continue to rid the nation of the incubus of segregation. But we will not in the process relinquish our privilege and our obligation to love. While abhorring segregation, we will love the segregationist. This is the only way to build the beloved community.

To our most bitter opponents we say, ‘We shall meet your physical force with soul force. Do to us what you will, and we will continue to love you. We cannot obey your unjust laws because noncooperation with evil is as much a moral obligation as it is to cooperate with good. But throw us in jail; we will still love you.

Send your hooded perpetrators of violence into our community and beat us, and we will still love you. But be ye assured that we will wear you down.’ ”

²²You will heap burning coals of shame on their heads, and the Lord will reward you.
Proverbs 25:22

“One day we will win freedom, but not only for ourselves. We will so appeal to your heart and conscience that we will win you in the process, and so our victory will be a double victory.

The great military leaders of the past have gone, and their empires have crumbled and burned to ashes, but the empire of Jesus, built solidly and majestically on the foundation of love, is still growing.

May we solemnly realize we shall never be sons of our heavenly Father until we love our enemies and pray for those who persecute us, as he did for us.”



God's Anger Management

Ephesians 4:26,27 “Be angry but do not sin. Don't let the sun go down on your anger and don't give the devil an opportunity.”

James 1:20 “Anger does not bring about the righteous life that God desires.”

Proverbs 12:16 A fool is quick-tempered, but a wise person stays calm when insulted.

Proverbs 14:29 People with understanding control their anger; a hot temper shows great foolishness.

Proverbs 29:11 Fools vent their anger, but the wise quietly hold it back.

Proverbs 13:16 Sensible people always think before they act...

Proverbs 24:29 And don't say, “Now I can pay them back for what they've done to me! I'll get even with them!”

Proverbs 15:1 A gentle answer deflects anger, but harsh words make tempers flare. ...

Proverbs 25:21,22 If your enemies are hungry, give them food to eat. If they are thirsty, give them water to drink.²²You will heap burning coals of shame on their heads, and the Lord will reward you.

I. Anger is a choice

"Be angry but do not sin. Don't let the sun go down on your anger and don't give the devil an opportunity."
Ephesians 4:26,27

Anger can be good, how it is used is where we sin.

"Anger does not bring about the righteous life that God desires."
James 1:20

II. Where anger goes wrong

A fool is quick-tempered, but a wise person stays calm when insulted.
Proverbs 12:16

Warning Sign:

You don't go after the problem; you go after the person.

People with understanding control their anger; a hot temper shows great foolishness.
Proverbs 14:29

Fools vent their anger, but the wise quietly hold it back. Proverbs 29:11

III. Managing Anger

1. Admit it.

9 times in the OT the Bible says, God is slow to anger.

Jesus got angry.

He's angry at the money changers in the temple (John 2).

He's angry at the religious leaders (Mark 3).

He's angry at the tomb of Lazarus (John 11).

2. Think before reacting.

Sensible people always think before they act... Proverbs 13:16

And don't say, "Now I can pay them back for what they've done to me! I'll get even with them!" Proverbs 24:29.

A gentle answer deflects anger, but harsh words make tempers flare.
Proverbs 15:1

3. Choosing love not misguided anger

If your enemies are hungry, give them food to eat. If they are thirsty, give them water to drink. Proverbs 25:21

Three things you can do when someone is angry with you.

1. Withdraw and you will lose them.

2. Respond in anger. They rage at you, you rage at them. You will lose them.

3. Absorb the blow & respond thoughtfully and gently. You may save them.

Jesus forgave our sins so he could embrace the sinner.