

OVERCOMING THE ENEMY OF WRATH

As the troops were coming back, when David was returning from killing the Philistine, the women came out from all the cities of Israel to meet King Saul, singing and dancing with tambourines, with shouts of joy, and with three-stringed instruments. As they danced, the women sang: “Saul has killed his thousands, but David his tens of thousands.” Saul was furious and resented this song. “They credited tens of thousands to David,” he complained, “but they only credited me with thousands. What more can he have but the kingdom?” So Saul watched David jealously from that day forward. 1 Samuel 18:6-9

David then stayed in the wilderness strongholds and in the hill country of the Wilderness of Ziph. Saul searched for him every day, but God did not hand David over to him. 1 Samuel 23:14

Unrighteous anger ruins your ...

- Perspective

A patient person shows great understanding, but a quick-tempered one promotes foolishness. Proverbs 14:29

- Peace

Don't let the sun go down on your anger, and don't give the devil an opportunity. Ephesians 4:26-27

“Of the Seven Deadly Sins, anger is possibly the most fun. To lick your wounds, to smack your lips over grievances long past, to roll over your tongue the prospect of bitter confrontations still to come, to savor to the last toothsome morsel both the pain you are given and the pain you are giving back—in many ways it is a feast fit for a king. The chief drawback is that what you are wolfing down is yourself. The skeleton at the feast is you.”

Frederick Buechner

“Not forgiving is like drinking rat poison and then waiting for the rat to die.”

Anne Lamott

Be angry and do not sin; on your bed, reflect in your heart and be still.

Psalm 4:4

1. Your eternal justification is in the past.

Let all bitterness, anger and wrath, shouting and slander be removed from you, along with all malice. And be kind and compassionate to one another, forgiving one another, just as God also forgave you in Christ.

Ephesians 4:31-32

“To be a Christian means to forgive the inexcusable because God has forgiven the inexcusable in you.” CS Lewis

2. Eternal justice is in the future.

Friends, do not avenge yourselves; instead, leave room for God's wrath, because it is written, “Vengeance belongs to me; I will repay,” says the Lord.

Romans 12:19

Reflection Questions:

When was a time you experienced the power of forgiveness?

Where is Jesus inviting you to offer and or receive forgiveness?

Scripture from the CSB unless noted.