

ANGER MANAGEMENT APPLIED

April 22, 2012 2 Corinthians 7:8-11 by Bob Branch

MAIN IDEA: What do you do when you blow it big time?

Especially in the anger arena (but this can be extrapolated very easily to other life-botches and sins).

Repentance... To Repent means to change your mind, to turn from something wrong to what is right and to God

Even if I caused you sorrow by my letter, I do not regret it. Though I did regret it—I see that my letter hurt you, but only for a little while—⁹ yet now I am happy, not because you were made sorry, but because your sorrow led you to repentance. For you became sorrowful as God intended and so were not harmed in any way by us. ¹⁰ Godly sorrow brings repentance that leads to salvation and leaves no regret, but worldly sorrow brings death. ¹¹ See what this godly sorrow has produced in you: what earnestness, what eagerness to clear yourselves, what indignation, what alarm, what longing, what concern, what readiness to see justice done. At every point you have proved yourselves to be innocent in this matter. **2 Cor. 7:8–11**

1. REPENT.

The **Anatomy of Repentance. Godly sorrow.**

- ❖ what **earnestness**
- ❖ what **eagerness to clear yourselves**
- ❖ what **indignation**
- ❖ what **alarm**
- ❖ what **longing**
- ❖ what **concern**
- ❖ what **readiness to see justice done**

WHY am I angry? What are the roots? Slow the process down (Gen.4:6)

Prove by the way you live that you have repented of your sins and turned to God. **Matthew 3:8** NLT

If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness. **1 John 1:9**

¹ **True repentance is not feeling bad because you were caught, or because the consequences are steep.**

² **Repentance isn't an emotion, but has emotions accompanying it.**

2. REPORT.

“...confess your sins to each other and pray for each other so that you may be healed. **James 5:16**

Everyone who does evil hates the light, and will not come into the light for fear that their deeds will be exposed. **John 3:20**

But if we walk in the light, as he is in the light, we have fellowship with one another, and the blood of Jesus, his Son, purifies us from all sin. **1 John 1:7**

3. RECONCILE.

Reckless words pierce like a sword **Proverbs 12:18** (see 29:22)

“In your anger do not sin”: Do not let the sun go down while you are still angry, and do not give the devil a foothold.” **Ephesians 4:26-27**

“if you are offering your gift at the altar and there remember that your brother or sister has something against you, leave your gift there in front of the altar. First go and be reconciled to them; then come and offer your gift. **Matthew 5:23–24** (see 1 Pet. 3:7)

❖ **Own the offense:** *I was wrong*

❖ **Express your grief:** *I am sorry*

❖ **Ask for forgiveness:** *Will you forgive me, please?*

❖ **Seek restitution:** *What can I do to make it right?*

4. REPEAT.

We all want progress, but if you're on the wrong road, progress means doing an about-turn, and walking back to the right road; in that case, the man who turns back soonest is the most progressive. **C.S. Lewis**