



10X Your Life
Part 6- “How To Disarm The
Anger Bomb Inside You”
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Israel, you must carefully obey the Lord's commands. Follow them, because they make a path that will lead to a **long successful life** in the land the Lord your God is giving you.
Deuteronomy 5:32-33 CEV

THE 10 WORDS...

- The 1st 4 focus on our relationship with God.
- The next 6 focus on our relationship with each other

You must not murder.
Exodus 20:13 NLT

JESUS CALLS US TO LIVE INSIDE OUT...

“You have heard that our ancestors were told, ‘You must not murder. If you commit murder, you are subject to judgment.’ But I say, if you are even angry with someone, you are subject to judgment! If you call someone an idiot, you are in danger of being brought before the court. And if you curse someone, you are in danger of the fires of hell.
Matthew 5:21-22

BEFORE YOU GET RIGHT WITH GOD, GET RIGHT WITH OTHERS!

“So if you are presenting a sacrifice at the altar in the Temple and you suddenly remember that someone has something against you, leave your sacrifice there at the altar. Go and be reconciled to that person. Then come and offer your sacrifice to God.
Matthew 5:23-24

MATTERS OF THE HEART

Guard your heart above all else, for it determines the course of your life.
Proverbs 4:23

2 MISTAKES WE MAKE WITH ANGER...

1. We don't acknowledge our anger
2. We publicly live in our anger

HEART SURGERY

Get rid of all bitterness, rage, anger, harsh words, and slander, as well as all types of evil behavior.
Ephesians 4:31

Instead, be kind to each other, tenderhearted, forgiving one another, just as God through Christ has forgiven you.
Ephesians 4:32

*Then Peter came to Him and asked, “Lord, how often should I forgive someone who sins against me? Seven times?” “No, not seven times,” Jesus replied, “but seventy times seven! “Therefore, the Kingdom of Heaven can be compared to a king who decided to bring his accounts up to date with servants who had borrowed money from him. In the process, one of his debtors was brought in who owed him millions of dollars. He couldn't pay, so his master ordered that he be sold—along with his wife, his children, and everything he owned—to pay the debt. “But the man fell down before his master and begged him, ‘Please, be patient with me, and I will pay it all.’ Then his master was filled with pity for him, and he released him and forgave his debt.
Matthew 18:21-27*

*“But when the man left the king, he went to a fellow servant who owed him a few thousand dollars. He grabbed him by the throat and demanded instant payment. “His fellow servant fell down before him and begged for a little more time. ‘Be patient with me, and I will pay it,’ he pleaded. But his creditor wouldn't wait. He had the man arrested and put in prison until the debt could be paid in full.
Matthew 18:28-30*

HOW TO DISARM YOUR ANGER...

1. Who are you angry with?
2. What do they owe you?
3. Cancel the debt
4. Dismiss the case... let it go.

*One day an expert in religious law stood up to test Jesus by asking Him this question: “Teacher, what should I do to inherit eternal life?” Jesus replied, “What does the law of Moses say? How do you read it?” The man answered, “You must love the LORD your God with all your heart, all your soul, all your strength, and all your mind.’ And, ‘Love your neighbor as yourself.’” “Right!” Jesus told him. “Do this and you will live!” The man wanted to justify his actions, so he asked Jesus, “And who is my neighbor?” Jesus replied with a story...
Luke 10:25-30*

THE GOOD SAMARITAN...

*“Now which of these three would you say was a neighbor to the man who was attacked by bandits?” Jesus asked. The man replied, “The one who showed him mercy.” Then Jesus said, “Yes, now go and do the same.”
Luke 10:36-37*

OUR HOW WE TREAT OUR ENEMIES AND EVERYONE ELSE ATTITUDE...

*Instead, “If your enemies are hungry, feed them. If they are thirsty, give them something to drink. In doing this, you will heap burning coals of shame on their heads.” Don't let evil conquer you, but conquer evil by doing good.
Romans 12:20-21*

JESUS ATTITUDE... HERE'S WHAT HE DID WITH OUR SIN

*Yet it was our weaknesses He carried; it was our sorrows that weighed Him down. And we thought His troubles were a punishment from God, a punishment for His own sins! But He was pierced for our rebellion, crushed for our sins. He was beaten so we could be whole. He was whipped so we could be healed. All of us, like sheep, have strayed away. We have left God's paths to follow our own. Yet the LORD laid on Him the sins of us all.
Isaiah 53:4-6*

YOUR MOVE...