

I Love My Addiction

A Program with a Purpose – Exposing Your Value to God

1 Corinthians 16:15

Lesson Fourteen

Stop It

Remove Anger and Replace it With Control

Cease from anger, and forsake wrath: fret not thyself in any wise to do evil (Psalm 37:8).

I will never forget the very first Rock of Ages prison revival I attended. As we entered into the service, the chaplain pointed to a young man on the front row. He went on to tell us his story and said, just last week the same young man was an officer in this facility. He told us that he went home early, because he did not feel well, and found his wife with another man. In a fit of rage, took his gun and put both the man and his wife into eternity! ***For jealousy is the rage of a man: therefore he will not spare in the day of vengeance*** (Proverbs 6:34). His jealousy unleashed a fit of rage! I often think how much different this young man's life could have been if he only had control over his emotions and his actions. Instead, two funerals and a long prison sentence!

Words spoken in anger will be the words you will regret! Anger often leads to out-of-control action. ***Cursed be their anger, for it was fierce; and their wrath, for it was cruel:*** (Genesis 49:7). Anger without control is like getting into a sports car, flooring the accelerator and letting go of the steering wheel!

Gaining control of your life will put you in the driver's seat. King Solomon, the wisest man that has ever lived, made this statement towards the end of his life, ***Be not hasty in thy spirit to be angry: for anger resteth in the bosom of fools*** (Ecclesiastes 7:9). In all actuality, when you allow someone or something to send you into a fit of rage, they are manipulating you and your actions! There should be only one person allowed to be in full control of you; and that, my friends, is Jesus—the Great Shepherd.

Pride is the number one cause for anger. If you must be in the center of every situation, then you will surly become angry when it does not go your way. Pride is without a doubt the hardest attribute of a man to change. When we think of Jesus, the Good Shepherd, and allow Him to guide our lives, then keeping our pride in check can be accomplished. The product of a person

who has changed Masters can be found in the desire they have to be like Jesus, ***So we thy people and sheep of thy pasture will give thee thanks for ever: we will shew forth thy praise to all generations*** (Psalm 79:13). Always keep in your mind that **YOU ARE VALUABLE** to God. He needs you to show the world what a man who has changed Masters can accomplish!

Truth be known, the exact opposite takes place when a person acts out in a temper tantrum. Instead of looking and acting like an intelligent human being, they look, act and play the part of a fool! This leaves little room for any witness of your tantrum to think highly of you; as King Solomon said in Ecclesiastes 7:9, you are the fool!

Most often, your anger is revealed in your speech. The tongue is the smallest organ in your body, but yet can do more damage to a man than one of great physical strength. Job, our dear brother endured great affliction so you and I could have an example how to handle it. God was allowing Job's loyalty to God be on trial. His so-called friends were railing on him when he made this statement, ***Teach me, and I will hold my tongue: and cause me to understand wherein I have erred*** (Job 6:24). We too can ask God to teach us to control our speech.

The Apostle Peter is a great example of man who had a hard time with his tongue. He was always sticking his foot in his mouth. Even after Jesus told the disciples that He would be taken, falsely accused and crucified; Peter acted out in a fit of rage by cutting off the ear of one the men who came to take Jesus. ***Then said Jesus unto Peter, Put up thy sword into the sheath: the cup which my Father hath given me, shall I not drink it*** (John 18:11)? Even when Peter's anger led him to do what he thought was the right thing, Jesus had to rebuke him—poor guy looked like a fool! But, as Job said, ***Teach me***; later, God gave the Apostle Peter great wisdom in this area for our learning:

Simon Peter, a servant and an apostle of Jesus Christ, to them that have obtained like precious faith with us through the righteousness of God and our Saviour Jesus Christ: Grace and peace be multiplied unto you through the knowledge of God, and of Jesus our Lord, According as his divine power hath given unto us all things that pertain unto life and godliness, through the knowledge of him that hath called us to glory and virtue: Whereby are given unto us exceeding great and precious promises: that by these ye might be partakers of the divine nature, having escaped the corruption that is in the world through lust. And beside this, giving all diligence, add to your faith virtue; and to virtue knowledge; And to knowledge temperance; and to temperance patience; and to patience godliness; And to godliness brotherly kindness; and to brotherly kindness charity. For if

these things be in you, and abound, they make you that ye shall neither be barren nor unfruitful in knowledge of our Lord Jesus Christ. (2 Peter 1:1-4)

Simon Peter is now on top of his game! Up to this point in his life, he had made many mistakes. Instead of allowing life's lessons, failures and embarrassments to ruin his life, he turned them over to the LORD; now he stands with great confidence teaching the future leaders of Christianity. Notice his new way of thinking:

1. He had gone from wanting to take full control of every situation, to simply become a servant to the Saviour – ***a servant and an apostle of Jesus Christ***
 - a. The attitude of being a servant will cause you to learn how Jesus would react to each situation that comes our way
 - b. He went from a man full of pride, reacting to life's trials irrationally to a man in the position of a servant. He now did things the LORD'S way.
2. He had no problem giving God the glory – ***to them that have obtained like precious faith with us through the righteousness of God and our Saviour Jesus Christ:***
 - a. He did not turn over a new leaf, he changed Masters from self to the Saviour.
 - b. Our Bible teaches us that we have the mind of Christ available—it is the Word of God. The Bible is the mind of God from the mouth of Jesus, ***For who hath known the mind of the Lord, that he may instruct him? But we have the mind of Christ*** (1 Corinthians 2:16).
 - c. The Word of God will speak to the heart, ***Bless the LORD, ye his angels, that excel in strength, that do his commandments, hearkening unto the voice of his word*** (Psalm 103:20).
3. He was well aware of the source of his power – ***According as his divine power hath given unto us all things that pertain unto life and godliness***
 - a. This attitude will keep your pride in check
 - b. It will also give you access to all of the power of God to go from destructive addictions to productive ones.

- c. Your life will now glorify the Saviour instead of exalting yourself and looking like a fool.
 - d. As you grow in Christ, He will elevate you to the position of His choice – ***For whosoever exalteth himself shall be abased*** {to throw or cast down}; ***and he that humbleth himself shall be exalted*** (Luke 14:11).
4. He gained this new attitude by increasing his knowledge of his Master – ***Grace and peace be multiplied unto you through the knowledge of God, and of Jesus our Lord***
- a. He knew the grace of God had forgiven him and gave him a purpose in life
 - b. ***Multiplied*** peace accompanies obedience
5. He clearly stated the reason for our calling – ***of him that hath called us to glory and virtue:***
- a. Jesus deserves all the glory for our new way of life!
 - b. Virtue is – *the practice of moral duties and the abstaining from vice* (Noah Webster 1828 Dictionary).
 - c. Virtue is – *nothing but voluntary obedience to truth* (Noah Webster 1828 Dictionary).
 - d. Virtue is – *Excellence; or that which constitutes value or merit* (Noah Webster 1828 Dictionary).
6. Peter backed his teachings with the authority of the Word of God – ***Whereby are given unto us exceeding great and precious promises:***
- a. ***All scripture is given by inspiration of God, and is profitable for doctrine, for reproof, for correction, for instruction in righteousness:*** (2 Timothy 3:16)
 - b. ***Wherewithal shall a young man cleanse his way? By taking heed thereto according to thy word*** (Psalm 119:9). This is the only place in the Word of God the phrase, ***cleanse his way***, is used!

- c. God can and will cleanse you, use you and give you a life of joy if you only trust His Word!
7. He continues with the list of benefits – ***that by these ye might be partakers of the divine nature***
- a. The word ***partaker*** has the meaning of *sharing a portion in common with others* (Noah Webster 1828 Dictionary).
 - b. God literally allows us to share His divine nature! {Godlike nature, excellence in the highest degree}
 - c. God’s nature in you will crush our sin nature
8. He informs us of what we missed – ***having escaped the corruption that is in the world through lust.***
- a. Corruptions – the only thing that really matters is what matters to God—the souls of sinners.
 - b. Through lust – our desires changed when we changed masters!

After the Apostle Peter instructed us of the new way of thinking, he then continues with the list of ways to become valuable to the Great Shepherd.

And beside this, giving all diligence, add to your faith virtue; and to virtue knowledge; And to knowledge temperance; and to temperance patience; and to patience godliness; And to godliness brotherly kindness; and to brotherly kindness charity. (2 Peter 1:5-7)

1. Give all diligence – this is a steady, constant effort to becoming a productive servant of the Saviour, ***Whatsoever thy hand findeth to do, do it with thy might; for there is no work, nor device, nor knowledge, nor wisdom, in the grave, whither thou goest*** (Ecclesiastes 9:10).
2. Faith in the Word of God is what got you to this point in your Christian life! Peter now says there are some things we need to add to the faith!

3. In verse three, he stated that we were called to virtue, and now he says to be sure to add virtue to your faith! Remember, *virtue is the practice of moral goodness and abstaining from a vice*. Noah Webster's 1828 Dictionary also says, *virtue is nothing but voluntary obedience to truth*, ***Sanctify them through thy truth: thy word is truth*** (John 17:17).
4. Faith is your decision to believe everything God says to be totally true and accurate, without interjecting your personal opinion, ***This book of the law shall not depart out of thy mouth; but thou shalt meditate therein day and night, that thou mayest observe to do according to all that is written therein: for then thou shalt make thy way prosperous, and then thou shalt have good success*** (Joshua 1:8).
5. We are to add to our virtue knowledge – a constant, every day learning about our new Master will give you full control of your emotions! Without a steady diet of the knowledge of the Almighty God of Heaven, destruction is inevitable, ***My people are destroyed for lack of knowledge: because thou has rejected knowledge, I will also reject thee, that thou shalt be no priest to me: seeing thou hast forgotten the law of God, I will also forget thy children*** (Hosea 4:6).
 - a. Rejected by God
 - b. No place to serve
 - c. No hope for your children
6. Add to knowledge, temperance – this is where the rubber meets the road!
 - a. Temperance is the act of self-control – we can maintain our integrity
 - b. The attributes of temperance are patience, calmness and longsuffering
7. As the list continues, temperance is actually defined. With temperance in action, you will gain:
 - a. Godliness
 - b. Brotherly kindness

c. Charity – love

Peter then gives us the effect of applying these principles to our lives – ***For if these things be in you, and abound, they make you that ye shall neither be barren nor unfruitful in knowledge of our Lord Jesus Christ*** (2 Peter 1:8). Always remember that Jesus, our Master, Creator and Saviour needs you! Your new life will give others, who were in the same condition as you once were, hope of freedom from the addictions that once dominated their lives! Not only freedom from their additions, but forgiveness of their sin!

It starts with the desire! ***Through desire a man, having separated himself, seeketh and intermeddleth with all wisdom*** (Proverbs 18:1). Then, as you learn and apply Biblical truth, you will begin to see the results we have been teaching!

The very first murder in the Bible was fueled by jealousy and uncontrolled anger. Cain was mad because God accepted Abel's sacrifice and refused his! It was not Abel's fault that Cain's offering was refused by God but he soon became the victim of Cain's anger. Cain's anger caused him to lose control and spend the rest of his life paying for it. Temperance, maintaining self-control, is the direct result of dwelling in the presence of God at all times. Stopping to reason in your mind what God will think of your reaction will be a primary principle in exchanging anger for self-control. The Scripture has much to say about this topic. Without self-control:

1. You become totally vulnerable to sin – the lack of self-control was the reason for the very first murder
2. You will give access to the enemy forces to attack your mind, ***Neither give place to the devil*** (Ephesians 4:27). We must not give Satan any ammunition to fight against us.
3. Pride will swell up giving room to the temptations that have previously drawn you back into your former destructive ways, ***He that hath no rule over his own spirit is like city that is broken down, and without walls*** (Proverbs 25:28). We must take full control of our life and actions.
4. Walls around a city are there to keep the enemy forces out and to give you a high place to watch for their attacks. No temperance, no security!

The first way to display temperance is to take full control of your speech. Your reactions to situations usually begin with your mouth then escalate to a physical lashing out, ***In the multitude of words there wanteth not sin: but he that refraineth his lips is wise*** (Proverbs 10:19).

1. First, make it a practice to immediately pray and ask God for the strength to handle each situation in a way that would please Him.
2. Always keep in mind, you are in the presence of God Almighty! He hears, sees and knows everything you think and say.
3. Try removing an immediate response with a carefully thought-out answer, as the old saying goes, think before you speak, ***A soft answer turneth away wrath: but grievous words stir up anger*** (Proverbs 15:1).
4. You may try the counting method – count to ten before you react with your tongue.
5. Drill into your mind that are valuable to God.
6. It may just be that the LORD is going to use you to win the person, who just did their best to make you angry, to Christ.

A MAN THAT IS GIVEN TO ANGER WILL NOT EXPERIENCE A FRUITFUL LIFE.

A calm response will give glory to God while a reaction with an angry outburst could cause consequences beyond your control. There is no doubt that the young man who took the life of his wife and her adulterous lover regrets his reaction fueled by his anger. The peace that comes with knowing that you responded correctly far exceeds the temporary fulfillment of revenge! ***For we know him that hath said, Vengeance belongeth unto me, I will recompense, saith the Lord. And again, The Lord shall judge his people*** (Hebrews 10:30). Take full control of your actions by allowing God to take of the other guy!

Learning to think before you speak will become one of the greatest weapons in your arsenal to fight the old destructive ways. Be prepared, for it will also be one of the most difficult tasks to accomplish, ***But the tongue can no man tame; it is an unruly evil, full of deadly poison*** (James 3:8). The Apostle Peter gives us this advice, ***For he that will love life, and see good days, let him refrain his tongue from evil, and his lips that they speak no guile:*** (1 Peter 3:10).

1. Learn to love yourself; God so loved you He gave His life on the cross of Calvary. If He loves you, then there is no reason why you cannot love yourself!
2. God does not make junk! You were created in His image to reflect His glory to the lost world—learn to love your life and use it for the purpose God designed for you. ***Thou art worthy, O Lord, to receive glory and honour and power: for thou hast created all things, and for thy pleasure they are and were created*** (Revelation 4:11).
3. His promises for loving life will be the fact that you **WILL** see good days! The best is yet to come!
4. In order to enjoy the list above, you must make it a daily exercise to refrain your tongue from evil and prevent, at all cost, from speaking guile {deceit and crafty speaking}. ***Cease from anger, and forsake wrath: fret not thyself in any wise to do evil. For evildoers shall be cut off: but those that wait upon the LORD, they shall inherit the earth*** (Psalm 37:8, 9).
5. ***The heart of the wise teacheth his mouth, and addeth learning to his lips*** (Proverbs 16:23). If you are wise, you will take the time to instruct your mouth to speak right.

Keep in mind that anger is a natural emotion; even Jesus got angry. It is all in how we handle the anger that will determine the outcome of each situation, ***Wherefore, my beloved brethren, let every man be swift to hear, slow to speak, slow to wrath: For the wrath of man worketh not the righteousness of God*** (James 1:19, 20). Do not react, but respond—take full control of the situation; by doing this, the enemy will be faced with the forces of Heaven assisting you in your battle—do not fight alone, you are no match for the devil and neither am I!

The Apostle Paul also has a few things to say about anger. If any of the disciples had a reason to act out in anger, it was him. He was beaten, stoned, shipwrecked, put in prison, along with many other unjust actions against him. Instead of being angry, he was willing to lay down his life for the unbelievers, ***I say the truth in Christ, I lie not, my conscience also bearing me witness in the Holy Ghost, That I have great heaviness and continual sorrow in my heart. For I could wish that myself were accursed from Christ for my brethren, my kinsmen according to the flesh:*** (Romans 9:1-3).

Recompense to no man evil for evil. Provide things honest in the sight of all men. If it be possible, as much as lieth in you, live peaceably with all men. Dearly beloved, avenge not yourselves, but rather give place unto wrath: for it is

written, Vengeance is mine; I will repay, saith the Lord. Therefore if thine enemy hunger, feed him; if he thirst, give him drink: for in so doing thou shalt heap coals of fire on his head. Be not overcome of evil, but overcome evil with good.
(Romans 12:17-21)

1. First, the Apostle Paul said not to look for a way to get back at your offender – **Recompense to no man evil for evil. No man,** means **NO MAN!**
2. Make sure all of your dealings with **all men** are completely honest. God will take care of all of your needs when you are living for Him. From the words of an old preacher, *There is such a thing as a dignified hustle! Provide things honest in the sight of all men.*
3. Then, realizing the frailty of humanity he said, **If it be possible, as much as lieth in you,**
 - a. As a reminder, Christ is in you and has given you access to His power to overcome your anger!
 - b. There is an escape route in place – **There hath no temptation taken you but such as is common to man: but God is faithful, who will not suffer you to be tempted above that ye are able; but will with the temptation also make a way to escape, that ye may be able to bear it** (1 Corinthians 10:13).
4. There are some people you just cannot get along with! Do your best to take the advice given to us in God’s Word – **live peaceably with all men.**
5. The advice concerning anger is consistent with each of the qualified men of God used to pen it in the Scriptures. **Dearly beloved, avenge not yourselves, but rather give place unto wrath: for it is written, Vengeance is mine; I will repay, saith the Lord.** God will do a much better job than we can in the area of vengeance! Allow God the privileged of doing so!
6. It really does not make sense to the lost person, but God says to be kind to your enemy. In doing so, it will literally drive them nuts! They expect a reaction from you, one that will make you look like the fool! But, when you respond instead of react, God steps in!

But I say unto you, Love your enemies, bless them that curse you, do good to them that hate you, and pray for them which despitefully use you, and persecute you; That ye may be the children of your Father

which is in heaven: for he maketh his sun to rise on the evil and on the good, and sendeth rain on the just and on the unjust. (Matthew 5:44, 45)

Another truth that will help you gain control and enjoy the peace offered by your Jesus, your new Master is found in the book of Ephesians. ***Be ye angry, and sin not: let not the sun go down upon your wrath:*** (Ephesians 4:26). There is no way to live your life without becoming angry at times. Again, the truth in this passage is to always maintain control and do your best to resolve the conflict before you retire for the evening!

One of the most important concepts, is to deal with the situation as quickly as possible. After a short parting, contact the person who has driven you to anger and work it out to the best of your ability. If they are not willing to calmly discuss the situation, then humble yourself, tell them you are sorry they feel the way they do and let them know you will be praying for them. You have now done your part! Remove your anger and replace it with control will be a great asset to a life of freedom.

1. What will words spoken in anger become?
2. What will put you in the driver's seat?
3. What actuality happens when you allow someone or something to send you into a fit of rage?
4. Where can the product of a person who has changed Masters be found?
5. What should you always keep in mind?
6. Where is your anger most often revealed?
7. What will happen when you grow in Christ? Write out the Scripture used in this question.
8. What did the Apostle Peter use to back all of his teachings?
9. What is temperance the result of?
10. What will become one of the greatest weapons in your arsenal to fight the old destructive ways.

(Answers to these questions are all located within the pages of this lesson)

Regardless of what you have been told or even what you may think, God loves you enough to make you free from your destructive addictions and restore your life to the purpose in which He created you—***Thou art worthy, O Lord, to receive glory and honour and power: for thou hast created all things, and for thy pleasure they are and were created*** (Revelation 4:11). By changing your shepherd from self to Jesus, the ***Good Shepherd***, you will begin to bring God the pleasure you were created for. God wants to use you to tell others how to receive the same freedom you now have and introduce lost souls to the saving knowledge of Jesus Christ. ***Let him know, that he which converteth the sinner from the error of his way shall save a soul from death, and shall hide a multitude of sins*** (James 5: 20).

God the Father wants His children to be successful and prosperous, ***Let them shout for joy, and be glad, that favour my righteous cause: yea, let them say continually, Let the LORD be magnified, which hath pleasure in the prosperity of his servant. And my tongue shall speak of thy righteousness and of thy praise all the day long*** (Psalm 35:27, 28). As you continue to trust in your new Shepherd, Jesus, He will make you prosperous so you can cheerfully, without being ashamed, tell others about His great love—you are valuable in His eyes! ***Restore unto me the joy of thy salvation; and uphold me with thy free spirit. Then will I teach transgressors thy ways; and sinners shall be converted unto thee*** (Psalm 51:12, 13).

Seek Knowledge

Apply the new-found Knowledge and Wisdom to your life
Then, teach others the secret to your success!

Whosoever therefore shall break one of these least commandments, and shall teach men so, he shall be called the least in the kingdom of heaven: but whosoever shall do and teach them, the same shall be called great in the kingdom of heaven (Matthew 5:19).

Memory Verse:

Cease from anger, and forsake wrath: fret not thyself in any wise to do evil. For evildoers shall be cut off: but those that wait upon the LORD, they shall inherit the earth (Psalm 37:8, 9).

Suggested reading:

- A chapter of Proverbs each day according to the day of the month
- Five chapters of the book of Psalms each day

- Psalm 37

Model prayer to help you remove your anger and replace it with self-control:

Dear Heavenly Father, please give me the power to overcome my anger with self-control. Help me to always be aware of Your presence in my life. Please help me to see every situation in my life as an avenue to glorify Your name and lead others to a saving knowledge. Thank You for giving Your life for my sin. I love You! In the name of Jesus, I pray, Amen.

Be sure to pass out at least five Gospel tracts this week and invite at least one person to come to class with you next week. Use your past to build your future!