

Be A Better You: When You're Angry

BITTER people end up:

- Destroying their homes
- Hurting themselves
- Hurting others around them
- Being all alone

MAIN POINT: You can't get BETTER...if you're BITTER.

John 13:21-29 NIV *After he had said this, Jesus was troubled in spirit and testified, "Very truly I tell you, one of you is going to betray me." His disciples stared at one another, at a loss to know which of them he meant. One of them, the disciple whom Jesus loved, was reclining next to him. Simon Peter motioned to this disciple and said, "Ask him which one he means." Leaning back against Jesus, he asked him, "Lord, who is it?" Jesus answered, "It is the one to whom I will give this piece of bread when I have dipped it in the dish." Then, dipping the piece of bread, he gave it to Judas, the son of Simon Iscariot. As soon as Judas took the bread, Satan entered into him. So Jesus told him, "What you are about to do, do quickly." But no one at the meal understood why Jesus said this to him. Since Judas had charge of the money, some thought Jesus was telling him to buy what was needed for the festival, or to give something to the poor.*

What does Jesus do with Judas?

- Jesus confronts Judas
- Jesus reaches out to Judas
- Jesus releases and forgives Judas

Matthew 18:15-17 NIV *If your brother or sister sins, go and point out their fault, just between the two of you. If they listen to you, you have won them over. But if they will not listen, take one or two others along, so that "every matter may be established by the testimony of two or three witnesses." If they still refuse to listen, tell it to the church; and if they refuse to listen even to the church, treat them as you would a pagan or a tax collector.*

GET RID OF BITTERNESS:

- **RELEASE** it to God- admit you can't do it on your own
- **INQUIRE** of God- ask Him to help you
- **DEPEND** on God- trust Him to judge every offense

Romans 12:19 NIV *Do not take revenge, my dear friends, but leave room for God's wrath, for it is written: "It is mine to avenge; I will repay," says the Lord.*

Prayer of Forgiveness

Dear Lord, forgive me of my sin. I have harbored unforgiveness in my heart. I choose to forgive (name of person) for (name their offense). Father, when they did these things I felt (describe the effects of their sins). Please take these emotions from me and place them on the cross. I release them to you. I pray that you would bless them and help them to come into right relationship with you.