

DEVELOPING AN UNOFFENDABLE HEART

I. The rise of offences

- A. Developing an unoffendable heart Ps. 119:165
- B. Luke 17:1; Matt. 24:10
- C. Anger is the number one sign of an offended heart

II. Two sides to anger

- A. Eph. 4:26-31 justified/unjustified – not sinful/sinful
- B. Sinful: **Externalize it** & blow up – **Internalize it** & clam up

III. Putting away anger

- A. Awareness that anger is the second emotion you feel (F.I.G.H.T.)
- B. Avoid reacting too quickly to what you hear, see, think, & feel Jas.1:19
- C. Avenge not yourself Romans 12:15.
- D. Admit it to God & do not retain or allow it to go on prolonged or unresolved.
- E. Apply forgiveness to the root causes/first emotion you felt (F.I.G.H.T.)

Frustration
Injustice
Guilt
Hurt
Threat