

Soul Therapy- Overcoming Frustration and Anger

(Proverbs 29:22) An angry man stirs up dissension, and a hot-tempered one commits many sins.

(Proverbs 14:17) A quick-tempered man does foolish things...

(James 1:20) Man's anger does not bring about the righteous life that God desires.

(James 4:1-2) What causes fights and quarrels among you? Don't they come from your desires that battle within you? You want something but don't get it. You kill and covet, but you cannot have what you want. You quarrel and fight. **You do not have, because you do not ask God.**

✓ **THE SOLUTION TO YOUR ANGER IS INSIDE OF YOU.**

(Psalm 139:23-24) Search me, O God, and know my heart; test me and know my anxious thoughts. See if there is any offensive way in me, and lead me in the way everlasting.

OVERCOMING FRUSTRATION AND ANGER

(Matthew 16:21-25) From that time on Jesus began to explain to his disciples that he must go to Jerusalem and suffer many things at the hands of the elders, chief priests and teachers of the law, and that he must be killed and on the third day be raised to life. Peter took him aside and began to rebuke him. "Never, Lord!" he said. "This shall never happen to you!" (23) Jesus turned and said to Peter, "Get behind me, Satan! You are a stumbling block to me; you do not have in mind the things of God, but the things of men." Then Jesus said to his disciples, "If anyone would come after me, he must deny himself and take up his cross and follow me. For whoever wants to save his life will lose it, but whoever loses his life for me will find it."

How Do I Take Frustration and Anger to The Cross

1. DENY YOURSELF

(Galatians 2:20) I have been crucified with Christ and I no longer live, but Christ lives in me. The life I live in the body, I live by faith in the Son of God, who loved me and gave himself for me.

(Ephesians 4:31-32) ³¹ Let all bitterness, wrath, anger, [Ⓜ]clamor, and evil speaking be put away from you, with all malice. ³² And be kind to one another, tenderhearted, forgiving one another, even as God in Christ forgave you.

(1 Corinthians 15:31) I die every day.

2. TAKE UP YOUR CROSS

(Galatians 5:24) Those who belong to Christ Jesus have crucified the sinful nature with its passions and desires.

(Colossians 3:5) Put to death, therefore, whatever belongs to your earthly nature.

(Romans 6:6-7) For we know that our old self was crucified with him so that the body of sin might be done away with, that we should no longer be slaves to sin--because anyone who has died has been freed from sin.

IF YOU ARE GIVING OUT THE MINIMUM, YOU ARE NOT ON THE CROSS

(Galatians 6:14) May I never boast except in the cross of our Lord Jesus Christ, through which the world has been crucified to me, and I to the world.

3) Follow Christ's Example

"You must have the same attitude that Christ Jesus had. Though he was God, he did not think of equality with God as something to cling to. Instead, he gave up his divine privileges; he took the humble position of a slave and was born as a human being. When he appeared in human form, he humbled himself in obedience to God and died a criminal's death on a cross."

Philippians 2:5-8 NLT

To find life, lose it.