

Good morning, gentlemen.

All right, we're gonna keep with the pattern, as I say, every time phil invites me in.

The invitation is kind of a software tells me that i'm going to be here on a Thursday morning when he's traveling we're going to we're going to start with some music a departure from the normal rhythm it's going to be a song that's very masculine.

One that you would probably actually listen to again if music is your flavor so.

we're going to start with the song that are captured my attention because it trends towards action, as you listen to it, I want you to think about the lack of victimhood or victim mentality in the song the honesty and the lack of being a victim love a trio so check the song out.

Massive.

Massive.

massa.

massa.

whoa whoa.

whoa.

down.

On massive brand new.

painful.

Have.

A.

Strong.

So, are you looking to get off the side of the road, gentlemen.

I have unfortunate news for you, maybe step one is starting to tell yourself the truth.

All right, makes sense little temperature for the morning everybody here brace yourself well if you've had your best you're not up for this, you are welcome to like sneak out like pretend like you got to work call.

Alright that's fine you nobody's going to judge you but we're going to move into some difficult places today because I think in those difficult places God does some of his best work.

We don't amen much here that's kind of a church thing to do, but you agree right.

So here's what we're gonna do we're gonna start practicing being honest with ourselves and a little bit of journaling with a pen and a piece of paper or your iPhone that's fine.

I just want to take you internal before you start learning external things, this is a problem we have inside of our.

Jesus following communities you haven't taken an inward journey.

We start giving you external information it's got no soft place to land it doesn't stick that's What about 11 o'clock today but wait, what did we talk about this morning that's how that happens right.

So we're going to go internal you guys going to turn a little bit if you're joining us on the podcast, let me just formally apologize.

For the silence that is about to ensue, but also to challenge you if you're listening in your vehicle or at the gym to think about these questions, along with them and present all right here we go, we got three questions you ready man ready all right here we go question one.

Where if you departed from a staunch commitment to reality.

Where have you departed from a staunch commitment to realities my definition of health that question does strike us right rephrasing it this way, where do you need to come to your senses.

Where do you need to come to your senses or warning in just a minute i'm going to ask a few of humans round table that are brave to speak up doesn't have to be a lengthy answer, but I do want to hear from.

push a little deeper into the idea.

Where do you need to come to your senses.

The truth comes to us from many different places.

Sometimes even places we don't like.

Those we like to go back and think about these questions in light of the biblical narrative I would encourage you towards psalm 30 to.

732.

song traditionally length the psalm 51 we've discussed in this room together.

Alright, just a few where have you departed from reality, where do you need to come to your senses.

Anybody.

say more.

Okay, I can go there, the reality is god's actually listening.

guys with us oh my gosh Collins here welcome man.

God is with us.

The truth there, I agree with both of you.

Wherever you depart from reality that's a scary thing to say out loud, as I get it.

Any hanger man want to sound off.

hmm you can't get anybody got a pet fantasy.

Is a weird thing to say, and from a group of men ISM.

it's true, though isn't it we've all got it we've all got it all right fair enough question one question two.

How would you describe god's physical posture.

or his emotions towards you when you fail.

How would you describe god's physical posture.

or his emotions towards you.

When you fail.

I fail plenty.

Maybe that's my problem but i'll fail plenty.

I would agree with you that uses those failures and turns them into something holy.

As redemptive but first I fail.

The truth.

Well they're both honest.

supported.

done it again good.

Man yeah.

You know.

anybody else.

appreciate your honesty there to.

Anybody just want to did oh TIM.

did a did a.

You know, not to get to.

What is wrong call it psychobabble.

just call it Roman Babel how about that.

Just ruin Babel.

A lot of what we put on God is there because of the authorities that raised us.

be aware of that, for those of you that are Bible people and you want to correct a little bit of that
deuteronomy chapter 30 the whole thing irani chapter 30.

will help you correct some of those things that you know are wrong, but you still feel anyway, you need to hear the voice of God, not the voice of your father, when you failed or grandfather or single mom or whoever it may have been.

Or do you have the emotional space for one more.

Okay.

i'm still i'm stuck on one, but if the three feels appropriate.

on a scale from one to 10.

How comfortable, are you with consequence.

scale one to 10.

How comfortable, are you with consequence yes.

You may go negative.

Can you say more.

When you go into us in.

verses.

one.

that's right.

yeah Roger that you can enter your fantasy fan the consequences really difficult to see a fancy then after Atlanta.

i'm very uncomfortable with this.

that's what they say.

yeah you you realize the cost later.

One of the series versus the old.

sins of the father of future generations.

Last.

Night so.

yeah we're getting somewhere now our way.

Maybe that scale would say, if you had a number for you it's one thing when you look at your son and you see in his reaction your reaction to your father, when your father did that same thing.

That is a consequence that we become uncomfortable with.

What do we do with that consequence.

You turn around.

It stops here this stops here right.

yep.

column like you're stealing my thunder brother.

yeah So these are just things to think about gentlemen and look notice how comfortable or uncomfortable you are in thinking in this way.

If I were to ask you three questions about the thing you're going to do the rest of the day, as a job, how proficient uncomfortable would you feel how uncomfortable to these questions, maybe.

that's just for you to determine, you have to share that I just want you to notice the feelings you interact with these deep inner questions if the journey to God is an inward journey and we are constantly.

Constantly feeling like we don't know how to take an inward journey, then, how are we supposed to find God.

that's why it's so much easier to fall in love listen I love giving speeches, I make a living, giving speeches.

Which is why it's so easy for us to hear speeches after speech after speech after speech and they don't land.

And then we get frustrated because we know we've heard the information, but we have a lot of trouble putting that information into play.

Because we haven't gone to the inward place you know replace I say often it's what's inside of us that drives us huge truth there, so if what's inside of me is driving me, I want to know what that is how about how about you it's scary as hell, but I want to know what's in there right.

You can't face it alone so let's start with this big question this morning today actually we're going to be facing for the rest of our time we're going to be facing anger.

They see anger I would bet that most of us in this room, have had experience with that emotion correct give me a nod yes, no.

yeah.

we'll get some more of this later, but the big question we're starting with today is.

If the world is such a difficult place to live in, and it is and it's getting more difficult for those of us that are masculine.

and are trying to be Jesus followers and are trying to love other people well it's not getting easier, is it gentlemen.

We have to recognize that fat so in light of the song that we heard about getting back on the road and light of the Community that we've experienced this morning, and especially in light of all that is that God has done for us big question this morning is How are we supposed to live.

How should we live.

Hebrews 13 for this world is not our permanent home we're looking forward to a home yet to come, therefore, let us offer through Jesus a continual sacrifice of praise to God for claiming our allegiance to his name.

there's a challenge here man to understand that everything that we're chasing today everything that we're going to accumulate for the rest of our lives.

Temporary.

As a pastor i've yet to preach a funeral we stop and everyone in the crowd got a stack of that man's money and pounded up behind his corpse in the box.

Somebody else got that.

In the end it was just the man standing in front of God.

We have to acknowledge also that there's a way that we drive a car that we're just renting and a way we drive a car that we own.

You ever been there two different things I want to say this morning, this is just an aside, this is why it's never a good idea to make a permanent decision in a temporary situation.

ever a good idea to make a permanent decision, a temporary situation.

suicide is a very permanent decision in a very temporary situation.

The Bible tells us god's mercies are new every morning you're not going to be able to reach out and get that new mercy if you choose to not see the next morning.

In a room this size, there are men who have contemplated that more than we like to admit over chicken biscuit.

Do not make that permanent decision in a temporary situation with me so far.

So let's get really close to Jesus here because we got to speed through a lot of this, I want you to get this information, this formula.

That I think is going to help you interact with your anger, because you most certainly will have it probably even today Jesus says everyone who hears what I say, and does it.

will be like a wise person who built his house on a rock.

The rain fell, the floods came and the winds blew They beat on that house, but it did not fall because it had been founded on the rock everyone who hears these words of mine and doesn't do them will be like a foolish man.

Who built his house on the sand, the rain fill the floods came and the winds blew They beat against the House and it fell, and it was a great fall.

My proposal to is this morning is we've got a choice Jesus gives us a choice rock or sand, let me tell you what we don't have a choice about how hard and how long it rains.

how strong the winds are we don't have a choice on that hasn't your life proven that you have much less control, then you want to deceive yourself into believing it's during the storms, where you realize that.

We don't have a choice in that well, we do have a choice in is where we build what we build upon it's not a popular teaching, but here it goes anyway, everybody ready.

There are forces out there much larger than us.

much larger than Russia and Ukraine much larger than the US and China their forces out there are much larger than us, and those forces are engaged in a cosmic supernatural battle.

And I supernatural battle in facts and invades our daily lives.

We have too small, of a scope as men today we just think it's about the House not have been trapped in this for probably nine months myself it's about the House note in the truck payment and the braces and the doctor's visit.

And the enemy just puts our face so close to the work that we miss the global scale of the war between good and evil.

You believe this read the book of Daniel.

Daniel praise God help an angel shows up Michael and says hey God heard you a couple of weeks ago.

it's just taken me that long to fight through all this crap that you can't see just to get to you don't be discouraged got hurt you and he sent me but i've had some trouble getting to you.

So if you're in your life oh my gosh how's this going to work out it's been 72 hours my wife is still mad at me, what are we going to do.

hang in there.

We have a choice, how we build.

The way that we build is going to determine how we go about living our lives.

Jesus says, listen to him and doing what he says, is the only way forward that makes sense that's a big statement, the only afford that makes sense is listening to Jesus, and what he says so we're going to dive into a little bit of what Jesus says today.

I want, I want to do this, just as a piece of confession before we get there.

Listening to Jesus and doing what he says the hardest thing i've ever tried to do.

As much as my preachers growing up, made it sounds so easy on Sunday morning in their suits and ties it's the hardest thing I have every bite with me on that.

Listening to Jesus in the first place, then, secondly, actually doing what he's asking me to do the hardest thing i've ever tried to do see when I when I investigate further my ability to send i'm much less shocked when another man since here's what I continue to be shocked by.

we're not going to go on this whole speech because rooms not here and we couldn't handle it anyway here's what i'm shocked by them.

let's just take it outside of the Church, the Jesus following man operating at company X today who walks around shocked at another person sin that another person is missing the mark, it makes me wonder how well does that man know himself.

I believe we have a lot of Jesus following men who believe that sin is foreign to them living in a glass house and throwing rocks you know a few of those guys.

We need to take them behind the woodshed they're making it harder for the rest of us aren't they.

When I investigate my ability to send how easy it is i'm less shocked it's a sin of others, so this morning.

we're going to talk about anger we're going to engage with anger we're going to be do the best we can, to be honest about anger, because when it comes to the teachings of Jesus that are the most difficult for me to follow this would be number one.

The Bible warns us about the dangers of anger.

Unfortunately, today it seems to be the most commonly expressed emotion, both with the Jesus following man and the non believer.

They both look the same when they start to experience anger alright, so you ready to be honest about what anger is why it's so attractive.

That lose you I know it's early Why is anger so attractive first it's exhilarating.

isn't it.

let's describe it this way it's the adrenaline of finally giving in.

Many days I feel like Sam Elliott, because American dream candy Sam Elliott, what a dude.

You know what I mean.

I feel like him in 1883 where you're sitting in that bar and he's struggling over the loss of his past.

And a woman comes up and starts tempting him to take advantage of him, and then after that a man moves over because he's going to defend and then Sam Elliott gets up and he.

pulls his pistol out and he puts it right up under the man's throat, and he says, you know what i'm doing here today have you seen the see.

I actually said something like you know what i'm doing her day it's one of those kinds of you know, oh my gosh she's about to kill this man he's got the gun right wonders Jenny says, you know what i'm doing here today i'm looking for a reason.

you're going to be my reason.

It was so cool not show, I can confirm to you and so content bell because he was standing beside me, when I did it it doesn't work that well and lows.

really does it.

was almost a rest of that day over a carpet cleaning machine, but it happened.

it's exhilarating because, when this sort of thing is bubbling beneath the surface, it can feel so good, to finally vent and let it out there's a rush and expressing anger.

here's the deal this physical feeling, though, can lead us into engaging a fight that we would embarrassed to watch on video later.

It is exhilarating oh that's what makes it so attractive, secondly it's very effective, many of us have developed the pattern of getting big and angry when we want to get our way predominantly because we were taught in our homes going up how to be anger experts.

Anybody ever teach you how to be embarrassed well.

Probably not.

He didn't say to to embarrass you I mean how to be embarrassed well many people that we grew up with they taught us how to navigate anger and to be really, really good at it.

it's the emotion, they were comfortable with and, over time, the metrics show us that we have a greater chance of getting our way when we get angry here's how this equation goes the more angry we get the more likely it is that we get what we want.

In the end, a man who is giving in to the effectiveness of angry in this way doesn't care about being connected he just wants to be right here's how this plays out, I noticed my church now, I have to stay here i'll go somewhere else.

I know your mom seal team now you're my Group of Friends now I don't have to stay here, I can go somewhere else I know you're my wife now but guess what you got to stay my wife now I can get another one.

Right we're not worried about being connected we just want to be right, because our anger is so effective all right here's the last one ready for the third one.

I don't know why preachers do that just like naturally happens writing things down and threes I need to break that habit third one it's easy anger is easy or stay with me on this i'm watching Tom stay with me on this.

It may strike you as odd but here's what I mean anger often serves as camouflage over the emotions that are more difficult to engage with.

Again embarrassed difficult anger easy.

Sad difficult anger easy.

make sense it's so much easier to be angry because we're so much better at it as a word of caution here if you're in the room, with us and you're an addict first of all, thank God you're here.

Let me just tell you that this easy anger strategy can have larger implications, we don't view it this way, most times but anger can be an addiction trigger.

Is here's what happens anger offers relief because it's easy and exhilarating inventing but eventually that anger dies down and we need some other form of relief.

We get tired of using anger for avoidance, so we pick up something else, think about the last time you gave him the substance too much substance prior to that were you really angry.

Are you sad and using anger to cover its kind of detailed teaching that may not be for all of us, but for those of you that need it please tune in James Chapter one, this is a brother of Jesus human anger does not produce righteousness.

Somebody tell the Church.

Human anger does not produce the righteousness.

If you want change to occur around you I would encourage you we're going to get to this in just a moment anger is not not the path to change.

Jesus showed us that in his life here so there's no better story to talk about anger, I believe, then, the story that we have falsely named the story of the prodigal son.

The prodigal son is a parable it's actually a story of a loving father.

I believe the men who are over this trying to name it maybe didn't have the courage to say that because, maybe to add some deficiencies in their story.

This is a story that shows us what happens when anger starts to take charge.

that's the story now For those of you that have grown up in the church and and you remember felt boards, I see a lot of Gray hair you guys know remember felt boards right i'm just jealous because I don't have hair to turn Gray don't take that offense.

You grew up in church and you know this story watch what i'm about to do i'm about to take this story and show something new to you, because this is a parable a story of Jesus Christ, and those stories have no bottom.

The more you investigate them, the more you learn about God, the more you investigate them, the more you learn about yourself that's one of these stories they're they're supernatural they're living an active and have spiritual significance.

I want to encourage you, if you have a story in the Bible yeah been here my whole life diggin.

diggin that could be a story that God is trying to teach you something new, through alright i'm going to read it, word for word, because this is a story that Jesus told and i'm pretty convinced I can't set better than him okay.

we're going to actively read this.

Jesus stands up in front of a religious crowd one day now okay catch the context he's sitting among a group of religious people.

And he chooses to tell the story, why would he do that why don't you tell a story that helps people correct what a loving God looks like over anger.

As he's looking at a group of religious people who, in their anger over Jesus is disruption of their status and status quo.

They eventually have him murdered to cowardice to do it themselves, they go through the Roman government that had been oppressing them, by the way this is how much they hated Jesus, this is how much anger was ruling their heart.

And he's got an opportunity to speak to them directly, and he tells this story isn't that fascinating.

There once was a man who had two sons the younger said to the father Father I want right now what's coming to me idiot.

Have you ever said that in your life, I will right now what's coming to me.

Oh boy, so the father divided the property between them.

It wasn't long before the younger son packed his bags and left for a distant country if you ever wondered in your life why isn't God providing more in my story right now, it could be, because if he provided more you would instantly leave him.

There on discipline dissipated he wasted everything he had.

After you've gone through all of his money there was a bad famine that's when those kind of things happen all through that country began to feel it.

He signed on with the citizen there who assigned him to his fields to stop the pigs, he was so hungry, he would have eaten the corn cobs and the pig slop, but no one would give him any.

And that brought him to his senses how comfortable, are you with consequence.

Where have you departed from reality.

The younger said, all those farmhands working for my father sit down to three square meals, a day, and here I am starving to death i'm going back to my dad.

i'll say to him Father i've sinned against God i've seen before you I don't deserve to be called your son take me on as a hired hand he got right up and went home to his father, how do you view god's posture towards you when you fail.

When he was still a long way off beautiful part of the story his father saw him his heart pounding he ran out he embraced his son he kissed his son in the sun started his speech.

Father i've sinned against God of sin before you I don't deserve to be called your son ever again and the father interrupts the speech.

Big point here today, gentlemen, you do not have the right to dictate how God, the father sees you in your failure that's not your job.

God sees us in our failure, the way he wants to see us in our failure, while we are a long way off, and according to Jesus Christ, it is god's desire to run towards us heart pounding to embrace us and kiss us and give us status again that's great news isn't it man.

He interrupted the father interrupts the speech there's no need to finish this speech.

stop talking about what you don't deserve the father I love this part of the story, the father wasn't listening he called to the servants quick bring a clean set of clothes and dress him put a family ring on his finger and sandals on his feet.

You know prize winning heifer and roast it.

we're going to feast we're going to have a wonderful time.

My son is here given up for dead and now alive given up for lost and found and they begin to have a wonderful time.

isn't that a story.

Jesus keeps going that was enough but Jesus keeps you on all this time the older son was out in the field.

When the day's work was done, he came in and, as you approach the House, he heard the music and the dancing the wonderful time.

Calling over to one of the House boys, he asked hey what's going on the House boy says your brother came home your dad order to feast bbq beef, because he has his home now his son is home safe and sound.

The older brother stopped off.

angry.

He sought and you refuse to join in.

younger son angry goes his own way older son angry goes his own way, the father, in response to these moments of anger pursues each son.

His father came out and tried to talk to him, but the sun wouldn't listen the sunset Look how many years
i've stayed here serving you I never give you one moments grief you've never thrown a party for me.

Never thrown a party for my friends.

Then this song of yours not brother of mine song of yours, then the son of yours, who has thrown away
your money on horse shows up and you go all out.

Some beautiful anger right there isn't.

completely misplaced.

His that looks at him with compassion and says.

sign.

You don't understand.

me just pause right there too we've got some time.

I believe over my own life, this is a sentence that God has spoken to me repeatedly.

As a you.

son.

You don't understand, I wonder if this that we see from God isn't as shame over our decisions.

or his disappointment and who we've been.

But his compassion for us that we just don't get it.

right before he's motivated to act and do things for a son you don't understand.

you're with me all the time.

Everything that's mine is yours.

This is a wonderful time and we had to celebrate your brother was dead now he's alive your brother was
lost now he's found.

That is a story that should hos that is a corrective story.

let's support this with some Bible we're going to make the targets, I know you don't we got to get to work deal proverbs 16:32 better to be patient than a warrior.

You sure go into the Bible that's exactly what it says it's better to be patient than a warrior better to have self control than to dominate a city.

proverbs.

Patients and self control are listed as better options to being a warrior so powerful that one man could dominate a city.

I know this language is a little archaic because that's not how our culture works, let me put it in modern language real quick better to be patient than a multimillionaire.

Better to have self control than the largest house in your subdivision.

proverbs 16 Why do I mentioned patients, because I believe patience is one of the critical keys to defeating unhealthy anger and our story.

So how do we take action to isn't that what you're asking that's great been cool speech and all the stuff, but when I see read what do I do that's the question we're asking right right.

How do we hear the words of Jesus through this story and not become like the two sons who distance ourselves from our father and his benefits.

When we become angry is this exactly what happens, we give you a quick formula, you probably want to jot this down your forget a lot of things, but these keywords will remember.

When you become angry, the first step is to acknowledge that you're angry.

The slows us down there's a big difference between saying to yourself hey i'm pretty angry here and showing your anger to others.

What i'm asking you to do is acknowledge internally that you're angry over something or at someone without being swift to act.

If you were to ask me in my life hey Ben where do most of your regrets live, I would say, when I was swift to act when I was angry.

walking through Gray Hawk one day very public story.

I don't I don't want to say this, but i'm going to feel that guys asked me to okay walking through Gray Hawk and things going with my family started to see red and before I know it i've got my preteen song by the front of his shirt.

My wife's in tears was ugly moment.

A moment I had to apologize for quickly.

got a lot of regret that lives there, I wonder, is that a scent of the father, that will be visited on my son.

i'm asking you to acknowledge, not because I think it's just like a cool Bible pastoral thing to say i'm trying to save you from that regret of swift action in your anger.

there's great power and taking more time in the first step here's how the Bible puts it refrain from anger.

let's pretty plain isn't.

turn from wrath do not fret it leads only to evil can confirm anybody else can confirm that psalm 37 At first we acknowledge second we acclimate.

This is where the critical work happens, this is where the deer camp kind of work happens the Ronan and phil sort of work first week knowledge, then we acclimate the best way to describe this is to allow anger to sit with you.

allow it to be in your presence, without feeling like you've got to take action and rush it out of the door.

be comfortable acclimating with anger What would it have been like for this oldest son if he got angry and acclimated towards that anger told himself, he was angry and then had a conversation with his father.

And said to his father I.

don't get it.

so angry with dad dad I don't get it please explain it to me.

How would that conversation have gone, what if the youngest son had said listen.

i'm so angry over this life that you've provided for me and we don't know the reasons why i'm saying, I want to leave and never come back.

that's how i'm feeling that can we talk about that, based on the posture of this Father what were the father, have said.

i'm asking you to personify anger in your story here's what I do i'm i'm about three clicks off that's just how I operate as my friends.

I just don't participate in the world, like most people, but when I get angry I have learned to find a chair in my location and pull it up next to me and tell anger sit down you ever tell your kids that sit down.

Thank you, a personified I give it place in my space and then I start to ask some questions, this will be the most important thing, I say today, if you have a pen and pick it up and write these questions now do.

I look at anger and I asked you this these couple of questions just for questions, why are you here really.

An indicator that whatever is on the surface, that you're putting your anger to is probably not the real reason.

Why not your preteen son that cut his eyes, at your wife that that's probably not it you're probably mad at your job, then your son's about to pay.

We can anger anger, why are you here really now notice the tone of my voice i'm not a victim towards my anger.

It listens to me make sense.

I feel like just maybe landed flat you guys with me.

sure.

Is anger, the second question, what is it that you're trying to tell me.

Use your words anger.

What is it you're trying to tell me.

Third question, this is a gut wrenching question.

Tell me, the story and your of how we met.

Where do we first meet.

I can take you to the moment I won't do it here publicly but i've shared.

My brothers inside of the hangar in my group, I can take you to the moment where I was introduced to anger.

I remember when we first met.

These questions slow us down.

last question.

If I do what you're telling me to do anger be honest about what happens next.

You tell me where the story ends, then after that acknowledge acclimate then act.

be a man of action if you've done these first two steps, then you're ready to take action.

If you done these two previous things well, then you don't need anger, as the fuel to drive your actions it's done its job big statement here anger is best used for awareness, it is not best used for action.

anger is there to send us a signal not to motivate our behavior.

By the way, this is a great strategy for anything unhealthy in your life.

acknowledge it.

acclimate to it and then act.

What is the antidote for anger is it peace, peace is so elusive and fickle.

Is it getting our way can't be is we just don't get our way all the time do gentlemen.

Is it avoidance also a bad strategy.

i've never spoken to him and said after hour after hour push that drug and everything we're off the anger was gone.

You know, are found anger at the bottom of that bottle I found anger solution i've never heard that story avoidance is a bad strategy.

Angers true antidote is actually patience.

proverbs 14:29 whoever's patient has great understanding, but one who is quick tempered displays folly.

Again that's the Bible, thank God, there are men and women who found me and look through my brokenness and a maturity long enough to find my heart and give me the medicine at needed.

I got a whole list here, David and Linda Derek a couple of coaches Shaw, the two so blunt David cook Jim richards and phil hard and RON hunter Stephen solid drew clique 10 bell.

They were able to suspend their anger when they found me and reach into my heart, I wonder, propose to you today that there are people in your story when you leave here in 60 seconds.

There are people in your story that need you to deal with your anger, so that you can engage their heart i'm talking about men around you at your workplace and i'm especially talking about the people that you share living space with.

If we're going to be free to be men then we've got to get rid of and process and handle anger as a valid emotion is there for a reason or not the reason we use it for anger waits for us today.

We must be willing to acknowledge it as part of our palate, we have to receive the caution the Bible gives.

God has a conversation with Cain and justice, for I want you to dig into that, as you go throughout your week I love the language that the caring Father uses it's there waiting to pounce on you.

You you.

Must master it.

So here's so the days ahead, where we began to master this emotion of anger, I believe that you can do it and I guarantee I believe more that you can do it, then you can.

How you deal with anger today.

follow this strategy deal.

All right, let's pray.

God this morning for this instruction we're grateful we admit, though it is difficult.

It feels way more holy than earthly.

So I want to ask just right before we leave this room today that you would be with us supernaturally that you would be that dad.

willing to meet us on the run back for those of us that are there and also being willing to chase us outside the party for those of us that are there.

In our anger God, we ask that you would meet us that you would transform it that you would do is we were reminded earlier today.

To call everything together for the good, because we do love you God, even if we don't express it well, sometimes help us to be the men you've called us to be today, with the help of Jesus Christ in his name, we pray amen Thank you gentlemen have a good day out there.