

## WILLPOWER – ANGER (Romans 12:17-21)

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We all can be overcome by temptation – sometimes over and over again. Often, we try to tackle temptation through sheer willpower. We simply “try really hard” to resist sin. But our own willpower can never overcome sin. Thankfully, God’s will has the power to transform our hearts and change our lives. So, as Christians, when tensions rise, rather than getting angry at others, we are called to be forgiving of others. Instead of exacting vengeance, we wait for God’s justice.

*“For I know that good itself does not dwell in me, that is, in my sinful nature. For I have the desire to do what is good, but I cannot carry it out. For I do not do the good I want to do, but the evil I do not want to do—this I keep on doing.”* – Romans 7:18-19

### The Anger Quiz: “How angry do you get when ...?”

<-1-----2-----3-----4-----5-----6-----7-----8-----9-----10->

*Do not repay anyone evil for evil.* – Romans 12:17

**Compare:** \_\_\_\_\_ anger vs. \_\_\_\_\_ anger

Ephesians 4:26-27, James 1:20, John 2:13-22

### Dealing with anger ...

1. The “\_\_\_\_\_” don’t justify the “\_\_\_\_\_.”

Romans 12:17, 1 Peter 2:21-24

*Be careful to do what is right in the eyes of everyone.* – Romans 12:17

2. Focus on what you \_\_\_\_\_ do.

*If it is possible, as far as it depends on you, live at peace with everyone.* –

Romans 12:18

3. Don’t get angry, get \_\_\_\_\_.

Romans 12:20, Psalm 18:12, 16

*On the contrary: “If your enemy is hungry, feed him; if he is thirsty, give him something to drink. In doing this, you will heap burning coals on his head.”*

– Romans 12:20

4. \_\_\_\_\_.

Romans 12:19, Psalm 103:10

*He does not treat us as our sins deserve or repay us according to our iniquities.* – Psalm 103:10

### Questions for individual or group reflection:

What makes you really angry?

Do you feel justified in your anger?

How do you usually respond to feelings of anger?

Did Jesus get angry? (see John 2:13-22)

What was good about Jesus’ anger?

If anger gets results, what’s so bad about it? (Rom 12:17)

What happens when you “endure” anger? (Romans 8)

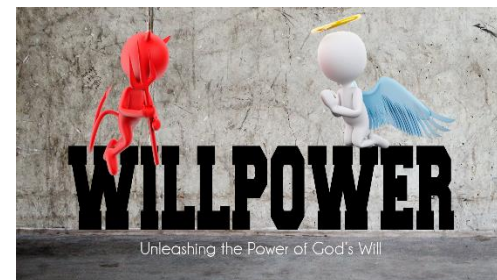
How did Jesus endure the wrong done to Him? (1 Peter 2:21-24)

If others try to “push your buttons” how might you respond?

How does kindness (The beatitudes refer to “meekness” cf. Matthew 5) diffuse anger?

Can revenge ever truly be “sweet?”

Whose responsibility is vengeance? (Romans 12:19)



**Pray:** Heavenly Father, Thank you for your many blessings to us. Help us in our temptations to find our strength in you. Show us that when we try to resist sin in our own power, we are not as strong as when we allow you to guide and direct us by your Holy Spirit. Instead Lord, we invite you into our battles, and those things that make us angry. Where our anger is petty, allow us to swallow our pride and let your love and mercy show through us. And where our anger results from evil being done against us, allow us to trust in you to exact justice. May we be free of a vengeful spirit, knowing that we too deserve your wrath and punishment. Thank you that in your mercy you have forgiven us because of Your Son Jesus. It’s in His Name, we pray. Amen.

### Do:

- Get help with unresolved anger.
- As much as you are able, be driven by mercy rather than revenge.
- Allow God’s perfect will to be the power that diffuses your anger.

**Memory Verse:** “Do not be overcome by evil, but overcome evil with good.”  
– Romans 12:21

*This message uses materials from Rev. Bill Tucker & The Preaching Project*





# WILLPOWER

Unleashing the Power of God's Will





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Unleashing the Power of God's Will



**MUST...**



**...RESIST!**



<sup>18</sup> For I know that good itself does not dwell in me, that is, in my sinful nature. For I have the desire to do what is good, but I cannot carry it out. <sup>19</sup> For I do not do the good I want to do, but the evil I do not want to do—this I keep on doing.

ROMANS 7:18-19



**MUST...**



**...RESIST!**





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Unleashing the Power of God's Will



# ANGER QUIZ

*On a scale of 1-10, how angry  
do you get when...*



# ANGER QUIZ

*On a scale of 1-10, how angry  
do you get when...*

**A friend cancels long-standing plans  
at the last minute?**



# ANGER QUIZ

*On a scale of 1-10, how angry  
do you get when...*

**Your computer crashes and you have  
a big presentation to make?**



# ANGER QUIZ

*On a scale of 1-10, how angry  
do you get when...*

**The person behind you is  
talking loudly at the movies?**



# ANGER QUIZ

*On a scale of 1-10, how angry  
do you get when...*

**You are in another traffic jam on I-5?**



Do not repay anyone evil for evil. Be careful to do what is right in the eyes of everyone.

ROMANS 12:17



**Compare: selfish anger vs. \_\_\_\_\_ anger**



<sup>26</sup> “In your anger **do not sin**”: Do not let the sun go down while you are still angry, <sup>27</sup> and do not give the devil a foothold.

EPHESIANS 4:26-27



**Compare: selfish anger vs. righteous anger**







...Be careful to do what is right in the eyes of everyone. <sup>18</sup> If it is possible, as far as it depends on you, live at peace with everyone. <sup>19</sup> 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.

ROMANS 12:17-21



<sup>20</sup> On the contrary:

“If your enemy is hungry, feed him;  
if he is thirsty, give him something to drink.

In doing this,  
you will heap burning coals on his head.”

<sup>21</sup> Do not be overcome by evil,  
but overcome evil with good.

ROMANS 12:17-21



# Dealing with anger ...



# Dealing with anger ...

1. The “Ends” don’t justify the “Means.”



Be careful to do what is **right** in the eyes of everyone.

ROMANS 12:17



21 To this you were called, because Christ suffered for you, leaving you an example, that you should follow in his steps.

22 “He committed no sin,  
and no deceit was found in his mouth.”

24 “He himself bore our sins” in his body on the cross,  
so that we might die to sins and live for righteousness;  
“by his wounds you have been healed.”

1 PETER 2:21-22, 24



# Dealing with anger ...

1. The “Ends” don’t justify the “Means.”
2. Focus on what *you* CAN do.



If possible, as far as it depends on you, live at peace with everyone.

ROMANS 12:18



**If possible**, as far as it depends on you, live at peace with everyone.

ROMANS 12:18



If possible, **as far as it depends on you**, live at peace with everyone.

ROMANS 12:18





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# Dealing with anger ...

1. The “Ends” don’t justify the “Means.”
2. Focus on what you CAN do.
3. Don’t get angry, get strategic.



On the contrary: “If your enemy is hungry, feed him; if he is thirsty, give him something to drink. In doing this, you will **heap burning coals** on his head.”

ROMANS 12:20



# Dealing with anger ...

1. The “Ends” don’t justify the “Means.”
2. Focus on what you CAN do.
3. Don’t get angry, get strategic.
4. Trust God.



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.

ROMANS 12:19



He does not treat us as our sins deserve or  
repay us according to our iniquities.

PSALM 103:10