

UNCLOGGING YOUR HEART FROM ANGER

Spiritual Heart Check

"Above all else, guard your heart, for it affects everything you do."
Proverbs 4:23

MAJOR HEART CLOGGERS

Anger: **"YOU OWE ME"**

"A fool gives full vent to anger, but a wise person quietly holds it back." Proverbs 29:11

Anger is the result of not getting what we WANT!

Root Causes of Anger

1. **UNACCEPTED**
2. **UNAPPRECIATED**
3. **UNSUPPORTED**
4. **DEVALUED**
5. **DISRESPECTED**

"And I will give you a new heart with new and right desires, and I will put a new spirit in you. I will take out your stony heart of sin and give you a new, obedient heart." Ezekiel 36:26

HOW TO UNCLOG THE HEART FROM ANGER

1. **ADMIT** my anger.

"Stop lying to each other; tell the truth... when we lie to each other we are hurting ourselves. If you are angry, don't sin by nursing your grudge..." Ephesians 4:25-26 (TLB)

2. **FORGIVE**.

"[You must] make allowance for each other's faults, and forgive [the person] who offends you. Remember, the Lord forgave you, so you must forgive others." Colossians 3:13 (NLT)

"Even if he wrongs you seventy times seven a day and each time turns again and asks forgiveness, forgive him."
Luke 17:4

WHAT IS GENUINE FORGIVENESS?

1. **RELINQUISHING MY RIGHT TO GET EVEN.**

"... Never avenge yourselves. Leave that to God, for He has said that He will repay those who deserve it..." Romans 12:19 (TLB)

"Be careful that none of you fails to respond to the grace which God gives, for if he does there can very easily spring up in him a bitter spirit which is not only bad in itself but can also poison the lives of many others." Hebrews 12:15 (PHILLIPS)

2. **RESPONDING TO EVIL WITH GOOD.**

"... do good to those who hate you, bless those who curse you, [and] pray for those who mistreat you." Luke 6:27-28 (NIV)

3. **REPEATING THE PROCESS AS LONG AS NECESSARY.**

"[Peter asked], 'Lord, how often should I forgive someone who sins against me? Seven times?' 'No...' Jesus replied, '... seventy times seven!'" Matthew 18:21-22 (NLT)

THE SECRET OF FORGIVENESS:

REMEMBER HOW MUCH YOU HAVE BEEN FORGIVEN.

"... Remember, the Lord forgave you, so you must forgive others."
Colossians 3:13 (NLT)

"Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you." Ephesians 4:32 (NIV)

Is your **HEART** healthy?

I'd love to hear your stories & feedback: phoebegdial@yahoo.com
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