

October 13, 2019
La Jolla Christian Fellowship
SON OF ANARCHY
Episode 3: This Is Your Brain On Rage.
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2 Samuel 13:23-29 Absalom Kills Amnon.

²³Two years later, when Absalom's sheep-shearers were at Baal Hazor near the border of Ephraim, he invited all the king's sons to come there. ²⁴Absalom went to the king and said, "Your servant has had shearers come. Will the king and his attendants please join me?" ²⁵"No, my son," the king replied. "All of us should not go; we would only be a burden to you." Although Absalom urged him, he still refused to go but gave him his blessing. ²⁶Then Absalom said, "If not, please let my brother Amnon come with us." The king asked him, "Why should he go with you?" ²⁷But Absalom urged him, so he sent with him Amnon and the rest of the king's sons. ²⁸Absalom ordered his men, "Listen! When Amnon is in high spirits from drinking wine and I say to you, 'Strike Amnon down,' then kill him. Don't be afraid. Haven't I given you this order? Be strong and brave." ²⁹So Absalom's men did to Amnon what Absalom had ordered. Then all the king's sons got up, mounted their mules and fled.

2 Things About Anger:

- 1. Anger does not have the ability to resolve itself.**
- 2. Anger is most often a secondary emotion.**

What is healthy anger?

- **James 1:20** Human anger does not produce the righteousness that God desires.
 - Righteous anger seeks to right wrongs not avenge them.
 - Cain's anger killed his brother, Jesus anger cleared a temple, God's anger created a plan of redemption from consequence.

Both David and his son Absalom were furious men of war.

- Each had cause to be angry.

Absalom believed his anger allowed him cause to be judge, jury and executioner.

- **An assassination plot was afoot:**
 - **Kill David? Vs 24** Absalom went to the king and said, "Your servant has had shearers come. Will the king and his attendants please join me?"
 - **Vs. 28** Absalom ordered his men, "Listen! When Amnon is in high spirits from drinking wine and I say to you, 'Strike Amnon down,' then kill him. Don't be afraid. Haven't I given you this order? Be strong and brave."

David believed that the debts owed to his anger would be sorted out by God.

- **Kill Saul? 1 Sam 26:9** *But David said to Abishai, "Don't destroy him! Who can lay a hand on the LORD's anointed and be guiltless?"*
- **1 Samuel 25:25** *Please don't pay any attention to that evil man Nabal. His name means Foolish Person. And that's exactly what he is. He's always doing foolish things. I'm sorry I didn't get a chance to see the men you sent. ²⁶Sir, the LORD has kept you from killing Nabal and his men. He has kept you from using your own hands to get even.*

Ephesians chapter 4 gives us a picture of healthy anger.

- **Ephesians 4:26-27** *"In your anger do not sin": Do not let the sun go down while you are still angry, ²⁷and do not give the devil a foothold.*
- **Ephesians 4:31-32** *Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. ³²Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.*

Practical Steps To Deal With Your Anger:

1. Discover the root of your anger.
2. Ask God to help you heal the root of your anger.
3. Forgive

Food For The Journey: Use these questions and challenges to go deeper in personal reflection or small group discussion.

1. Pastor Adam mentioned in the sermon that anger does not heal itself. Have you found that to be true?
2. Absalom and David both had cause to be angry. Does this give you any more compassion for them?
3. Absalom believed his anger allowed him cause to be judge, jury and executioner. Have you ever thought that anger was an emotion given by God to guide you to truth rather than vengeance or revenge? Can you explain the difference?
4. What does healthy anger look like?
5. Do you think you might need to look at your own personal anger and make some changes in the way you process it?