

Floss Away Anger & Bitterness

Ephesians 4:31,32

When we eat, food gets trapped between our teeth. Sometimes that food can not be brushed out. If that food is left there, it produces bacteria that releases a destructive acid. If we don't remove the bacteria-producing particles by flossing regularly, our gums will rot and stop supplying nourishment to our teeth and our teeth will eventually fall out.

Anger and bitterness are just like that. Everyday we encounter people, problems and issues that seem to stick to our mind. If left alone they will turn into bacteria that will release the acid of bitterness into our lives and ultimately destroy our joy.

1. Admit the Anger
 - a. When you're angry, admit it.
 - b. Anger is normal – the problem is what you do with it.
 - c. Deal with it. Don't let it stagnate and fester.

2. Get a Grip
 - a. Proverbs 29:11 – A fool gives full vent to his anger but a wise man keeps himself under control.
 - b. When you're angry:
 - i. What caused the anger?
 - ii. Why does it make me angry?
 - iii. What can I do about it? WWJD?

3. Keep Short Accounts

- a. Ephesians 4:26 – Don't sin, don't let sun go down while you're still angry.
- b. We need short accounts. Deal with it ASAP.
 - i. Go to the person
 - ii. Speak with Gentleness (Prov 15:1)
 - iii. Go to talk and listen, not blow up.
- c. Issues may seem insignificant but so does the small leftover piece of Big Mac between your teeth until it becomes decayed.

4. Forgive

- a. Ephesians 4:32 – Forgiveness is key
- b. We need to forgive completely, regardless of the other person's actions or response.
- c. Lack of forgiveness only leads to bitterness, it consumes and destroys.

5. Let it Go

- a. Part of forgiveness is letting go of the need for revenge or to punish the one who hurt you.
- b. Without letting go, you aren't forgiving.
- c. Proverbs 12:16 - Letting go means letting the person who hurt you off the hook.