

## Cease and Resist

August 14, 2016

Pastor Craig Watson Kalamazoo Free Methodist Church

To \_\_\_\_\_ a problem doesn't solve it. It requires **action** on our part – both passive and active.

**First, \_\_\_\_\_ your destructive behavior caused by the hurt.**

- *Do not fret because of evil men or be envious of those who do wrong. ~ Psalm 37:1*

**Fret:** 1. To give oneself up to feelings of irritation, resentful discontent, regret, worry, or the like. 2. To become eaten, worn, or corroded. 3. To move in agitation or commotion. 4. To torment, irritate, annoy or vex. 5. To worry or harass.

*(American College Dictionary)*

- *Refrain from anger and turn from wrath; **do not fret** – it leads only to evil. For evil men will be cut off, but those who hope in the Lord will inherit the land. ~ Psalm 37:8-9*

### 4 Ingredients To Help Overcome the “Fret Factor”

1. “\_\_\_\_\_ in the Lord and do \_\_\_\_\_.” (Psalm 37:3)
2. “\_\_\_\_\_ yourself in the Lord.” (Psalm 37:4)
3. “\_\_\_\_\_ your way to the Lord.” (Psalm 37:5)
4. “Be \_\_\_\_\_ before the Lord and \_\_\_\_\_ patiently for Him.” (Psalm 37:7)

All of these are more *passive* actions on our part; There is also an *active* action that we need to do...

**Second, let the \_\_\_\_\_ out.**

- “\_\_\_\_\_” the anger is not likely unless we are able to let the anger out.
- *Be angry and sin not. ~ Ephesians 4:26 [KJV]*

How can we let the anger out in healthy ways?

1. Find someone you can trust to be your “\_\_\_\_\_.”
2. Let it out as you \_\_\_\_\_.
  - *Cast all your anxiety (all your cares) on Him because He cares for you. ~ I Peter 5:7*

Proof that we don't have to remain hostages of our hurt:

*Genesis 50:15-21, 50*

Reflection:

1. What “hurts” in my life still affect me in negative ways?
2. How have I or how *am* I behaving destructively because of these hurts?
3. *Read Psalm 37.* Am I handling my hurt the way the psalmist encourages us to do?
4. Is my anger toward those who have hurt me or allowed me to be hurt still locked inside?

Action:

1. **Pray.** Be open and real with the Lord, expressing your emotions and asking for His help.
2. **Ask** a trusted friend to help you by being a “sounding board” – someone who will listen no matter what.

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To recognize a problem doesn't solve it. It requires **action** on our part – both passive and active.

**First, cease your destructive behavior caused by the hurt.**

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### 4 Ingredients To Help Overcome the “Fret Factor”

1. “Trust in the Lord and do good.” (Psalm 37:3)
2. “Delight yourself in the Lord.” (Psalm 37:4)
3. “Commit your way to the Lord.” (Psalm 37:5)
4. “Be still before the Lord and wait patiently for Him.” (Psalm 37:7)

All of these are more *passive* actions on our part; There is also an *active* action that we need to do...

**Second, let the anger out.**

- “Getting over” the anger is not likely unless we are able to let the anger out.
- *Be angry and sin not. ~ Ephesians 4:26 [KJV]*

How can we let the anger out in healthy ways?

1. Find someone you can trust to be your “sounding board.”
2. Let it out as you pray.
  - *Cast all your anxiety (all your cares) on Him because He cares for you. ~ I Peter 5:7*

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