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**“LOVE … not … ANGER”**

***1 Corinthians 13:5***

**Wally Nickel**

**Coast Hills Community Church**

**October 25, 2015**

1 John 4:8

*God is love.*

 Genesis 1

***26****Then God said, “Let us make human beings in our image, to be like us...* ***27****So God created human beings in his own image.  In the image of God he created them; male and female he created them ...* ***31****Then God looked over all he had made, and he saw that it was very good!*

 Leviticus 19:18

***18****“Do not seek revenge or bear a grudge ... but love your neighbor as yourself. I am the Lord.”*

 Deuteronomy 6:4-5

***4****“Listen, O Israel! The Lord is our God, the Lord alone.* ***5****And you must love the Lord your God with all your heart, all your soul, and all your strength.*

Isaiah 30:18

*So the Lord must wait for you to come to him so he can show you his love and compassion. For the Lord is a faithful God.*

Joel 2:13

*Return to the Lord your God, for he is merciful and compassionate, slow to get angry and filled with unfailing love.*

John 3:16

*For this is how God loved humanity: He gave his one and only Son, Jesus, so that everyone who believes in him will not die, but have eternal life.*

# Matthew 22:36-40

***36****“Teacher, which is the most important commandment in the Law of Moses?”* ***37****Jesus replied, “‘You must love the Lord your God with all your heart, all your soul, and all your mind.’* ***38****This is the first and greatest commandment.****39****A second is equally important: ‘Love your neighbor as yourself.’* ***40****The entire law and all the demands of the prophets are based on these two commandments.”*

1 Corinthians 8:3

*But the person who loves God is the one whom God recognizes.*

1 Corinthians 13

***1*** *If I could speak all the languages of earth and of angels, but didn’t love others, I would only be a noisy gong or a clanging cymbal.****2****If I had the gift of prophecy, and if I understood all of God’s secret plans and possessed all knowledge, and if I had such faith that I could move mountains, but didn’t love others, I would be nothing.****3****If I gave everything I have to the poor and even sacrificed my body, I could boast about it; but if I didn’t love others, I would have gained nothing.* ***4****Love is patient and kind. Love is not jealous or boastful or proud****5****or rude. It does not demand its own way. It is not irritable* or easily angered*, and it keeps no record of being wronged.****6****It does not rejoice about injustice but rejoices whenever the truth wins out.****7****Love never gives up, never loses faith, it is always hopeful, and endures through every circumstance.* ***8****…love will last forever! ...****12****Now we see things imperfectly, like puzzling reflections in a mirror, but then we will see everything with perfect clarity. All that I know now is partial and incomplete, but then I will know everything completely, just as God now knows me completely.* ***13****Three things will last forever—faith, hope, and love—and the greatest of these is love.*

1 John 4:8

*Dear friends, let us continue to love one another, for love comes from God. Anyone who loves is a child of God and knows God. But anyone who does not love, does not know God, for God is love.*

1 John 4:12

*...if we love each other, God lives in us, and his love is brought to full expression in us.*

[1 John 4:16](https://www.biblegateway.com/passage/?search=1%20John+4:16&version=NLT)

*We know how much God loves us, and we have put our trust in his love.  God is love, and all who live in love, live in God, and God lives in them.*

**Take a moment to breathe and soak that in … that is your reason for being!**

**Just like we can’t escape the need to breathe, we can’t escape the reality that when God created me, he intended one thing for my life, but then sin comes.**

*“Love is not rude. Love does not demand its own way. Love is not irritable (not easily angered), and loves keeps no record of when it has been wronged.”* 1 Cor. 13:5 (NLT)

**Anger is a prevalent, complex and powerful emotion.**

Proverbs 11:29, “*The fool who provokes his family to anger and resentment will finally have nothing worthwhile left.”*

**Anger is always rooted in frustration, fear or hurt.**

**Three action steps integral in a journey from anger to love:**

1. **Don’t express it ... confess it to others.**

Proverbs 29:11, *“Fools vent their anger, but the wise quietly hold it back.”*

* This is loving people around you in the midst of anger.
1. **Don’t repress it ... confess it to yourself.**
* A step toward loving yourself.

Matthew 12:34, *“…whatever is in your heart, determines what you say.”*

Romans 12:2, *“let God transform you/love you into a new person by changing the way that you think. And then you will know God’s will for you, which is good, pleasing and perfect.”*

1. **Don’t suppress it ... confess it to God.**
* Loving God with all your heart, soul, and mind.

Ephesians 4:26-27,***“****And don’t sin by letting anger control you. Don’t let the sun go down while you are still angry,****27****for anger gives a foothold to the devil.”*

Psalm 51:10-12, “...*create in me a clean heart, O God ... don’t take your Holy Spirit from me ... restore to me the joy of your salvation!*”

**The big picture of 1 Corinthians 13:5**

* The goal of “not being angry” is not to “not being angry”... the intent of this scripture is to “not be angry” SO THAT we can live in God’s love ... SO THAT we can live life and live it to the full!

John 10:10, Jesus said, *“I have come that they may have life, and have it to the full.”*