

# RENEW

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*Confronting the Heart of Anger*  
*Part 1*

# Old Patterns Are Passed Down from Generation to Generation

- The Cream Puff
- The Locomotive
- The Steel Magnolia

# Old Patterns Are Passed Down from Generation to Generation

Proverbs 22:24-25

Do not make friends with a hot-tempered man, do not associate with one easily angered, or you may learn his ways and get yourself ensnared.

# Jesus Deconstructs Old Patterns with a New Paradigm

Matthew 5:21-22

“You have heard that it was said to the people long ago, ‘Do not murder, and anyone who murders will be subject to judgment.’

# Jesus Deconstructs Old Patterns with a New Paradigm

Matthew 5:21-22

But I tell you that anyone who is angry with his  
brother will be subject to judgment.

# Jesus Deconstructs Old Patterns with a New Paradigm

- *Murder doesn't happen only when one plunges a knife into the heart of another person.*
- *Murder happens when we harbor anger toward another person.*

# Jesus Deconstructs Old Patterns with a New Paradigm

*Matthew 5:22*

*Again, anyone who says to his brother, "Raca,"  
is answerable to the Sanhedrin. But anyone  
who says, "You fool!" will be in danger of the  
fire of hell.*

# Jesus Deconstructs Old Patterns with a New Paradigm

*“Of the seven deadly sins, anger is possibly the most fun. To lick your wounds, to smack your lips over grievances long past, to roll over your tongue the prospect of bitter confrontations still to come, to savor to the last toothsome morsel both the pain you are given and the pain you are giving back—in many ways it is a feast fit for a king. The chief drawback is that what you are wolfing down is yourself. The skeleton at the feast is you.”*

*Fredrick Buechner*



# Invite Jesus to Deconstruct Our Broken and Sinful Narratives

*Ephesians 4:32*

*Instead, be kind to each other, tenderhearted,  
forgiving one another, just as God through  
Christ has forgiven you.*