

**Ron Armstrong • December 14 & 15, 2019**  
**Ditch the Grinch: Getting Rid of Lingering Anger**

Ephesians 4:31 "Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. Be kind and compassionate to one another, forgiving each other, just as Christ God forgave you."

Matthew 20:9 "The workers who were hired about five in the afternoon came and each received a denarius. **10** So when those came who were hired first, they expected to receive more. But each one of them also received a denarius. **11** When they received it, they began to grumble against the landowner. **12** 'These who were hired last worked only one hour,' they said, 'and you have made them equal to us who have borne the burden of the work and the heat of the day.' **13** "But he answered one of them, 'I am not being unfair to you, friend. Didn't you agree to work for a denarius?' **14** Take your pay and go. I want to give the one who was hired last the same as I gave you. **15** Don't I have the right to do what I want with my own money? Or are you envious because I am generous?'

**A. Where does LINGERING anger come from?**

1. Anger is fundamentally the creation of a creditor/debtor relationship with someone.
  - a. I didn't get what I want.
  - b. It was owed to me.
  - c. I DESERVE to be paid.
2. For today, let's assume you really are owed; that you really did deserve better than you got. (Time and maturity gets rid of the stupid stuff.)
3. Once there is a debt, only 3 things can be done to extinguish a debt:
  - a. COLLECT it.
  - b. CARRY it. (Lingering anger)
  - c. CANCEL it.

4. How can I cancel the debt? They don't deserve it; they haven't apologized; I'll be condoning their behavior; I shouldn't have to. It would be like I was forgiving them!
  - a. Our job isn't to make them be responsible; our job is to deal with lingering anger.
  - b. Waiting for them to take action gives them the power to control you.
  - c. Canceling the debt is your choice ALONE. You can cancel/forgive it without anyone's permission or approval.
5. Don't get confused. Forgiveness and reconciliation are connected, but they're not the SAME thing.
  - a. Forgiveness/debt cancelation only takes you; reconciliation takes two.
  - b. Reconciliation means restoring the relationship to something healthy. This is NOT possible with some people.
6. There are three places to land:
  - a. Full forgiveness and full reconciliation.
  - b. Full forgiveness and partial reconciliation. Sometimes this is the wisest. You can speak kindly, but not hang out.
  - c. Full forgiveness but no reconciliation. Some people are unwilling; some are unavailable; some are UNSAFE.

**B. What does debt cancellation/forgiveness look like?**

1. Identify who you are angry with.
2. Determine what they owe you. What did they take?
3. Cancel the debt.
4. Dismiss the case.
5. Refuse to repeat the story; even to you.