

all the feels

week 4

DAY 1: READ GENESIS 4:1-16

Is your anger rooted in the bigger spiritual picture of God's work in the world? Cain was angry and resented his brother, Abel; their roles within the family were different and while the Lord received Abel's more costly offering, Cain's was not received. Cain's bitterness and anger, both toward his brother and God Almighty, were rooted in a misunderstanding of who God is and what He desires. God directly tells Cain that he must reject sin and refuse to be dominated by it. Instead of heeding God's shepherding, righteous guidance, Cain lets sin rule him and, in anger and jealousy, murder his brother. Are you focused on obeying God's shepherding guidance? Where does your anger come from? Don't let sin dominate your perspective and compel you to destructive, unhealthy action. Ask God to refresh your eyes and give you holy perspective on what matters to Him.

DAY 2: READ PSALM 4

When we've been hurt, wronged or have reason to be outraged, that anger can easily fester into sinful frustration with God if we're not careful. When we lose perspective of God's righteousness or fail to see the ways He is constantly at work around us, we tend to panic and doubt Him entirely. Our God is merciful, gracious, slow to anger, abounding in steadfast love and faithfulness (Exodus 34:6). He has not failed you, will not fail you and hears the cries of your heart. Instead of allowing bitterness to take root and rob you of your joy in the Lord, cry out to God and do all you can to immerse yourself more and more in His presence. He loves you and His Holy Spirit is here with you. Yearn for Him and trust Him to provide.

DAY 3: READ NUMBERS 14

The Israelites consistently grumbled after the Lord delivered them out of Egypt. They had witnessed the living presence of God, seen His miraculous works (for their good!) and still refused to trust in the Lord or obey His commands. Let's not lose sight of who God is or stop trusting God's active work in our lives. Let's strive in Christ to never provoke the righteous anger of the Lord and hear Him ask, "How long shall this people despise Me?"

DAY 3 CONTINUED...



How long will they not believe in me, in spite of all the signs that I have done among them?" Let's not refuse our inheritance in Jesus by losing sight of Him, His promises or allowing anger and hopeless bitterness to provoke us to sin!

DAY 4: READ ROMANS 1:16 - 2:11

God's holiness is absolute. His perfection is absolute. His judgment is just and absolute. There is no one higher, no one more righteous, nor anyone outside of His domain. Sin, being a rejection of God's truth, is incompatible with His character. His wrath and just judgment on sin is guaranteed. His loving desire to see us restored to righteous life. His judgment on all unrighteousness is promised and has been affirmed since creation. How can you help someone understand God's loving desire to see all people restored to right relationship with Him and spared the certain wrath He has promised? Are you projecting your own anger by passing judgment on others instead of helping others find freedom, rescue, healing and shelter from God's wrath and righteous judgment against sin?

DAY 5: READ MARK 3:1-6

Do the things that anger you line up with the heart of God? Are the things that spur you to indignation things that matter to the greater mission of God in the world? Notice in this passage how Jesus is angry at the Pharisees for misrepresenting the true heart of God. Jesus is angry, as the living, breathing fullness of God should be at being defamed by those who claim to love Him most, but He is also distressed at their stubborn hearts. Jesus' anger, while righteous and perfectly justified, is still saturated in a desire to see hearts softened and opened to encounter His love and know Him in a true, personal way. While your anger might be righteous and justified, is your heart's desire to see everyone encounter Jesus' love and begin a real relationship with Him?

DAY 6: READ 1 THESSALONIANS 5

Jesus is coming back soon. His return, just like His promised judgment against all unrighteousness, is guaranteed. He's given us a mission to see everyone encounter the living God and find grace and mercy in the blood of Jesus from His holy wrath. We don't know when He's returning, but we know salvation in Jesus and we know He's returning soon, so let's get busy, Church! When He returns, let's be found ready and actively sharing the Gospel with all we encounter, having refused to allow sin to dominate our behavior and manipulate our feelings into broken vessels for wickedness. What can you do today to be "awake and sober" and laboring in the Gospel mission today?
LET'S DO IT!

