



## Understanding the Million Dollar Emotion

Exodus 2:11-22 (NIV)

*One day, after Moses had grown up, he went out to where his own people were and watched them at their hard labor. He saw an Egyptian beating a Hebrew, one of his own people. <sup>12</sup> Looking this way and that and seeing no one, he killed the Egyptian and hid him in the sand. <sup>13</sup> The next day he went out and saw two Hebrews fighting. He asked the one in the wrong, "Why are you hitting your fellow Hebrew?" <sup>14</sup> The man said, "Who made you ruler and judge over us? Are you thinking of killing me as you killed the Egyptian?" Then Moses was afraid and thought, "What I did must have become known." <sup>15</sup> When Pharaoh heard of this, he tried to kill Moses, but Moses fled from Pharaoh and went to live in Midian, where he sat down by a well. <sup>16</sup> Now a priest of Midian had seven daughters, and they came to draw water and fill the troughs to water their father's flock. <sup>17</sup> Some shepherds came along and drove them away, but Moses got up and came to their rescue and watered their flock. <sup>18</sup> When the girls returned to Reuel their father, he asked them, "Why have you returned so early today?" <sup>19</sup> They answered, "An Egyptian rescued us from the shepherds. He even drew water for us and watered the flock." <sup>20</sup> "And where is he?" Reuel asked his daughters. "Why did you leave him? Invite him to have something to eat." <sup>21</sup> Moses agreed to stay with the man, who gave his daughter Zipporah to Moses in marriage. <sup>22</sup> Zipporah gave birth to a son, and Moses named him Gershom, saying, "I have become a foreigner in a foreign land."*

**1. Righteous anger is a catalyst for change.** (Hebrews 11:24-26; Isaiah 1:17)

- Righteous anger is surgical anger focused on protecting the oppressed and exposing sin.

- What present evil are you currently angry about?

**2. Unrighteous anger is a cause of destruction.**

A. The cost of unrighteous anger:

- Unrighteous anger is life's most expensive emotion. (Proverbs 12:18)
- What is unrighteous anger costing me?

B. The cause of unrighteous anger: (James 4:1)

- Unrighteous anger comes from loving the wrong things, or loving the right things out of proportion.

Anger is a powerful energy released in defense of something you love!

- The cause of Moses' anger stems from his desire to be God instead of trusting God.
- Control issues reveal themselves with either anxiety or anger!
- Where are you trying to be god instead of trusting God?

C. The cure for unrighteous anger: (Romans 12:17-21)

1. Confess the source and don't confuse the source.
2. Trust God and quit trying to be God! (Ephesians 4:26)
  - I am limited but God is unlimited.
3. Deserts can be a launching pad not a dead end.