

**THE LIFE
OF MOSES**
**EXPERIENCE THE
IMPOSSIBLE**

**#29: FREE YOURSELF
FROM THE ANGER TRAP**
NUMBERS 20:1-13
JIM HINTON

Losing your temper causes a lot of trouble, but staying calm settles arguments.
Proverbs 15:18 (CEV)

A wise man controls his temper. He knows that anger causes mistakes.
Proverbs 14:29 (TLB)

Learn this from me. Holding anger is a poison. It eats you from inside. We think that hating is a weapon that attacks the person who harmed us. But hatred is a curved blade. And the harm we do, we do to ourselves.

Mitch Albom

I. THE PROBLEM OF MOSES' ANGER

1. The pattern of Moses' anger.

- When he murdered the Egyptian (Exodus 2:11-12).
- When Pharaoh wouldn't let the people go (Exodus 11:8).
- When he smashed the stone tablets (Exodus 32:19).

2. The root of Moses' anger—Numbers 20:1-12a

3. The consequences of Moses' anger—Numbers 20:12b-13

Some eternal "object lessons" from this incident:

- Uncontrolled anger demonstrates a lack of trust in God.
- Some consequences of a loss of control cannot be undone.

II. THE WAYS I CAN BE FREE FROM THE ANGER TRAP

1. Choose to live my life God's way rather than my way.

But the Holy Spirit produces this kind of fruit in our lives: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control...

Galatians 5:22-23 (NLT)

2. Cultivate a spirit of patience.

Understand this, my dear brothers and sisters: You must all be quick to listen, slow to speak, and slow to get angry. Human anger does not produce the righteousness God desires.

James 1:19-20 (NLT)

3. Decide to be a forgiving person.

Get rid of all bitterness, rage, anger, harsh words, and slander, as well as all types of evil behavior. Instead, be kind to each other, tenderhearted, forgiving one another, just as God through Christ has forgiven you.

Ephesians 4:31-32 (NLT)

4. Remember the destructive consequences of unresolved anger.

And "don't sin by letting anger control you." Don't let the sun go down while you are still angry, for anger gives a foothold to the devil.

Ephesians 4:26-27 (NLT)