

## Spiritual Road Rage

“Anyone can become angry. That is easy. But to be angry with the right person, to the right degree, at the right time, for the right purpose, and in the right way—that is not easy.” **Aristotle**

### I. Anger God given emotion

In your anger do not sin: Do not let the sun go down while you are still angry, and do not give the devil a foothold. **Eph. 4:26, 27** “Psychologists have noted that anger has at least **five phases**. First, there is **mild irritation**—a feeling of minor discomfort brought on by someone or something. Next comes **indignation**—frustration over something unfair or unreasonable. Indignation transitions into **wrath**—a strong desire to avenge or punish, which never goes unexpressed. Wrath then leads to **fury**—a state that suggests violence and temporary loss of control. Moving into the last phase, the full moon of anger is **rage**—the most dangerous form, where acts of violence are committed by people scarcely aware of what they’re doing.” **Chuck Swindoll**

### II. Anger May not be sinful

“The size of a man can be measured by the size of the thing that makes him angry.” **J. K. Morley**

God in the OT “Eighteen times in the Old Testament alone, the anger of the Lord is recorded. Eighteen times God felt angry over sin, and not one of those times was He being sinful.” **Chuck Swindoll**

God in the NT In the New Testament, Jesus used a whip to drive out the moneychangers with that same feeling of anger (& Matt. 21:12-17; John 2:13—16; see also Mark 3:5). “When Jesus was angry, it was because of injustice and sin; His anger was not a personal attack.” **Haddon Robinson**

You and the NT In your anger do not sin: Do not let the sun go down while you are still angry, and do not give the devil a foothold. **Eph. 4:26, 27**

### III. Anger May be sinful

So Cain was very angry, and his face was downcast...Cain attacked his brother and killed him. **Gen. 4:5-8**

- A. Admit
- B. Correct
- C. Hurry
- D. Pray

Anyone who hates his brother is a murderer, and you know that no murderer has eternal life in him. **1 John 3:15**  
“The Law says don’t murder; Jesus says, don’t hate.” **Gerald Mann**

## Morning Worship Services

August 2, 2009

Called Church Conference and Nomination of Deacons  
Porter Kennington and Chris Bellamy

Prelude	<i>Medley</i>	Greer
Welcome		Dr. Gambrell
Praise	<i>Mighty to Save Shout to the Lord</i>	Morgan Zschech
Invocation		Rev. Hayes
Children’s Message		Rev. Hayes (11:00 a.m. Children 3 yrs. to kindergarten may leave for Children’s Church)
Scripture Reading	<b>Ephesians 4:25-32</b>	Dr. Gambrell
Hymn 227	<i>Praise Him! Praise Him! (vv 1,2)</i>	Crosby
Offertory	<i>Cornerstone</i>	Schrader
Sermon Text	<b>Ephesians 4:26a</b>	Rev. Hayes
Special Music	<i>Assurance</i>	Choir
Message	<b>Spiritual Road Rage</b>	Dr. Gambrell
Hymn 448	<i>Just a Closer Walk with Thee</i>	Anonymous
Response 457	<i>Lord, Be Glorified</i>	Kilpatrick



The flowers on the altar this morning are in loving memory of Eva Powell, mother of Deelane Reavis, and given by Dan, Karen, Lauren and Andrew Allen.



Welcome to Worship

In your  
anger  
do not  
sin

*Ephesians 4:26a*

## Evening Worship Service

August 2

Message **Let the Children...** Dr. Gambrell

### Morning Worship Greeters - 9:30 a.m.

**Front Door:** Charles and Joyce Parker  
**Side Door:** Ron and Sandy Bruce  
**Drive-Thru:** Bonnie Dempsey and Ann Harper  
**Welcome Desk:** Cathleen Floyd

### Today's Ushers

**8:30 a.m.** Gerald Smith and John Stinson  
**11:00 a.m.** Gary Carroll, Russell Courtney, JL Dunlow, George Lowe and Ashley McLamb  
**6:30 p.m.** Tom and Polly Parrott

### Worship Nursery/Children's Church Volunteers - 11:00 a.m.

**Nursery:** Cheri Lewis  
**Children's Church:** Dora Nance

### Security Duty Next Week

**Aug 9—Aug 12:** Scott Harmon and David Bell

## Notes

### **Building on Our Heritage**

The total commitments made for the three year period to the Building on Our Heritage Campaign was \$1,335,442.00. During the month of June contributions toward that commitment totaled \$14,597.33. Total contributions to date (May 07 to July 09, 27 months) total \$887,992.84. Our monthly payment on our building fund debt is \$21,468.

### **Worship Service Surveys**

The Steering Committee will be passing out a worship survey today, August 2. The purpose of this survey is to help the committee determine the direction our Lord is leading us in future worship services.

### **Vacation Bible School Pre-Registration**

Vacation Bible School begins tonight at 5:15 p.m. and runs through Thursday, August 6. The theme is Son Rock Kids Camp. We will hold VBS registration today, August 2 from 9:30 a.m.—10:00 a.m. in the Fellowship Hall.

### **Quilting Classes**

The "Sharing God's Word in Action" quilting classes will start back Monday, August 10 in the Adult Worker's Sunday School class. The times are 10:00 a.m. to noon, 1:00 p.m. to 3:00 p.m. and 4:00 p.m. to 6:00 p.m. Choose the time that suits you best. For more information, contact the church office at 249-2448.

### **Ocean Baptism and Beach Service**

We are planning an ocean baptism and beach service, Sunday, August 30 at 6:00 p.m., at 1st Avenue South. If you are interested in participating, please contact the church office.

## Dates to Remember

### August 2—6

*Vacation Bible School—"Son Rock Kids Camp"*  
 5:15 p.m.—8:30 p.m.  
 Family Life Center

### Thursday, August 6

7:00 p.m.  
*Heavenly Treasures Yard Sale Meeting*

### August 10-14

6:00 p.m.—8:00 p.m.  
*Upward Basketball/Cheerleading Camp*

### Monday, August 17

6:00 p.m.  
*Steering Committee Meeting*

### Sunday, August 23

6:30 p.m.  
*An Evening of Praise and Worship*  
*With Louie Roberts*

### Wednesday, August 26

6:30 p.m.  
*Called Church Conference*  
*Nominating Committee Report*

### Sunday, August 30

6:00 p.m.  
*Ocean Baptism and Beach Service*  
 1st Avenue South

### September 11-12

8:00 a.m.—6:00 p.m. (Friday)  
 8:00 a.m.—2:00 p.m. (Saturday)  
*Church wide Heavenly Treasures Yard Sale*  
 11:00 a.m.—2:00 p.m. (Friday only)  
 BBQ Plates—\$7.00

### Sunday, September 20

2009 Season of Prayer  
*Janie Chapman Offering*

### Sunday, October 11

*World Hunger*

### Sunday, October 25

*Homecoming*

## Activities for the Week

### Sunday

Chapel Choir Practice	8:00 a.m.
Worship Service	8:30 a.m.
Coffee, Donuts, Juice	9:30 a.m.
Sunday School (for all ages)	9:45 a.m.
Worship Service	11:00 a.m.
Deacons' Meeting	4:30 p.m.
Vacation Bible School	5:15 p.m.
Evening Worship Service	6:30 p.m.

### Monday

Handbell Choir	11:15 a.m.
Vacation Bible School	5:15 p.m.

### Tuesday

Vacation Bible School	5:15 p.m.
Weekly Visitation	6:30 p.m.
Lifeguard Supper	7:00 p.m.

### Wednesday

Prayer Service	6:30 p.m.
Vacation Bible School	5:15 p.m.
Choir Practice	7:30 p.m.

### Thursday

Vacation Bible School	5:15 p.m.
Heavenly Treasures Yard Sale Meeting	7:00 p.m.

### YTD Budget Offerings Week 30

YTD Budget Needs	YTD Budget Receipts	Variance
\$331,731.00	\$310,981.27	(\$20,749.73)

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8:30 & 11:00 services are being broadcast live  
 on the church web-site: [www.fbcnmb.com](http://www.fbcnmb.com)