

CHOOSE FREEDOM SUPPORT GROUP
WEEK 11 SUPPLEMENT

Walk in Peace Without Anger

You cannot walk in the peace Christ died to give you at the same time you are angry. Abiding in His peace surpasses all understanding because He gives not as the world gives. You rest in Him and His peace.

John 14:27

Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid.

Colossians 3: 1-17

If then you have been raised with Christ, seek the things that are above, where Christ is, seated at the right hand of God. 2 Set your minds on things that are above, not on things that are on earth. 3 For you have died, and your life is hidden with Christ in God. 4 When Christ who is your life appears, then you also will appear with him in glory.

5 Put to death therefore what is earthly in you: sexual immorality, impurity, passion, evil desire, and covetousness, which is idolatry. 6 On account of these the wrath of God is coming. 7 In these you too once walked, when you were living in them. 8 But now you must put them all away: anger, wrath, malice, slander, and obscene talk from your mouth. 9 Do not lie to one another, seeing that you have put off the old self with its practices 10 and have put on the new self, which is being renewed in knowledge after the image of its creator. 11 Here there is not Greek and Jew, circumcised and uncircumcised, barbarian, Scythian, slave, free; but Christ is all, and in all.

12 Put on then, as God's chosen ones, holy and beloved, compassionate hearts, kindness, humility, meekness, and patience, 13 bearing with one another and, if one has a complaint against another, forgiving each other; as the Lord has forgiven you, so you also must forgive. 14 And above all these put on love, which binds everything together in perfect harmony. 15 And let the peace of Christ rule in your hearts, to which indeed you were called in one body. And be thankful. 16 Let the word of Christ dwell in you richly, teaching and admonishing one another in all wisdom, singing psalms and hymns and spiritual songs, with thankfulness in your hearts to God. 17 And whatever you do, in word or deed, do everything in the name of the Lord Jesus, giving thanks to God the Father through him.

It is written in scripture many times that the Lord is slow to anger.

Slow to anger in Hebrew > erek appayim (long of nose).

Anger > nose burned hot, nose/heat/hot nose (anger burned, face gets hot when filled with anger). A patient person is long of nose.

Exodus 34:6

The Lord passed before him and proclaimed, "The Lord, the Lord, a God merciful and gracious, slow to anger, and abounding in steadfast love and faithfulness,

Nehemiah 9:17

They refused to obey and were not mindful of the wonders that you performed among them, but they stiffened their neck and appointed a leader to return to their slavery in Egypt. But you are a God ready to forgive, gracious and merciful, slow to anger and abounding in steadfast love, and did not forsake them.

Psalms 103:8

The Lord is merciful and gracious, slow to anger and abounding in steadfast love.

Psalms 145:8

The Lord is gracious and merciful, slow to anger and abounding in steadfast love.

Joel 2:13

and rend your hearts and not your garments." Return to the Lord your God, for he is gracious and merciful, slow to anger, and abounding in steadfast love; and he relents over disaster.

Jonah 4:2

And he prayed to the Lord and said, "O Lord, is not this what I said when I was yet in my country? That is why I made haste to flee to Tarshish; for I knew that you are a gracious God and merciful, slow to anger and abounding in steadfast love, and relenting from disaster.

Nahum 1:3

The Lord is slow to anger and great in power, and the Lord will by no means clear the guilty. His way is in whirlwind and storm, and the clouds are the dust of his feet.

As we abide in Christ, we walk in His divine nature. This means we are to be slow to anger. Proverbs also teach us to be slow to anger.

Proverb 15:18

A hot-tempered man stirs up strife, but he who is slow to anger quiets contention.

Proverb 16:32

Whoever is slow to anger is better than the mighty, and he who rules his spirit than he who takes a city.

So, you have let go of the anger and forgiven. What happens when you still feel the pain?

When you didn't know your sin was forgiven, what happened? You were still in your sin. When you were saved and set free from sin, you began living in righteousness because the power of sin was gone.

Isaiah 9:5

For the trampling boot of battle and the bloodied garments of war will be burned as fuel for the fire.

War boots: defend and attack

Bloody garments of war: pain and injury caused by defend and attack

Sanctifying fire: all hurt and pain of loveless moments – all abuse – all hurts – burned by the fire. You are now living in the love of God. Jesus took all those hurts and all that pain and bore it on the cross. All burned as fuel for the fire.

Now that you know all your pain was paid for. Jesus took care of it. He paid to set you free from every pain and hurt that was ever caused to you. He is ready to heal you if you are ready to let it go. *Say NO when it comes back up.*

Transformation

Shake the dust off (the old nature) and walk in Father's love. Perfect love casts out all fear. Remember Zephaniah 3:15?

We must put off the old and put on the new and continue in the process of transformation:

- Take off the old self
- Be renewed in your mind
- Put on your New Creation made in the image of God from the beginning. This is who you were always meant to be.

Continue to speak the word to renew your mind. Do NOT give the devil (OR your old nature) a foothold. Ask His Holy Spirit in you to show you and remind you with His word.

Always remember, God gives us the desire AND the ability to do this. He does the work as we rest in Him. You CAN run and rest! Remember Ezekiel 36: 25-27 and Philippians 2:13!

This prayer is the truth to speak and trust in to renew your mind and transform you into His image; one that abides fully in His divine nature and walks in freedom from the oppression of evil.

Resting in and from Father's love is a place of unequalled strength and power, not weakness that puts me at risk of experiencing abuse. The law can ONLY be fulfilled when I love as Father loves. This is only possible by abiding in Him because I am not capable of loving without Him.

Transformation Prayer

Thank You, Father, that I can love ONLY because You love me. Thank You that the world sees You in me because we are one and Your love is known through me. A love so great it is shocking to those who see it. Thank You that You, and only You, equip me to love so well, I even show love to my enemies. I am made perfect in Your love because I am Your child. Your love is poured out in me and from me because Your spirit is in me.

Thank You, Father, that Your divine nature grants me ALL things that pertain to life and godliness so I may show Your glory and excellence as I walk in Your love. You grant me Your divine nature so the world lost in corruption may be saved by Your love. Thank You that I am predestined to be transformed into Your image. It is Your promise! I am filled with the fullness of You because Your Spirit fills me with Your love, a love that cannot be comprehended by those who do not know you. Your love is greater than I can think or imagine without Your spirit in me.

Thank You, Father, that You circumcise my heart, AND the hearts of my children, so we are able to love You with all our hearts and all our souls and truly LIVE the way you created us to live. You cleansed me from all my sins, my body of death, and You removed my heart of stone. You gave me a new heart and put Your Spirit within me, so I am equipped to obey Your laws. I can love as You love ONLY because You are in me and that fulfills Your law.

I am only able to love because I abide in You. Thank You, Lord! You love me, Christ Jesus, as Father loves You. It is because I abide in You that I keep Your commandments, the most important of which is love. It is the one that enables me to keep ALL the others. Thank You, Father, that my love abounds more and more as I grow in my knowledge of You. I increase in discernment so I may know what is excellent and be pure and blameless, filled with the fruit of Your righteousness.

Thank You, Father, that You are growing Your children up so we are mature in You and equipped to reclaim dominion and authority here on earth. This will only happen as we demonstrate Your love, as one body, to a fallen world. You promise this will happen. Thank You, Father!! All who do not yet know You will desire to know You. They will want what we have, which is Your love in us. There will be no more war in households, families, cities, and nations. Your law will be fulfilled because the whole earth will walk in Your love and Your light!

Thank You that I abide in Your light, and it is dispelling the darkness in this world. You are pure light and pure love and whatever is true of you, Lord, is true of me. Hallelujah!!