



**“ANGER.....WITHOUT A CAUSE”**

Lesson for March 17, 2024

**“THE PRINCIPLE OF FORGIVENESS”**

“If you hold to my teaching, you are really my disciples.”

“Then you will know the Truth, and the Truth will set you free.”

(John 8:31-32)

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LESSON OUTLINE

**I. Secrets In The Closet**

John 10:10

Psalms 147:3

Luke 4:18

Philippians 3:13-14

Hebrews 12:1-2

I Thess 5:23-24

**II. Out of the Sewer**

Ephesians 4:32

Luke 6:37

Philippians 1:6

Philippians 1:3

Romans 12:1-2

II Corinthians 5:17



## WORKSHEET

### HOW DO YOU TALK TO YOURSELF?

People believe that behavior is the result of an event..but it is not the event that determines how you react to it, but what you tell yourself about what happened. Your behavior is determined by what you tell yourself --- your SELF TALK!!

- |               |   |
|---------------|---|
| 1) EVENT:     | Could be from the past.   |
| 2) SELF-TALK: | What you tell yourself about what happened.                             |
| 3) FEELINGS:  | How you feel about what you have told yourself.                         |
| 4) ACTIONS:   | Response – based on the Word of God; Reaction – based on your feelings. |
| 5) BEHAVIOR:  | The result of your actions.   |

Based on what you tell yourself about the incident will determine your feelings. Since your actions are based on your feelings, your actions will reflect your feelings which reflect your self-talk about the incident which happened. All this is based on your emotions and not the actual event.

An actual event may have happened years ago – but when you THINK about the incident or the person who may have caused the incident, what do you tell yourself? And what are the resultant feelings? And what are your actions? The incident is still in your mind, and when you think about it, even though the incident happened years ago, you may have the same emotional response based on your self-talk.

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**March 2024**  
**ANGRY WITHOUT A CAUSE**  
*Matthew 5:22*

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The process to behavior change is based on what you tell yourself and the steps which follow your self-talk. If your mind is being renewed by the Word of God, your self-talk will begin to change. You will no longer reflect on your feelings, but you will begin to replace your self-talk with the Word of God thereby enabling your mind to produce different feelings...which will result in positive actions. All behavior begins in the mind.

Rom. 12:1-2 (NIV):

“Therefore, I urge you, SisStars, in view of God’s mercy, to offer your bodies as living sacrifices, holy and pleasing to God...this is your spiritual act of worship;”

“Do not conform any longer to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God’s will is – His good, pleasing and perfect will.”

When you look back on incidents which happened, you cannot go back and change anything in your life, but you can change the way you look at the incident. You can forgive and forget – and not allow the past to control your life. You can be set free from the past and begin to believe the Word of God.

You are a Daughter of the King – and your Father loves you with an Everlasting Love. His will for your life is for you to forgive and not live in a place of anger. Put off that anger, and begin to live the overcoming life that Jesus has promised.

St. John 10:10

“The thief cometh not but for to steal, kill and destroy; I am come that you might have life and that more abundantly.”

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Romans 8:35

“Who shall separate us from the love of Christ? Shall trouble or hardship or persecution or famine or nakedness or danger or sword?”

Romans 8:37

“No, in all these things we are MORE THAN CONQUERORS through Him who loved us. For I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers, neither height nor depth, nor anything else in all creation, will be able to separate us from the Love of God that is in Christ Jesus.”

Don't let the past continue to separate you from that overcoming life in Christ Jesus. You have His Promises and you are filled with the Power of the Sweet Holy Spirit of Promise which enables you to do ALL things through Christ.