



**“ANGER.....WITHOUT A CAUSE”**

Lesson for March 24, 2024

**“THE PRINCIPLE OF FORGIVENESS” – PART 2**

“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)



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



**Discussion Questions**

1. Do you have a secret closet that needs to be opened?
2. How can opening your closet strengthen your Vertical Relationship?
3. Discuss why it is hard emotionally to open the closet?
4. How important is self-talk?
5. Talk about keeping your emotions under obedience to the Word, and how difficult it may be.
6. Talk about “forgive” and “forget.”
7. Look at the worksheet and talk about the process of behavior.

**SisStarly Reflections**

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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.





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## WORKSHEET 2

(D.M. Dye, Christian Clinical Counselor)

### **FORGIVENESS/UNFORGIVENESS**

#### WHAT IS FORGIVENESS?

1. Forgiveness is a positive response to a negative situation.
2. Forgiveness is getting rid of offenses.
3. Forgiveness is healing.
4. Forgiveness is to “give for.”
5. Forgiveness is getting rid of bitterness.
6. Forgiveness is pulling walls down.
7. Forgiveness is being set free from the bondage of anger.

If you hang on to a memory which generates anger, then you have not forgiven.

Forgiveness is a process – a choice. You “choose” to forgive, or you “choose” to hold on to anger.

#### WHAT IS UNFORGIVENESS? WHAT DOES IT DO?

1. Unforgiveness is unresolved anger.
2. Unforgiveness causes you to nurture and feed the resentment. You are being controlled by anger and hurt, and all of your relationships are based on past anger.
3. Unforgiveness causes you to filter present circumstances and relationships through your anger.
4. Unforgiveness causes physical problems. It has been medically determined that 75-80% of all illnesses result from unforgiveness and anger.



When you forgive someone (yourself included) you are setting yourself free to move forward.

### CAN YOU FORGIVE AND FORGET?

What does it mean to forget? What does it mean to forgive?

Forgive: to give up resentment against someone.

Forget: to disregard intentionally; to overlook;

Resentment: long-lasting, smoldering ill will; hurt; wounded; offended;

Anger: an emotion which means “to strangle.”

Unforgiveness is unresolved anger. What will anger do if it is not put off?

1. Anger causes you to seethe (boil) inside;
2. Anger causes violent reactions.
3. Anger causes emotional hurt to you and others.
4. Anger causes mental anxiety.
5. Anger can increase the risk for heart disease, high blood pressure, ulcers, and other illnesses.
6. Anger directly relates to unforgiveness.
7. Unresolved anger will cause you to lose your soul.
8. Anger will cause others around you to be defiled.
9. Unresolved anger will cause a root of bitterness to spring up in your heart.



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## **THE PATH TO THE PIT (Personally Induced Turmoil)** (Colossians 3:8)

Anger (which is strangling) leads to wrath (intense displeasure) which leads to malice (wanting revenge) which leads to blasphemy (contempt, disrespect for God) which leads to evil speaking, which leads to unforgiveness, or unresolved anger. You end up in the PIT which is caused by your unwillingness to put off anger.

Anger is not wrong – it is a legitimate emotion – but it is how you handle it – what you do with it – whether or not you allow anger to progress to unforgiveness – whether you handle the anger or you let the anger handle you.

Put off anger, and put on LOVE.

Read the following scriptures:

Colossians 3

Ephesians 4

Romans 12

In order to begin to understand how to handle your anger, you have to identify your anger triggers – or those people, places and/or things which trigger your anger in your mind. When the triggers are identified, you can develop a purpose plan to use when you may encounter any of the triggers. It's all about being a DOER of the Word and not just a hearer only. It's all about your individual Vertical Relationship with our Father.

Micah 6:8: “He hath shown thee, O SisStar, what is good; and what doth the Lord require of thee, but to do justly, and to love mercy, and to walk humbly with thy God.”



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**MY ANGER TRIGGERS**

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2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
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6. \_\_\_\_\_
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## MY PURPOSE PLAN

(Daniel 1:8: “But Daniel purposed in his heart that he would not defile himself with the portion of the king’s food, nor with the wine which he drank; therefore he requested of the prince of the eunuchs that he might not defile himself.”)

Purpose: to be intentional; to consider; to design; to plan;

Daniel developed a purpose plan ahead of time so that when he was offered the polluted food, he already knew what he was going to do. You have to purpose in your heart ahead of time what you will do when any of your anger triggers are present. You have to begin to renew your mind by the Word of God so that when the trigger presents itself, you can determine - ahead of time - that you will be a doer of the Word and not act based on your emotions. You will have to redirect your negative thoughts.

Rom 12:2: “And be not conformed to this world, but be ye transformed by the renewing of your mind, that you may prove what is that good, and acceptable, and perfect, will of God.”

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