

JOIN US SUNDAYS 8:30 AM EASTERN

The SHEnergized SisStarhood Bible Class Series

JUST A LITTLE

Talk with Jesus

Zoom JOIN ONLINE OR CALL: 646-558-8656
MEETING ID: 530 441 1689 | PASSCODE: 057058

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FACILITATED BY
Dr. Dorothy Dye

Dr. Dye's Lesson Re-Cap| 01/28/24| What is the cause?

The following is a lesson recap of Dr. Dye's

“What is the cause?”

Matthew 5:22

“But I say unto you, that whosoever is angry with his brother (her sister) WITHOUT A CAUSE shall be in danger of the judgement.”

*Sistars 2024 is the year of new beginnings and release.
The world will know you are controlled by the spirit of love and not anger!
Anger is a real emotion but don't allow it to control you and your actions!
Don't allow anger to put you in a downward spiral that leads you to the
P.I.T. (Personally Induced Turmoil)*

I. Justifiable Anger (What is the cause?)

- A *cause* is a reason, an excuse, a way to seek to remove blame from yourself.
- There is always a cause for your anger, but you need to make sure it's justified.
- Don't allow your past to dictate your current circumstance.
- Sistar you have to make a choice to forget(not control your actions)
- Why do you shift blame for the things you do onto God or others?
- Sistar sometimes you will have cause to be angry but you can't allow that to consume you.

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- Be sure to know the difference between the excuse and a real cause to be angry.
- Sistar when you get angry who are you blaming?
- Are you allowing your blame to prevent you from being able to worship God in spite of your trial?
- Be careful where you put your “little ole statements.”
- Sistar God says live peacefully with all; don't hold on to your anger.
- Sistar you might be the one God is using to show others the love he has for others.
- God places the responsibility for reconciliation on you Sistar!
- Justifiable cause- (*To be angry because you don't like someone. To be angry when you are the offender*)
- The result from unresolved anger is unresolved issues.

II. Don't Hold On

- Even when your angry don't allow the sun to go down on your wrath.
- When you allow your anger to continue you are not putting off the things God says will corrupt you.
- Holding on to anger will cause you to fester and form a pus(an infection and poison that can take over the body)
- Anger unresolved will become a poison that will lead to a spiritual infection that leads you to unresolve.
- Anger is a horizontal issue; when you stay focused vertically you are able to overcome the horizontal issues.
- When you see that the things in your mind don't agree with what God says then you will fall short in your connecting with God.

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- If you hold on to anger you allow the sun to go down on your wrath; if you die with the sun going down you don't have a chance to fix it.
- Sistar anger is not easy to overcome; you must learn the art of backing away.
- Every situation does not deserve a response; studying being silent is a lesson that God commands.
- Be transformed by the renewing of your mind Sistar!
- Sometimes we like the feeling of being mad; sometimes being mad feels good...but ultimately it leads to no earthly good.
- Sistar ask yourself is holding on to your anger worth the risk of losing your eternal reward?
- When you hold on to anger you give power to the one who is offending you; allow God to be in control.
- Use the 9 parts of the fruit of the spirit to sustain you.
- You might get bothered but don't think your pleasing God by holding on to things that don't control you.
- If you act in accordance with God's word you won't give place to the devil.
- Submit yourself to God sistar!
 - **Submit-** *Put yourself under God's authority!*
 - **Resist-** *Stand against the enemy!*
 - **Flee-** *Step away from your emotions and step into the mind of God!*

III. Plan Ahead!

Lesson to be cont'd on 02-04-2024.