

Exchanging Anger
Triggered Part 2 of 5
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Emotional eruptions are triggered by a predictable sequence:

Precondition – Trigger – Emotional State – Actions – Results – Consequences

Moses and the Rock at Meribah (Numbers 20:2-13)

Numbers 20:2–3 (ESV) Now there was no water for the congregation. And they assembled themselves together against Moses and against Aaron. ³ And the people quarreled with Moses and said, “Would that we had perished when our brothers perished before the LORD!

Numbers 20:4–5 (ESV) Why have you brought the assembly of the LORD into this wilderness, that we should die here, both we and our cattle? ⁵ And why have you made us come up out of Egypt to bring us to this evil place? It is no place for grain or figs or vines or pomegranates, and there is no water to drink.”

Numbers 20:6 (ESV) Then Moses and Aaron went from the presence of the assembly to the entrance of the tent of meeting and fell on their faces. And the glory of the LORD appeared to them,

Numbers 20:7–8 (ESV) and the LORD spoke to Moses, saying, ⁸ “Take the staff, and assemble the congregation, you and Aaron your brother, and tell the rock before their eyes to yield its water. So you shall bring water out of the rock for them and give drink to the congregation and their cattle.”

Numbers 20:10–11 (ESV) Then Moses and Aaron gathered the assembly together before the rock, and he said to them, “Hear now, you rebels: shall we bring water for you out of this rock?” ¹¹ And Moses lifted up his hand and struck the rock with his staff twice, and water came out abundantly, and the congregation drank, and their livestock.

Numbers 20:12 (ESV) And the LORD said to Moses and Aaron, “Because you did not believe in me, to uphold me as holy in the eyes of the people of Israel, therefore you shall not bring this assembly into the land that I have given them.”

Numbers 20:13 (ESV) These are the waters of Meribah, where the people of Israel quarreled with the LORD, and through them he showed himself holy.

Anger isn’t sin, but it easily leads to it (Psalm 4:4; Eph. 4:26-27)

Psalm 4:4 (ESV) Be angry, and do not sin; ponder in your own hearts on your beds, and be silent.

Ephesians 4:26–27 (ESV) Be angry and do not sin; do not let the sun go down on your anger, ²⁷ and give no opportunity to the devil.

- Deal with anger before sunset (v. 26)
- The devil gets a “foothold” through anger (v. 27)

- Anger ends in discouragement

How can we get control of anger?

Shift from HURT TO HELP

1. Slow down and listen (James 1:19-20)

James 1:19–20 (ESV) Know this, my beloved brothers: let every person be quick to hear, slow to speak, slow to anger; ²⁰ for the anger of man does not produce the righteousness of God.

2. Decide to do good, not retaliate (Rom. 12:19-21)

Romans 12:19–21 (ESV) Beloved, never avenge yourselves, but leave it to the wrath of God, for it is written, “Vengeance is mine, I will repay, says the Lord.” ²⁰ To the contrary, “if your enemy is hungry, feed him; if he is thirsty, give him something to drink; for by so doing you will heap burning coals on his head.” ²¹ Do not be overcome by evil, but overcome evil with good.

- Bless those who curse or insult us (Luke 6:28: Rom. 12:14)
- Pray for those who make life difficult (Luke 6:28)
- Meet the legitimate needs of your enemy (Rom. 12:19-21)

My Next Step Today is to:

Choose one of the following steps to apply immediately:

- ☐ Be quick to deal with anger so the enemy doesn't get a foothold
- ☐ Slow down and listen
- ☐ Decide to do good, and not retaliate