

TAKE HOME SHEET



Series: Defeated
Message: Anger Defeated
Speaker: Rusty Coram
Date: March 3/4, 2018

Anger is a very real problem, and left unchecked will cause immense harm to both ourselves and others. Take some time to carefully review the message notes and the Bible passages, both printed and referenced. As you do, ask God to help you see what role anger plays in your life.

Which of the 7 reasons for anger can you identify as ones you experience?

As you process this, be specific about what triggers anger in you. Be careful not to fall into the trap of blaming others for your anger. Others may do things that tempt us to anger, but we need to take responsibility for our responses.

*For extra credit – if you can handle the info without reacting defensively, ask a few people that know you at home or work to tell you which ones they see you exhibit.

Now, think about a recent circumstance where you became angry. What was going on that triggered your anger? Remember that anger isn't a random emotion – it is fueled by how we perceive things around us.

Now, walk through the four steps for handling anger and learning to loosen its grip. If you find that you have trouble with this, enlist a trusted and wise friend to help you work through it.

MESSAGE NOTES



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anger: emotional response to a perceived wrong; strong sense of displeasure, antagonism or rage

7 Reasons For Sinful Anger

(From Pat Morley "Man in the Mirror")

1. **Violation of "my rights"**
(Proverbs 19:11; Romans 12:3)
2. **Disappointment with my life.**
(Proverbs 19:3; Philippians 4:11-13)
3. **Blocked goals.** (Proverbs 3:5-6)
4. **Irritations.** (Ecclesiastes 7:9)
5. **Feeling misunderstood.**
(Lamentations 3:22-23)
6. **Unrealistic expectations.**
(Ephesians 4:31-32)
7. **Illness or emotional disorder.**

Defeating Anger

¹⁹ Understand this, my dear brothers and sisters: You must all be quick to listen, slow to speak, and slow to get angry. ²⁰ Human anger does not produce the righteousness God desires. ²¹ So get rid of all the filth and evil in your lives, and humbly accept the word God has planted in your

hearts, for it has the power to save your souls."
James 1:19-21 (NLT)

1. First, try to understand why.

In your anger do not sin; when you are on your beds, search your hearts and be silent.

Psalm 4:4 (NIV)

²³ Search me, O God, and know my heart; test me and know my thoughts. ²⁴ Point out anything in me that offends you, and lead me along the path of everlasting life.

Psalm 139:23-24 (NIV)

2. Be very reluctant to react.

A gentle response defuses anger, but a sharp tongue kindles a temper-fire.

Proverbs 15:1 (Message)

There is one who speaks rashly like the thrusts of a sword, but the tongue of the wise brings healing.

Proverbs 12:18 (NAS)

3. Refuse to feed it.

²⁶ In your anger do not sin: Do not let the sun go down while you are still angry, ²⁷ and do not give the devil a foothold.

Ephesians 4:26-27 (NIV)

4. Respectfully (prayerfully) respond.

²⁹ Don't use foul or abusive language. Let everything you say be good and helpful, so that your words will be an encouragement to those who hear them. ³⁰ And do not bring sorrow to God's Holy Spirit by the way you live. Remember, He is the one who has identified you as His own, guaranteeing that you will be saved on the day of redemption. ³¹ Get rid of all bitterness, rage, anger, harsh words, and slander, as well as all types of malicious behavior. ³² Instead, be kind to each other, tenderhearted, forgiving one another, just as God through Christ has forgiven you.

Ephesians 4:29-32 (NLT)

Go to newhope.org and click on messages to download this week's Take Home Sheet or stop by Guest Services to pick one up.

BIBLE TRANSLATIONS:

NAS – New American Standard

NIV – New International Version

NLT – New Living Translation

DEFEATED

The word 'defeated' means to be beaten in a battle or other contest, or to be demoralized and overcome by adversity. We are all vulnerable to a wide range of emotional pitfalls that if allowed, can bring us to this point physically, mentally and spiritually. But what if we flip our perspective and use defeat as a catalyst for positive change? What if we rise up and choose to be the victors over those things that cause us pain and suffering, just like Christ did? We won't just grow stronger in our faith...we'll begin to look more and more like Jesus.

This Weekend- Anger Defeated



WE'RE
SO GLAD
YOU JOINED
US TODAY!

new hope
CHURCH

We are always honored when people choose to do church with us. New Hope is for anyone who wants to seek God - from those exploring whether or not God even exists, to committed Christ-followers. Wherever you are, you'll find we are committed to do whatever it takes to show everyone the love of Jesus and help them establish a relationship with Him. We are casual, laid-back, and far from perfect. **ALL are welcome!**

FIRST TIME GUESTS

We promise we're not going to make you stand up in front of everyone or track you down, but we'd love to know you were here today! Simply fill out your communication card in the seat back in front of you and check the "First Time Guest" box. On your way out, stop by Guest Services at the front doors and get your FREE welcome gift. **We're glad you are here!**

5 THINGS TO KNOW

Each week, we will post "5 Things to Know" for the week. This will typically include classes, info, and upcoming events. We also will give you dates to save as early as possible, so that you can get them on your calendar and be able to plan for them. Be sure to check out the entire program and visit newhope.org for everything. Here are five things to know this week:

1. Did you know we have a custom **New Hope Church mobile app** for your Apple and Android devices. Find us in the App Store or Google Play store under New Hope Church.
2. Mark your calendar now for **Saturday, April 7th, for Hits for Hunger**. Join us and invite your friends and family for the opening Saturday night baseball game of the Potomac Cannons, as we celebrate Feed My Starving Children. All proceeds from ticket sales will go directly to fund the cost of meals for the 2018 Food Fight event. Stay afterward for the fireworks show! Tickets will go on sale soon.
3. **"Parents of New Hope" is a Facebook group** where moms and dads can connect and share insights, ideas, and support. You'll hear from the New Hope staff about upcoming programs and topics that affect our babies to post-graduates. Visit facebook.com/nhclorton and click on "groups" to join.
4. The **Holland Connect Group** invites families touched by special needs to join us for lunch on March 18th at 12:45. Our families will eat together (no childcare), but we will have toys to occupy them. Please RSVP to kim.feld@newhope.org, so we can prepare enough food; let us know of any dietary restrictions. We're looking forward to meeting you!
5. Life can be tough, but you don't have to go through it alone. We want to remind you of two ministries that can help you as you navigate the tough times: For those 18 years old and older, we have **Celebrate Recovery (CR)**. CR meets Friday nights at 7 pm. You can reach out to CR at celebraterecovery@newhope.org. For students in middle and high school, we have **The Landing**. The Landing meets every Tuesday night at 7 pm. You can reach The Landing at info@thingscansuck.com.

The Bible is for
moms/dads/singles/the poor/
children/entrepreneurs/the jobless/
graduates/dropouts/the seeking/
the young/the old/the rich/
the broken/the weary/
everyone.



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CHURCH

2018 Bible Reading Plan • nhcbrp.com
Copies are available at Guest Services



New Hope's before and after school care program, **The Back Pack (TBP) is in need of a part-time yellow school bus driver to take students to and from school in the mornings and afternoons.** A Commercial Driver's License (CDL) is required or must be obtained for this position. If you need a CDL, we will help walk you through the process and pay for the license. If interested, an employment application can be found on TBP website, thebackpackonline.com or send us an email at info@thebackpackonline.com.



BRYANT CENTER EASTER BASKET PROJECT

Ladies- Fill an Easter Basket with goodies and love for the children of teen parents working to finish their high school education!

Wednesday, March 21 • 7:30 pm • New Hope Church

No RSVP needed. Please bring a snack to share! Open to women 18 years and up; friends, coworkers and neighbors welcome! If you have any questions, please email Karennna.Rowenhorst@newhope.org.

VOLUNTEER
REGISTRATION
IS OPEN!
bit.ly/2018foodfight



2018FOODFIGHT

THE NATION'S FIGHT AGAINST HUNGER

May 4, 5 & 6, 2018 • www.2018FoodFight.com
Find Us on Social Media- 2018FoodFight



Sunday, March 11, 2018, 2 pm - 4 pm
\$25 per person; \$40 for couples

Questions? Contact Wendy Hunt at
wendy.hunt@newhope.org

Register today at
bit.ly/afternoonwithmark

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2018 NORTHSTAR WOMEN'S CONFERENCE

SATURDAY,
MARCH 17, 2018
9 AM - 3 PM

First Baptist Church of Woodbridge
13600 Minnieville Rd
Woodbridge, VA 22193

DOORS OPEN AT 8 AM

NorthStar
WOMEN'S NETWORK

Purchase tickets through
New Hope at a discounted
price of \$39 (regular price is
\$55). Simply go online to
bit.ly/northstar-livingfree.

Email any questions to
Karenn.Rowenhorst@newhope.org



The average American household wastes 24% of their take-home pay on consumer debt.

We offer Financial Peace University twice a year. FPU is a 9-week life-changing program that empowers and teaches you how to make the right money decisions to achieve your financial goals and God's plan for your life. The course includes practical lessons on eliminating debt, building wealth, giving like never before, and much, much more. Our facilitators and coaches teach God's ways of handling money. The preview class will be on March 22nd, and the core classes run from April 5th through May 31st. Registration details will be released soon!

A background image for the 'Parent Child Dedication' section. It shows a family of four (a mother, a father, and two young children) holding hands in a circle. The image is slightly faded and has a soft, warm tone. The text 'PARENT CHILD DEDICATION' is overlaid in the center in a large, bold, black, sans-serif font. The word 'Dedication' is written in a slightly different, more stylized font with some letters having a unique spacing or alignment.

PARENT CHILD Dedication

The Parent Child Dedication is for parents with kids of any age, who desire to make a commitment to model Jesus in their home for their children. We look forward to partnering with you and your family. If you would like to participate at New Hope on Saturday, March 17th from 10 am to 12 pm, please email us at pcd@newhope.org.

VOLUNTEER

OF THE WEEK



Our volunteers are the very best! There's no way we could keep New Hope running without the help of these special people. This week, we'd like to thank **Natalie and Brielle Wheeling**. These sisters are just two of the many youth that serve at church. They both work in Sprouts, our Preschool Ministry. Thanks ladies for being awesome and setting an example for all of us to serve!

MARCH 11

DAYLIGHT SAVINGS TIME

Don't forget to move your clocks **forward** one hour!



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CHURCH

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