

Bridgeway Community Church
Series: Overwhelmed
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Overwhelmed: Embracing the Emotional Part of Me

Regret Anger Nervousness Grief Empathy

Righteous Indignation - Jesus overturning the money changers' tables in the temple

- it is in Matthew, Mark & Luke

Matthew 21:12-17
Psalm 8:2

Mark 11:12-19
Isaiah 56:7
Jeremiah 7:11

Luke 19:45-48

Notice that none of the text identifies Jesus as 'indignant' at all.

What is Righteous Indignation?

- Jesus did turn over the tables showing that he was upset
- Jesus called them 'a den of robbers' echoing Jeremiah 7 who speaks of oppressing the alien, fatherless, widows, etc.

Jeremiah 7:11
Has this house, which bears my Name, become a den of robbers to you? But I have been watching! declares the Lord.

There is not a passage that actually has the phrase 'Righteous Indignation'

What we actually see in these passages is 'Unrighteous Indignation'

Definition: to be angry and upset when someone is doing what is right, when someone is doing what is good, when someone is doing what is just

Matthew 21:15 - Jesus was doing "wonderful things"

Doing what is right, good and wonderful can lead to unrighteous indignation

When you do what God wants you to do, when you are doing the right thing, when you are saying the right thing, when you are living the right way, don't think that the world is going to applaud you.

Jesus was attempting to return the Temple to the purpose that the Temple was built for.

- He was healing people
- Children were praising him
- This should be a house of prayer for all ethnic groups/nations

This event occurs right after the Triumphal Entry by Jesus into Jerusalem, what we now call Palm Sunday.

Is it possible that those who are in power, who have institutionalized the merchandising of ministry are upset because Jesus is coming in and he's repurposing and he's telling his people what the true purpose of faith is and what the temple is supposed to be about.

Why would they be indignant because people are being healed? Why would they be so indignant because people were saying good things about Jesus? Why would these religious leaders be indignant because Jesus was calling for a house of prayer?

Maybe it is because they were **LOSING POWER!**
LOSING INFLUENCE!
LOSING CONTROL!

Whenever you come up against a corrupt system, whenever you try to make something right that has gotten distracted and lost its way, those who are benefiting from that particular power system are not going simply to let go of the power and feel good about it.

When you begin to refocus the church on what it's supposed to be focused on...the devil himself will become angry and begin coming after the very people that are trying to do a ministry that is authentic.

There is no person more angry on the face of the planet than the devil himself.

Jesus used the phrase 'den of robbers.' - Matthew 21:13, Mark 11:17, Luke 19:46

Whenever you think of the word 'den' in scriptures it makes you think of Daniel and the lions' den.

We know that lions in scripture can sometimes mean the devil.

1 Peter 5:8

Be self-controlled and alert. Your enemy the devil prowls around like a roaring lion looking for someone to devour.

'Den of thieves' Matthew 21:13 KJV & ESV

Who is also known as a thief?

John 10:10

[Jesus speaking] The thief comes only to steal and kill and destroy; I have come that they may have life, and have it to the full.

The angriest person in the room is not your spouse or your friend, your co-worker or your relative. The angriest person in the room is the devil when you're trying to do the Lord's work.

What do you do when angry people come your way?

5 Ways To Keep From Being OVERWHELMED By Anger

1. Lower the temperature

Proverbs 15:1

A gentle answer turns away wrath, but a harsh word stirs up anger.

Do your best to deescalate the situation which may mean you have to deescalate yourself.

One word to deescalate yourself is this: BREATH

Take 3 deep breaths and count backwards from 10.

2. Leave the situation

Matthew 21:17

And he [Jesus] left them [religious leaders] and went out of the city to Bethany, where he spent the night.

Sometimes the best thing you can do is not just BREATH but LEAVE

One of the ways to LEAVE is not to be cursing or calling people names.

One of the best ways to LEAVE is: "I need to exit this situation before I say or do something I shouldn't. I'm ready to reengage later but I need to take a break."

That is NOT running, it is wisdom.

3. Lay down and rest

Matthew 21:17

And he [Jesus] left them [religious leaders] and went out of the city to Bethany, where he spent the night.

Laying down is not about being depressed, it is about being restored.

Sometimes it is better to sleep on it before you slip on it.

Take a beat and lay down.

Is this biblical:

Ephesians 4:26

“In your anger do not sin”: Do not let the sun go down while you are still angry,

Psalms 4:4

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

The bed is that private place that you can go. You can search your heart. You can be silent. You can reflect on what really happened. You can talk to God.

Sleeping on it might give you a different perspective.

4. Learn to fight fair

We fight the way we were raised, what we have seen.

But what if what we see, is not the healthiest way to deal with how relationships are supposed to work.

Techniques for fighting fair

1. Attack the problem, not the person

- Part of fighting fair is staying focused on the problem
- Advance the cause without assassinating the character

2. Avoid absolute language

Like: ALWAYS and NEVER - delete them out of your vocabulary when arguing/angry

The word OFTEN is a better word

3. Ask instead of assume

5. Let God fight for you

God is a better fighter than you and me

2 Chronicles 20:12

[king Jehoshaphat speaking] “O our God, will you not judge them? For we have no power to face this vast army that is attacking us. We do not know what to do, but our eyes are upon you.”

2 Chronicles 20:15

He [Jahaziel] said: “Listen, King Jehoshaphat and all who live in Judah and Jerusalem! This is what the Lord says to you: ‘Do not be afraid or discouraged because of this vast army. For the battle is not yours, but God’s.

Some of us are trying to fight a battle that is not ours.

2 Chronicles 20:17

[Jahaziel speaking to Jehoshaphat] You will not have to fight this battle. Take up your positions; stand firm and see the deliverance the Lord will give you, O Judah and Jerusalem. Do not be afraid; do not be discouraged. Go out to face them tomorrow, and the Lord will be with you.’ ”

Sometimes God calls you to be a witness of the deliverance of the Lord.

2 Chronicles 20:18

Jehoshaphat bowed with his face to the ground, and all the people of Judah and Jerusalem fell down in worship before the Lord. ¹⁹ Then some Levites from the Kohathites and Korahites stood up and praised the Lord, the God of Israel, with very loud voice.

2 Chronicles 20:20-22

Early in the morning they left for the Desert of Tekoa. As they set out, Jehoshaphat stood and said, "Listen to me, Judah and people of Jerusalem! Have faith in the Lord your God and you will be upheld; have faith in his prophets and you will be successful." ²¹ After consulting the people, Jehoshaphat appointed men to sing to the Lord and to praise him for the splendor of his holiness as they went out at the head of the army, saying:

"Give thanks to the Lord,
for his love endures forever."

²² As they began to sing and praise, the Lord set ambushes against the men of Ammon and Moab and Mount Seir who were invading Judah, and they were defeated.

You need to stop fighting battles that are not yours to fight. You need to stand firm. You need to stay in praise.

The enemy is always trying to invade your life.

Isaiah 54:17

no weapon forged against you will prevail [prosper, KJV],
and you will refute every tongue that accuses you. This is
the heritage of the servants of the Lord, and this is their
vindication from me," declares the Lord.