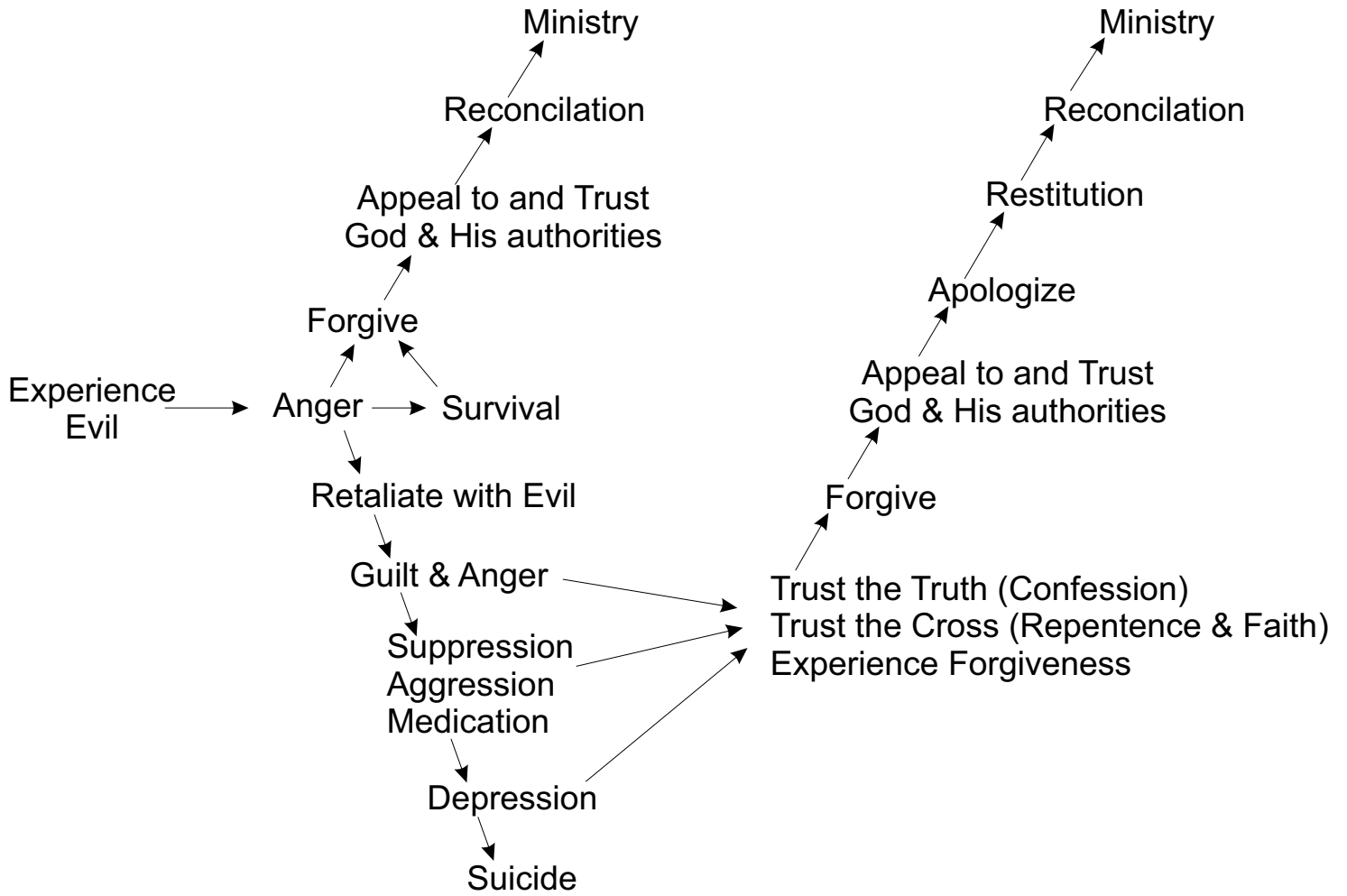


# THE 2<sup>ND</sup> WAR

12/6/15

Recovery from the Invisible Injuries  
of Anger & Guilt





# THE 2<sup>ND</sup> WAR

## Recovery from Invisible Injuries

### Part 2

12/6/15

**Recovery from every invisible injury begins with the defeat of guilt and anger accompanied with the assurance of peace with God. How?**

#### **1. Turn ourselves in, apologize to God for treason, trust Him as Savior and pledge allegiance to Him as Lord**

**John 3:16** "For God so loved the world, that He gave His only begotten Son, that whoever believes in Him should not perish, but have eternal life.

<sup>17</sup> "For God did not send the Son into the world to judge the world, but that the world should be saved through Him.

<sup>18</sup> "He who believes in Him is not judged; he who does not believe has been judged already, because he has not believed in the name of the only begotten Son of God.

#### **2. Face the enemy**

**John 3:19** "And this is the judgment, that the light is come into the world, and men loved the darkness rather than the light; for their deeds were evil.

<sup>20</sup> "For everyone who does evil hates the light, and does not come to the light, lest his deeds should be exposed.

<sup>21</sup> "But he who practices the truth comes to the light, that his deeds may be manifested as having been wrought in God."

#### **3. Sort specific actions from general feelings**

**Romans 5:12** Therefore, just as through one man sin entered into the world, and death through sin, and so death spread to all men, because all sinned--

<sup>13</sup> for until the Law sin was in the world; but sin is not imputed when there is no law.

#### **4. Sort genuine wrongs from feelings of wrong**

**1 John 3:4** Everyone who practices sin also practices lawlessness; and sin is lawlessness.

#### **5. Agree with God about the evilness of each wrong**

**Matthew 5:21** "You have heard that the ancients were told, 'You shall not commit murder' and 'Whoever commits murder shall be liable to the court.'

<sup>22</sup> "But I say to you that everyone who is angry with his brother shall be guilty before the court; and whoever shall say to his brother, 'Raca,' shall be guilty before the supreme court; and whoever shall say, 'You fool,' shall be guilty *enough to go* into the fiery hell.

## 6. Apologize to God for each wrong

**1 John 1:5** And this is the message we have heard from Him and announce to you, that God is light, and in Him there is no darkness at all.

<sup>6</sup> If we say that we have fellowship with Him and yet walk in the darkness, we lie and do not practice the truth;

<sup>7</sup> but if we walk in the light as He Himself is in the light, we have fellowship with one another, and the blood of Jesus His Son cleanses us from all sin.

<sup>8</sup> If we say that we have no sin, we are deceiving ourselves, and the truth is not in us.

<sup>9</sup> If we confess our sins, He is faithful and righteous to forgive us our sins and to cleanse us from all unrighteousness.

## 7. Forgive others

**1 Peter 2:21** For you have been called for this purpose, since Christ also suffered for you, leaving you an example for you to follow in His steps,

<sup>22</sup> who committed no sin, nor was any deceit found in His mouth;

<sup>23</sup> and while being reviled, He did not revile in return; while suffering, He uttered no threats, but kept entrusting *Himself* to Him who judges righteously;

<sup>24</sup> and He Himself bore our sins in His body on the cross...

**Colossians 3:12** And so, as those who have been chosen of God, holy and beloved, put on a heart of compassion, kindness, humility, gentleness and patience;

<sup>13</sup> bearing with one another, and forgiving each other, whoever has a complaint against anyone; just as the Lord forgave you, so also should you.

## 8. Apologize to others if possible

**Romans 12:18** If possible, so far as it depends on you, be at peace with all men.

<sup>19</sup> Never take your own revenge, beloved, but leave room for the wrath of *God*, for it is written, "Vengeance is Mine, I will repay," says the Lord.

<sup>20</sup> "But if your enemy is hungry, feed him, and if he is thirsty, give him a drink; for in so doing you will heap burning coals upon his head."

<sup>21</sup> Do not be overcome by evil, but overcome evil with good.

## 9. Make restitution if possible

**Luke 19:5** And when Jesus came to the place, He looked up and said to him, "Zaccheus, hurry and come down, for today I must stay at your house."

<sup>6</sup> And he hurried and came down, and received Him gladly.

<sup>7</sup> And when they saw it, they all *began* to grumble, saying, "He has gone to be the guest of a man who is a sinner."

<sup>8</sup> And Zaccheus stopped and said to the Lord, "Behold, Lord, half of my possessions I will give to the poor, and if I have defrauded anyone of anything, I will give back four times as much."

<sup>9</sup> And Jesus said to him, "Today salvation has come to this house, because he, too, is a son of Abraham."

<sup>10</sup> "For the Son of Man has come to seek and to save that which was lost."

## 10. Reconcile with others if possible

**Matthew 5:23** "If therefore you are presenting your offering at the altar, and there remember that your brother has something against you,

<sup>24</sup> leave your offering there before the altar, and go your way; first be reconciled to your brother, and then come and present your offering

## 11. Help others

**2 Corinthians 1:3** Blessed *be* the God and Father of our Lord Jesus Christ, the Father of mercies and God of all comfort;

<sup>4</sup> who comforts us in all our affliction so that we may be able to comfort those who are in any affliction with the comfort with which we ourselves are comforted by God.

<sup>5</sup> For just as the sufferings of Christ are ours in abundance, so also our comfort is abundant through Christ.

## 12. Trust God's promise of peace

**Romans 5:1** Therefore having been justified by faith, we have peace with God through our Lord Jesus Christ,

<sup>2</sup> through whom also we have obtained our introduction by faith into this grace in which we stand; and we exult in hope of the glory of God.

**Romans 5:8** But God demonstrates His own love toward us, in that while we were yet sinners, Christ died for us.

<sup>9</sup> Much more then, having now been justified by His blood, we shall be saved from the wrath *of God* through Him.

<sup>10</sup> For if while we were enemies, we were reconciled to God through the death of His Son, much more, having been reconciled, we shall be saved by His life.

**1 Peter 2:24** He Himself bore our sins in His body on the cross,

**1 Corinthians 15:3** For I delivered to you as of first importance what I also received, that Christ died for our sins according to the Scriptures,

**2 Corinthians 5:21** He (God) made Him (Jesus) who knew no sin *to be* sin on our behalf, that we might become the righteousness of God in Him.

**Hebrews 10:16** "This is the covenant that I will make with them after those days, says the Lord: I will put My laws upon their heart, And upon their mind I will write them," *He then says,*

<sup>17</sup> "And their sins and their lawless deeds I will remember no more."

All Scripture is from the NASV