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# BACK *TO THE* FUTURE



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MESSAGE NOTES & SMALL GROUP  
DISCUSSION/PERSONAL GUIDES

WEEK OF  
JUNE 21, 2020



## **“The Bigger Pandemic” (Part 2)**

[Tom Lundeen, Senior Pastor]

### **MESSAGE NOTES**

God never wastes anything, and He has not \_\_\_\_\_ for us to go on this difficult and challenging journey so that the end result will be that we just go back to what we were, or just \_\_\_\_\_ a *new normal*.

He wants to take us to an extraordinary life that we could only begin to \_\_\_\_\_ by having walked through these painful circumstances and hard times.

...2nd huge pandemic that is sweeping across the nation = \_\_\_\_\_

### **1. \_\_\_\_\_ Has Powerful Effects Emotionally, Spiritually, and Physically (note Ephesians 4:25-26)**

Anger isn't always \_\_\_\_\_ (note Ephesians 4:26a).

God gets angry (about \_\_\_\_\_ times the Old Testament says God gets angry).

The New Testament tells us that \_\_\_\_\_ got angry (note Mark 3:5).

We experience anger when we feel \_\_\_\_\_, unappreciated, and when trust is violated.

### **2. What Makes Us Angry?**

- A. \_\_\_\_\_ (note Romans 12:21) - over a long period of time, \_\_\_\_\_ produce fear, and fear produces anger.
- B. \_\_\_\_\_
- C. \_\_\_\_\_ - if we feel unfairly treated or used by others, frustration soon \_\_\_\_\_ into anger.
- D. \_\_\_\_\_ - \_\_\_\_\_ or perceived. The real problem is that everyone wants others to get *justice* (negative sense); but we always want \_\_\_\_\_/free pass for ourselves (*our cause*).

### 3. \_\_\_\_\_ **Anger God's Way (note Proverbs 29:11)**

- A. Recognizing anger's \_\_\_\_\_ (note Proverbs 29:22; 14:17a; 11:29).
- B. \_\_\_\_\_ (note James 1:19-20) - *The quickest way to cut your own throat is with your own \_\_\_\_\_ tongue.* (Warren)
- C. It's all how you \_\_\_\_\_ (note Ephesians 4:29; Proverbs 13:10a).
- D. Trust Jesus' \_\_\_\_\_ (note Romans 15:5) - Jesus will deal with the \_\_\_\_\_ causes of our anger if we will let Him. Whatever is on the \_\_\_\_\_ of us will come out (note Matthew 15:11). What's inside us is what we \_\_\_\_\_ and consume the most.

*Instead of back to the future:*

- So often our struggle with anger is that we \_\_\_\_\_ other people to meet the needs in our life...that only God can meet.
- No person, \_\_\_\_\_ party, job, material possession can meet all our needs.
- Only Jesus can do that.

*Tell someone about the next step you took today in your spiritual journey!*

*Let us know, too, and fill out the digital connect card.*



# DISCUSSION GUIDE

**Icebreaker:** You have your own talk show; who do you invite as your first guest?

1. Have you experienced God's "extraordinary life" after having walked through painful circumstances and hard times? How did walking through those times impact how you experienced the "extraordinary"?
2. Pastor Tom explained that there is a second huge pandemic sweeping across the nation = anger. How has this pandemic affected you emotionally and spiritually?
3. How can we talk together about emotionally charged issues without making them political and polarized?
4. Pastor Tom listed four things that make us angry. Which of these do you see most often in your own life?
5. Read and respond to [Romans 12:21](#).
6. Read the "trust Jesus' power" section of your notes. What do you view and consume the most right now? How is it coming out in your life?
7. How do you need to adjust what you view and consume today?

## PERSONAL GUIDE

DAY 1: [Hebrews 9](#)

DAY 2: [Hebrews 10](#)

DAY 3: [Hebrews 11](#)

DAY 4: [Hebrews 12](#)

DAY 5: [Hebrews 13](#)





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He wants to take us to an extraordinary life that we could only begin to experience by having walked through these painful circumstances and hard times.

...2nd huge pandemic that is sweeping across the nation = Anger

### **1. Anger Has Powerful Effects Emotionally, Spiritually, and Physically (note Ephesians 4:25-26)**

Anger isn't always sinful (note Ephesians 4:26a).

God gets angry (about 375 times the Old Testament says God gets angry).

The New Testament tells us that Jesus got angry (note Mark 3:5).

We experience anger when we feel rejected, unappreciated, and when trust is violated.

### **2. What Makes Us Angry?**

- A. Fear (note Romans 12:21) - over a long period of time, worries produce fear, and fear produces anger.
- B. Hurts
- C. Frustration—if we feel unfairly treated or used by others, frustration soon morphs into anger.
- D. Injustice—real or perceived. The real problem is that everyone wants others to get justice (negative sense); but we always want mercy/free pass for ourselves (*our cause*).

### 3. Navigating Anger God's Way (note Proverbs 29:11)

- A. Recognizing anger's price tag (note Proverbs 29:22; 14:17a; 11:29).
- B. Pause (note James 1:19-20) - *The quickest way to cut your own throat is with your own sharp tongue.* (Warren)
- C. It's all how you say it (note Ephesians 4:29; Proverbs 13:10a).
- D. Trust Jesus' power (note Romans 15:5) - Jesus will deal with the root causes of our anger if we will let Him. Whatever is on the inside of us will come out (note Matthew 15:11). What's inside us is what we view and consume the most.

*Instead of back to the future:*

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