

Come On and Get Happy!

Mark 11:15-17; Various Scriptures

Mark 11:15-17 NKJV

- ¹⁵ So they came to Jerusalem. Then Jesus went into the temple and began to drive out those who bought and sold in the temple, and overturned the tables of the money changers and the seats of those who sold doves.
- ¹⁶ And He would not allow anyone to carry wares through the temple. ¹⁷ Then He taught, saying to them, “Is it not written, ‘*My house shall be called a house of prayer for all nations*’? But you have made it a ‘*den of thieves*.’”

I. The Mastery of Anger

- Paul wrote in Ephesians 4:26 (NKJV), “*Be angry, and do not sin.*”
- Jesus said in Matthew 5:22 (NKJV), “*Whoever is angry with his brother without a cause shall be in danger of the judgment.*”
- Note the phrase “without a cause.”

The Temple scene has two messages for us:

- Anger is love's clearest voice when the cause is righteous.
- The second message of this scene in the Temple is that anger is not a sinful emotion.

Two Kinds of Anger

- Uncontrolled Anger
- Misdirected Anger

When is it wrong to be angry?

- When we are angry without cause.
- Proverbs 15:18(NKJV) says, “*A wrathful man stirs up strife.*”

How do we control our anger?

- 1. Let the Holy Spirit control you.
- Galatians 5:22-23 (NKJV), *“But the fruit of the Spirit is love, joy, peace, longsuffering, kindness, goodness, faithfulness, ²³ gentleness, self-control. Against such there is no law.”*

Ways to control your anger.

- 2. Learn to overlook a transgression.
- Proverbs 19:11 (NKJV) says, *“The discretion of a man makes him slow to anger, and his glory is to overlook a transgression.”*
- Proverbs 16:32 (NKJV) says, *“He who is slow to anger is better than the mighty, and he who rules his spirit than he who takes a city.”*

Ways to control your anger.

- 3. Don't become friends with angry people.
- Proverbs 22:24-25 (NKJV) says, *“Make no friendship with an angry man, and with a furious man do not go, ²⁵ lest you learn his ways and set a snare for your soul.”*

Ways to control your anger.

- 4. Learn to laugh.
- Nehemiah 8:10 (NKJV) says, “...*the joy of the LORD is your strength.*”

II. The Mastery of Depression

- 5 Major causes of depression:

Extreme disappointment

Lack of self-esteem

Unfair comparisons

Unrealistic goal-setting

A chemical imbalance

Four Steps to Defeating Depression

- 1. Attack your problem with the power of the gospel.
- Romans 8:37 (NKJV) says, “*Yet in all these things we are more than conquerors through Him who loved us.*”

Steps in defeating depression.

- 2. Spend time each day mediating upon God's Word.
- David wrote in Psalm 1:2 (NKJV), *“But his delight is in the law of the LORD, and in His law he meditates day and night.”*

Steps in defeating depression.

- 3. Get rid of grudges daily.
- The Bible says in Ephesians 4:26 (NKJV),
“Be angry, and do not sin”: do not let the sun go down on your wrath...”

Steps in defeating depression.

- 4. Decide to be enthusiastic.
- Psalm 118:24 (NKJV) says, *“This is the day the LORD has made; we will rejoice and be glad in it.”*

Invitation