

REDLINED • Week 2: Anger

Daily Briefing • Day 1 of 5 • What Your Anger Will Cost You

WEEKLY MEMORY VERSE

Know this, my beloved brothers: let every person be quick to hear, slow to speak, slow to anger; ²⁰for the anger of man does not produce the righteousness of God.

James 1:19–20

Sunday we traced anger back to its source, the unmet desires that harden into demands. Today we start somewhere else. Before we talk about where your anger comes from or what to do with it, we need to look at what it has already cost you, because most people never connect the damage in their life to the temper that caused it. You can watch or listen to the sermon at 1mso.church or on the One Missoula app.

OPENING PRAYER

Father God, help me to see the cost of my anger. Let the weight of the damage drive me to confront this in myself with the focus and fervor it deserves. I pray for Your help with conviction and counsel and power. God, develop in me Your patience and Your love. In Jesus' name I pray. Amen.

TODAY'S TEACHING

Some anger shows its consequences the same day. One sentence, said at full volume, in front of the wrong person, and something breaks that a decade of apologies will not put back together. You knew it was over before you finished the sentence. Once the statement was out, you could not get the words back.

Other anger costs you slowly, and you never see it happening. Your spouse stops bringing things up, because bringing things up costs too much. Your teenager starts answering in one word. Your best employee quietly grows distant, never says a word about why, and then on an ordinary Tuesday hands you a two-week notice and takes a job that pays less. Nobody tells you it was your temper. They go quiet, and then they go.

Anger always costs you something. The only question is whether the cost is revealed in the next ten seconds or over the next ten years.

The Bible tells the story of a man whose anger cost him the one thing he had spent his entire life walking toward. Moses was the man God used to rescue Israel out of slavery in Egypt, and then to lead a nation of former slaves through the desert for forty years toward the land God had promised them. He had endured forty years of grumbling and forty years of being blamed for the food, the water, the heat, and the delay. He was almost to the finish line when the people ran out of water again, and again they turned on him. In response, God told him exactly what to do: take his staff, gather the people, and *speak* to the rock, and the water would come out of it. Years earlier, in a moment that looked almost identical, God had told him to *strike* a rock, and it worked. This time the instruction was different. Moses walked out in front of the crowd, fed up, and in his anger called them rebels before *striking* the rock twice.

Water came out anyway. God took care of the people. But then God turned to Moses. *"Because you did not believe in me, to uphold me as holy in the eyes of the people of Israel, therefore you shall not bring this assembly into the land that I have given them"* (Numbers 20:12). He did not lose the Promised Land somewhere in the middle of the wilderness with decades left to make it right. He lost it within sight of the finish line, and he never got it back. Centuries later the Bible looks back at that day and names exactly what went wrong: *"They angered him at the waters of Meribah, and it went ill with Moses on their account, for they made his spirit bitter, and he spoke rashly with his lips"* (Psalm 106:32–33). He was provoked. His grievance was real. And his mouth got in the way of his obedience.

Before you decide that is harsh, notice two things. First, this is not a question about whether Moses belonged to God. More than a thousand years later Moses shows up on a mountain standing next to Jesus. This is about an earthly consequence that never got reversed. Moses asked God to change His mind, and God told him to stop bringing it up (Deuteronomy 3:26). Second, how justified Moses felt had nothing to do with what his anger cost him. He was the most provoked man in that camp, and being right about the provocation did not reduce the consequence.

So here is the uncomfortable question for today. What has your anger already cost you? The question is not what it could cost someday in theory, but what is already gone. Some of you can name the exact sentence and the exact afternoon. Others cannot point to a single moment at all, only to a relationship that

is colder than it was five years ago, with no good explanation for why. That second group is in the more dangerous position, because you cannot repent of a cause you will not name.

READ & MEDITATE

Numbers 20:7–12

and the LORD spoke to Moses, saying, ⁸“Take the staff, and assemble the congregation, you and Aaron your brother, and tell the rock before their eyes to yield its water. So you shall bring water out of the rock for them and give drink to the congregation and their cattle.” ⁹And Moses took the staff from before the LORD, as he commanded him. ¹⁰Then Moses and Aaron gathered the assembly together before the rock, and he said to them, “Hear now, you rebels: shall we bring water for you out of this rock?” ¹¹And Moses lifted up his hand and struck the rock with his staff twice, and water came out abundantly, and the congregation drank, and their livestock. ¹²And the LORD said to Moses and Aaron, “Because you did not believe in me, to uphold me as holy in the eyes of the people of Israel, therefore you shall not bring this assembly into the land that I have given them.”

Psalms 106:32–33

They angered him at the waters of Meribah, and it went ill with Moses on their account, ³³for they made his spirit bitter, and he spoke rashly with his lips.

Read Numbers 20:7–12 slowly and watch the gap between what God said and what Moses did. God said speak to the rock. Moses hit it. Notice also that the water came out anyway, which means God provided for the people even while Moses was sinning. God’s provision was not a verdict that Moses had handled it correctly. Then read Psalm 106:32–33 and notice where the psalm locates the failure. It does not locate it in his feelings; it locates it in his lips.

REFLECT

Reminder: honest introspection and Scripture-informed self-assessment are far more beneficial than self-delusion and wishful thinking.

Moses had the most legitimate grievance in the camp, and he had endured forty years of complaints aimed squarely at him.

Where do you have a genuinely legitimate grievance right now? Write down what the other person or group actually did wrong.

Now write down how being right about it has changed the way you speak to them.

Moses lost the one thing he had spent his life walking toward, and he lost it in a single afternoon. Some damage becomes apparent in seconds and some stays hidden for years, but it always costs you something.

What has your anger already cost you in one specific relationship? Name the person.

What has it cost the people who see you at close range, at home and at work and in your Life Group?

God's stated reason was not that Moses lost his temper. It was that Moses, the prophet who spoke for God to an entire nation, failed to uphold Him as holy in front of the people.

Why would misrepresenting His character in front of a crowd be the part God names, rather than the temper itself?

The psalm does not say Moses thought rashly. It says he spoke rashly. Anger usually comes out of your mouth.

Fill in the blank from Psalm 106:33:

for they made his spirit bitter, and he _____ with his lips. (Psalm 106:33)

**These fill-in-the-blank questions use the ESV text. Your Bible may use different words for the same idea.*

What is the sentence you say when you are angry that you would be embarrassed to see written down? Write it down anyway.

Moses asked God to reverse the consequence. God told him to stop asking. Some consequences are permanent, and that is the best argument there is for dealing with this now instead of later.

On a scale of one to ten, how seriously are you currently treating your anger as a problem to be fixed rather than a personality trait to be managed? Write the number, then write what a person who scored three points higher would do differently this week. Do some honest introspective self-assessment before moving on.

PRAYER

Write your prayer or pray out loud. Ask God to show you the cost you have not counted yet, and talk to Him like He is listening and wants to hear from you.

MEMORY VERSE

Write or recite James 1:19–20 from memory: