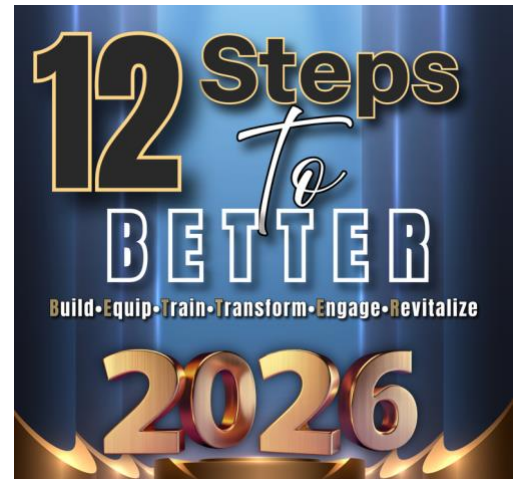


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2026 Is The Year Of B.E.T.T.E.R:

**(BUILDING RELATIONSHIPS, EQUIPPING, TRAINING, TRANSFORMATION,
ENGAGE EVANGELISM, REVITALIZE)**



**“STEP 5: SHARE MY STORY
“CRASH COURSES ON CRASHING OUT”**

Wednesday in the Word

May 20, 2026

Introduction

Matthew 26:50–52 (AMP)

⁵⁰Jesus said to him, Friend, for what are you here? Then they came up and laid hands on Jesus and arrested Him. ⁵¹And behold, one of those who were with Jesus reached out his hand and drew his sword and, striking the body servant of the high priest, cut off his ear. ⁵²Then Jesus said to him, Put your sword back into its place, for all who draw the sword will die by the sword. [Gen. 9:6.]

CAUSES OF CRASH OUTS

As we move into May, we share our story. Our story this month is describes how we crash out. “Crash Outs” are a sudden loss of self-control or impulsive, destructive outbursts. According to the National Institute of Health, 7.3 percent (11.5– 16 million Americans) experience “intermittent explosive disorder” in their lifetimes. This disorder is marked by episodes of unwarranted anger.

Anger is a God-given, powerful emotion (see Ephesians 4:26) with intensity that ranges from being frustrated to severe fury. It can last from a few seconds to a lifetime. Anger itself is not a sin. What we do in our anger determines whether we sin. Let’s examine our story by exploring anger and how we can manage it so that we can be better.

By some definitions, “crash out/crashing out” is when you allow yourself to completely lose control of your emotions.

According to an Urban Dictionary entry from 2019, to “crash out” means “to go insane and/or do something stupid.”

(Old school) Dictionary meaning: **to go to sleep** b. to spend the night (in a place) “we crashed out at a friend's place” 2. to pass out 3. Informal, to be eliminated from a competition.

Causes of Anger:

External Causes - Anger can be a response to the harm someone has inflicted (a physical attack, insult, abandonment) or to a circumstance where there is no person at fault (100-degree days, physical illness, highway traffic).

Internal Causes Anger is sometimes caused exclusively by an individual’s misperceptions of reality or destructive thinking about normal life issues (“I should not have to pay taxes!”). Also memories of traumatic past events can be an internal impetus of anger, as can biologically rooted causes from medication, caffeine, or other stimulants; and health issues, such as diabetes or dialysis treatments.

- **Righteous Anger:** Jesus cleansing the temple (John 2:13-17) was motivated by zeal for God’s house and justice, not personal offense.
- **Sinful (responses) Anger:** Cain’s anger at Abel led to murder, rooted in jealousy and pride, not in defense of God’s standards (Genesis 4).

Levels of Anger:

- **Irritation** — a feeling of discomfort
- **Indignation** — a feeling that something must be answered; something wrong must be corrected
- **Wrath** — a strong desire for revenge
- **Fury** — the partial loss of emotional control
- **Rage** — a loss of control involving aggression or an act of violence
- **Hostility** — a persistent form of anger; enmity toward others that becomes rooted in one's personality, which affects one's entire outlook on the world and life

Biblical Examples of “Crash Outs”

1. Moses Striking the Rock (Numbers 20:1-12)

A. Cause of Anger: Accumulated frustration, anger, and exhaustion

- ◆ Moses, after years of leading a rebellious and complaining people, loses his temper and strikes the rock twice instead of speaking to it as God commanded.

2. Peter's Denial of Jesus, Cuts of Servant's Ear (Luke 22:54-62, John 18:10)

A. Cause of Anger: Fear, pressure, and confusion

- ◆ Peter angrily cut off the servant's ear during Jesus' arrest. Under intense pressure and fear for his own safety, Peter denies knowing Jesus three times. His impulsive reaction is a classic “crash out” moment, followed by deep remorse.

3. Jonah's Anger at God's Mercy (Jonah 4)

A. Cause of Anger: Disappointment and unmet expectations

- ◆ Jonah becomes furious when God spares Nineveh after its repentance. His anger leads him to sulk and wish for death - a dramatic, emotional crash out.

4. Jesus Cleansing the Temple (John 2:13-17; Mark 11:15-17)

A. Cause of Anger: Righteous indignation at injustice and desecration

- ◆ Jesus overturns the tables of the money changers in the temple, expressing zeal rather than uncontrolled rage. His response is measured and purposeful, aimed at restoring justice and reverence.

5. David's Anger at Injustice (2 Samuel 12)

A. Cause of Anger: Moral outrage

