



*HOW TO*  
*KEEP YOUR*  
*COOL*

S E R M O N   G U I D E

# No Limits with Pastor Delman

## How To Keep Your Cool

*Exodus 2:11-20*

# INTRODUCTION

## NOTES

One of the often-overlooked problems within American society is the problem of anger. Whether it's road rage, domestic violence, angry TV commentators, or even angry politicians, we are in a society that is drowning in anger. Thankfully, Scripture has a lot to say about how to handle our anger. Psalm 37:8 says to not give into anger because it only leads to trouble. James 1:19-20 says to be slow to anger because anger does not produce the righteousness that God desires. And then of course, there's the story of Moses. And if anyone needed to learn how to control his anger and keep his cool, it was him. We can learn from Moses in Exodus 2 that anger can ruin our lives if we're not careful. Out of anger, we can say and do things that we'll regret. So in order to not make that mistake, here are three steps you can take to make sure your anger doesn't get the best of you.

## KEY POINTS

## 1. Determine What's Triggering Your Anger

I can only imagine what life must have been like for Moses growing up living in the house of the man, Pharaoh, who is oppressing your people. I imagine he heard many horror stories of how the Hebrews were mistreated by his adopted grandfather, and therefore developed a hatred for the Egyptians. I also suspect that he had emotional scars from being separated from his biological parents. When we combine all of this context together, we can assume that Moses' circumstances produced a great deal of anger and resentment within his heart.

When he witnessed this mistreatment, he just snapped. He killed that man not only because he was impacted by the injustice the Egyptian was committing, but also because it triggered something that was deeply painful in his past. Maybe you've experienced something similar. You've allowed your emotions to get so high that it's caused you to kill; perhaps not kill someone literally, but it's caused you to assassinate someone's character, to kill someone's spirit, to murder someone's will. Furthermore, this unleashed anger has little to do with the issue in front of you, but more so to do with something that has happened in your past.

## 2. Discover That Anger Is Never The Solution To Your Problems

The anger Moses had acted on ended up hurting himself more than it hurt anyone else, and the same can be true for us when we act on our own anger. It's like holding a hot comb with the intent of throwing it at another person. In the end, you're the one who is going to get burned.

In this case, the best thing you can do is to let it go. This is what Moses did when he fled to Midian. He didn't try to go up against Pharaoh. He didn't stay put in a negative, harmful atmosphere. Instead, he went to sit by a well. I love this picture because a well is a source of water, a place to find refreshment and replenishment. It was there that he rested, and he set an example for us of what we should do when we're stuck in a place of anger.

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3. Realize You Can Break The Cycle Of Your Anger

After he had arrived at the well in Midian, Moses was confronted with another situation that could have gone horribly wrong, given his past history of reacting out of anger. Seven Midianite daughters were being mistreated by some shepherds, and even though Moses is outraged by what he’s seeing, he transforms his anger into something positive.

He stood up for those women at a time when they were being overpowered by those men. This time, instead of attacking someone, he defended someone. He realized that he didn’t have to attack those who were strong in order to defend those who were right. After having a long history of struggling with anger, Moses breaks that cycle of anger in his life. And in doing so, he shows us that we are not perpetually doomed to repeat the behavior patterns we’ve learned over the years, but we, too, can break the cycle of anger in our own lives.

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**QUESTIONS TO CONSIDER**

1. What is triggering your anger? What hurts and pain points from your past are still having an effect on how you treat people today?
2. Where do you go when you need to be refreshed and replenished? Do you go to your Heavenly Father, or do you go to some other person or thing instead?
3. What is one way you can turn the anger you have into something positive?

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