

Connect Lesson March 21-20, 2022

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“The Cost of Going Off”

Message Recap

I.

Anger. This is a topic not discussed much in the church but an emotion that every person deals with. How we deal with anger will oftentimes determine the course of our life. Every person has three choices when it comes to anger: 1) We can erupt like a volcano and yell, scream, storm off, etc. 2) We can stuff our emotions down and act like nothing wrong, all the while becoming bitter and jaded, or 3) We can put anger in its proper place and allow the Holy Spirit to help us deal with it in the right way. Anger is like a toddler riding in a car. The toddler definitely shouldn't be driving (eruptors), nor should the toddler be locked in the trunk (stuffers), but the toddler should be securely strapped into their car seat, observed closely in their proper place.

II.

Anger is not a primary emotion, it is secondary. This means that anger is most often triggered by other, deeper emotions. Anger is a terrible dictator but an incredible indicator. It is an indicator that something we love has been challenged or threatened. Those underlying emotions are the ones we must address in order to move past anger issues. In 2 Kings 5, Namaan had to learn how to deal with his anger. After his servant girl recommended he go see Elisha to be healed, Namaan received instructions from Elisha's servant to dip in the Jordan river 7 times in order to be healed. But Namaan became angry and stormed off. His status as a great leader had been challenged and he most likely felt slighted by Elisha refusing to speak with him face to face and the simplicity and humble nature of bathing in the Jordan. Eventually, Namaan listened to those around him and ended up obeying Elisha's command and becoming clean from leprosy.

III.

Three lessons that we can learn through Namaan's situation:

1. Status Doesn't Stop Suffering
 - a. No matter our position in our job, family, or in society, we all suffer from the plight of sin. Like Namaan's leprosy, we all have "spots". Jesus is the only one who can heal the suffering and make us clean.
2. Servants Always Start Miracles
 - a. The servant girl, recently captured by Namaan through a military victory, is the same one who sent him to Elisha to be set free from his suffering. If we want to see miracles, we have to serve no matter where we are.
3. Simple Obedience is Strength
 - a. Namaan was offended by the simplicity of Elisha's instructions, wanting a grand display instead of a humble bath. When we obey God, even in the small and humble things, He will show up in a big way.

Read and Discuss

Read Ephesians 4:26

1. Embrace the emotion of anger without letting it control us and cause us to sin?
2. What is anger's "proper place"?

Read 2 Kings 5:5-14

1. How are you serving those around and pointing them towards healing?
2. Are you an eruptor or a stuffer by nature? How has God helped you overcome these tendencies?
3. Are there areas in your life where you have spots that need to be addressed?
4. What status do you treasure that may make it difficult to receive healing?

Scripture Reading

2 Kings 5:5-14

5 The king of Aram had great admiration for Naaman, the commander of his army, because through him the Lord had given Aram great victories. But though Naaman was a mighty warrior, he suffered from leprosy.^[a]

2 At this time Aramean raiders had invaded the land of Israel, and among their captives was a young girl who had been given to Naaman's wife as a maid. **3** One day the girl said to her mistress, "I wish my master would go to see the prophet in Samaria. He would heal him of his leprosy."

4 So Naaman told the king what the young girl from Israel had said. **5** "Go and visit the prophet," the king of Aram told him. "I will send a letter of introduction for you to take to the king of Israel." So Naaman started out, carrying as gifts 750 pounds of silver, 150 pounds of gold,^[b] and ten sets of clothing. **6** The letter to the king of Israel said: "With this letter I present my servant Naaman. I want you to heal him of his leprosy."

7 When the king of Israel read the letter, he tore his clothes in dismay and said, "Am I God, that I can give life and take it away? Why is this man asking me to heal someone with leprosy? I can see that he's just trying to pick a fight with me."

8 But when Elisha, the man of God, heard that the king of Israel had torn his clothes in dismay, he sent this message to him: "Why are you so upset? Send Naaman to me, and he will learn that there is a true prophet here in Israel."

9 So Naaman went with his horses and chariots and waited at the door of Elisha's house. **10** But Elisha sent a messenger out to him with this message: "Go and wash yourself seven times in the Jordan River. Then your skin will be restored, and you will be healed of your leprosy."

11 But Naaman became angry and stalked away. "I thought he would certainly come out to meet me!" he said. "I expected him to wave his hand over the leprosy and call on the name of the Lord his God and heal me! **12** Aren't the rivers of Damascus, the Abana and the Pharpar, better than any of the rivers of Israel? Why shouldn't I wash in them and be healed?" So Naaman turned and went away in a rage.

13 But his officers tried to reason with him and said, "Sir,^[c] if the prophet had told you to do something very difficult, wouldn't you have done it? So you should certainly obey him when he says simply, 'Go and wash and be cured!'" **14** So Naaman went down to the Jordan River and dipped himself seven times, as the man of God had instructed him. And his skin became as healthy as the skin of a young child, and he was healed!

Ephesians 4:26

Be angry and do not sin; do not let the sun go down on your anger,