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# *Mike the Headless Chicken*

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Seventh-day  
Adventist<sup>®</sup> Church

PENNSYLVANIA CONFERENCE

*Faith*  
in **Action**



# *Faith* in **Action**

*A Faith for Family Evangelism Initiative*  
*Learn more at [paconference.org/faithinaction](https://paconference.org/faithinaction)*

**For Sabbath, March 20, 2021,  
Send those on your list a 'save the  
date' invitation to your upcoming  
evangelistic meetings.**



VBS

Join us this Summer

# BIBLE STUDY INTEREST CARDS

Our Gift to you:

**FREE** Bible Study Guides

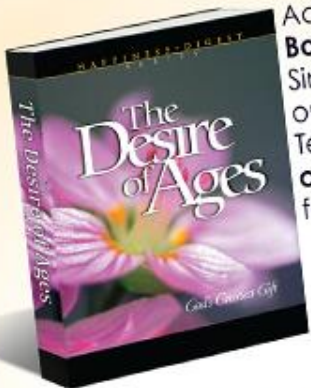
Have you ever wanted to understand the Bible for yourself? Really understand it? There **are** answers, and you **can** understand the Bible.



A Gift For You!



You might just want to look inside.



Act now and receive a **Special Bonus Book: "The Desire of Ages"** Single volume commentary on the Gospels—The New Testament will **come alive** for you!



Special Gift

JUST FOR YOU...



Don't wait! Don't miss this wonderful opportunity!

# Learn How to Share Your Faith



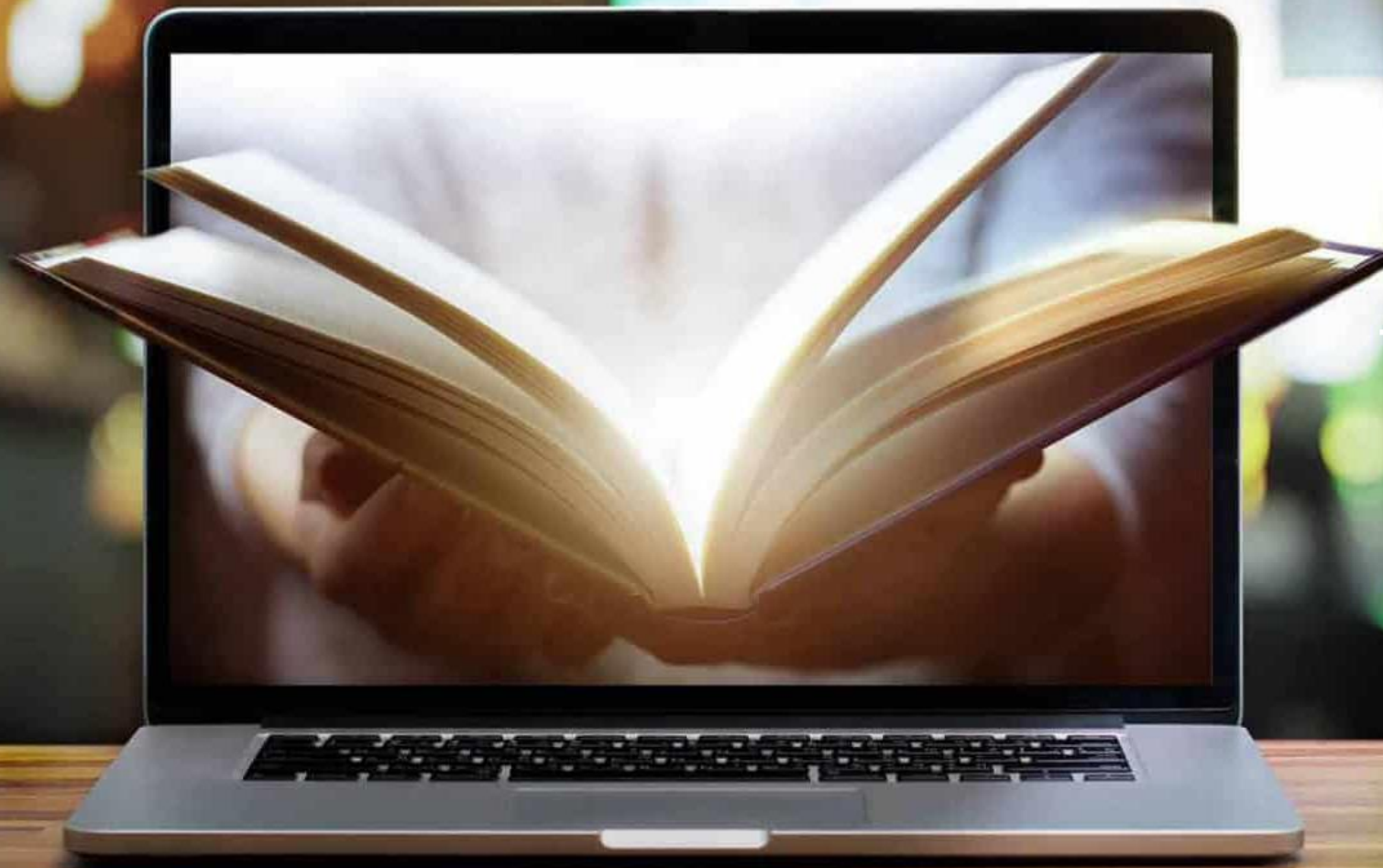
A close-up photograph of a person's hands clasped in prayer, resting on their chest. The person is wearing a dark grey, textured sweater. The background is dark and out of focus. The lighting is soft, highlighting the texture of the sweater and the skin of the hands.

**Pray for my five**

# Online Prayer Meeting

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**Tuesdays  
at 7PM**





# Call in Prayer Meeting

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1 (646) 558 - 8656

Meeting ID: **241 640 7841** and then press #

Participant ID : press #

Passcode: **346013** and then press #

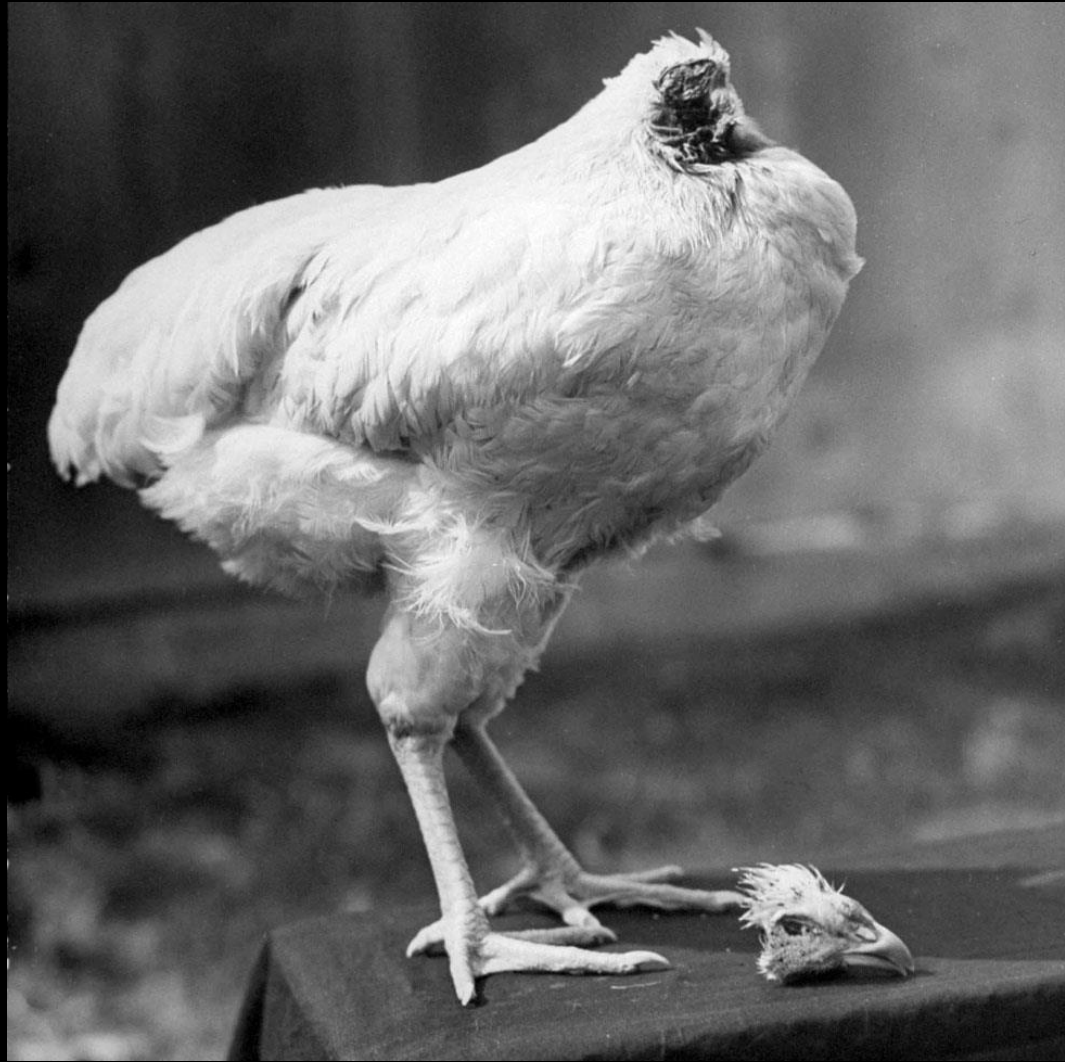


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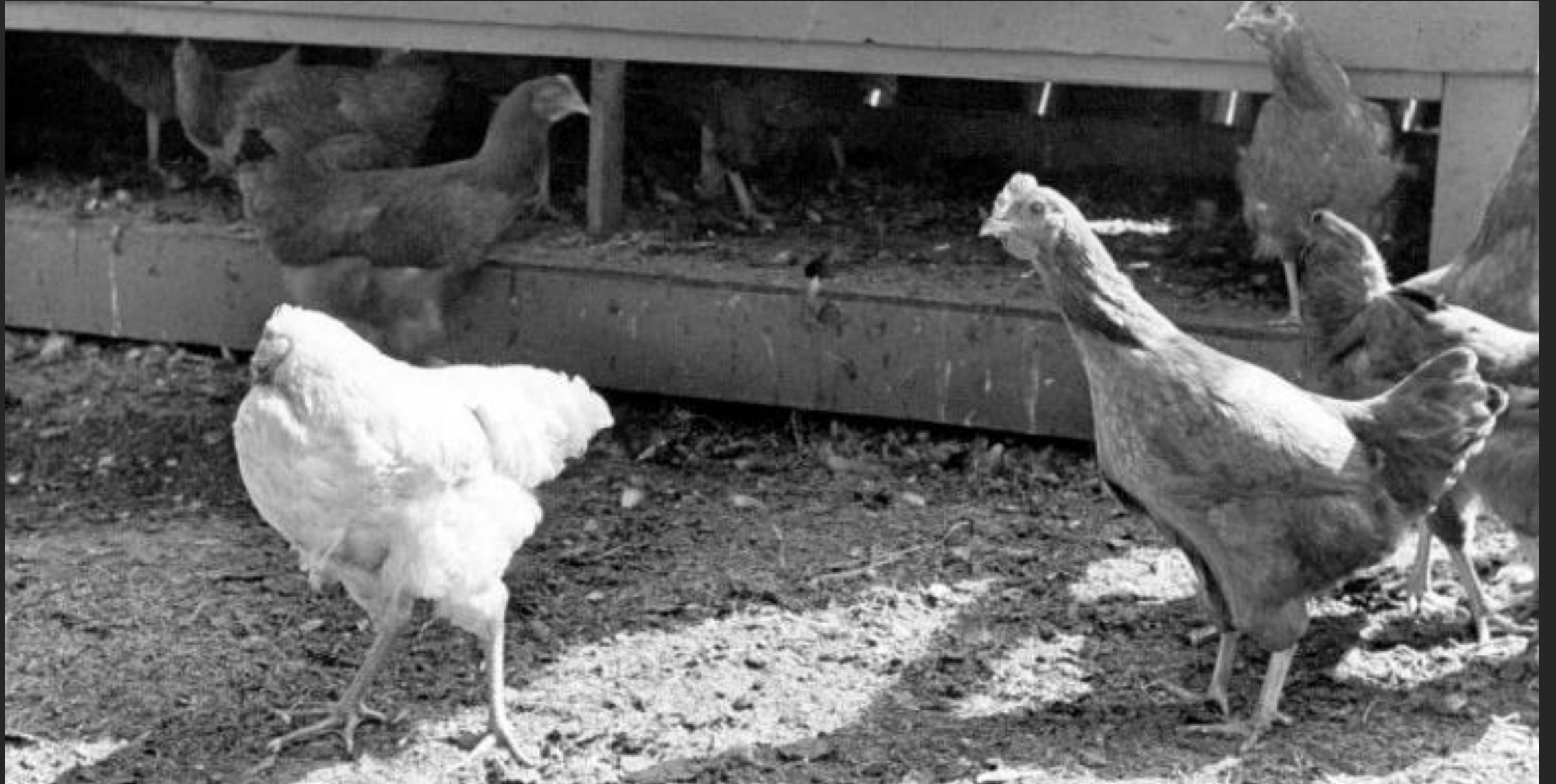
# *Mike the Headless Chicken*

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## Galatians 6:9

And let us not grow weary while doing good, for in due season we shall reap if we do not lose heart.



# One Step at a Time

DEALING WITH ANGER  
BITTERNESS AND  
RESENTMENT

Emotions  
can eat you  
up and  
make you  
feel alone

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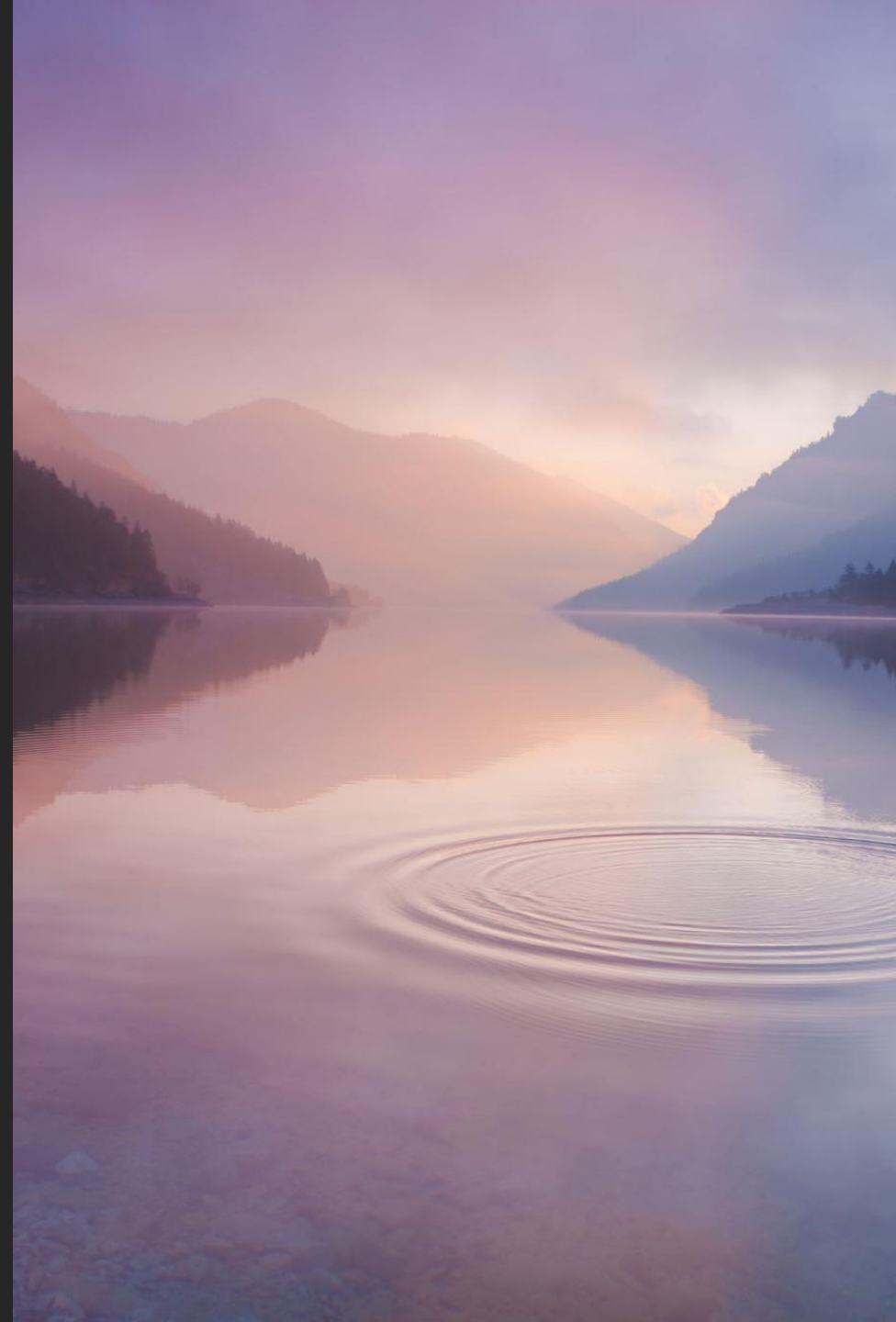
A misty mountain landscape with a black text box. The background shows a range of mountains under a soft, hazy sky. A large, dark mountain peak is on the left, with smaller peaks and ridges extending to the right. The atmosphere is misty, with the mountains in the distance appearing lighter and less distinct. A solid black rectangular box is positioned in the lower-left to center area of the image, containing white text.


Does God know how I feel?

# Hebrews 4:13

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And there is no creature hidden from His sight, but all things *are* naked and open to the eyes of Him to whom we *must give* account.





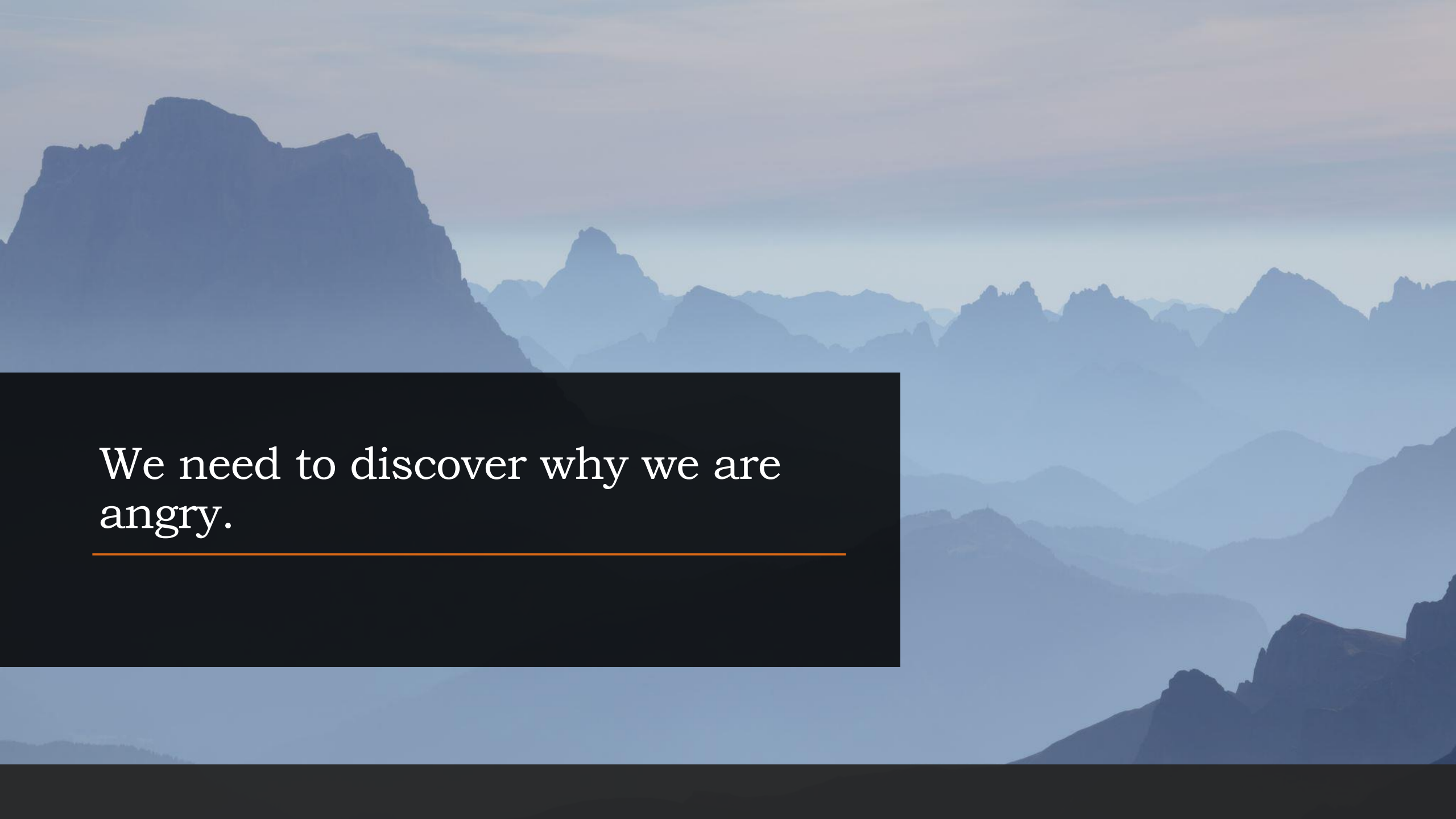
What advice does the Bible  
give on anger?

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# Ephesians 4:26

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“Be angry, and do not sin”: do not let the sun go down on your wrath,



We need to discover why we are  
angry.

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# Genesis 4:6

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So the LORD said to Cain, “Why are you angry?  
And why has your countenance fallen?”



What if I lose control?

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# Ecclesiastes 7:9

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DO NOT HASTEN IN YOUR SPIRIT TO BE  
ANGRY, FOR ANGER RESTS IN THE BOSOM OF  
FOOLS.

# Proverbs 14:29

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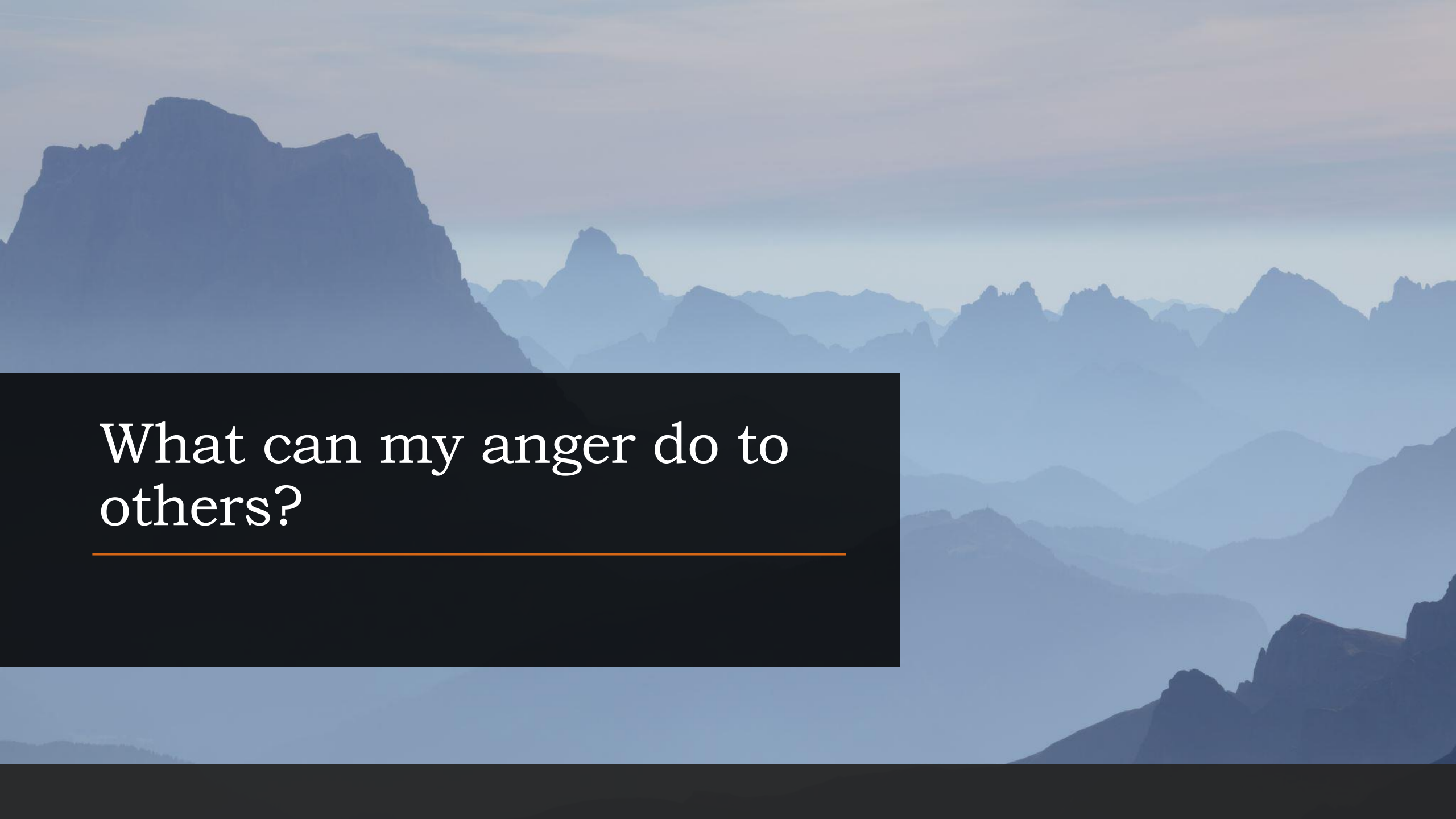
*He who is slow to wrath has great understanding, but he who is impulsive exalts folly.*



## Proverbs 16:32

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*He who is slow to  
anger is better than the  
mighty,  
And he who rules his spirit  
than he who takes a city.*



What can my anger do to  
others?

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# Psalm 37:7

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Rest in the LORD, and wait patiently for Him;  
Do not fret because of him who prospers in his  
way, Because of the man who brings wicked  
schemes to pass.

# Proverbs 15:1

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A soft answer turns away wrath,  
but a harsh word stirs up anger.

A close-up photograph of two hands firmly gripping vertical, rusty metal bars. The lighting is dramatic, highlighting the texture of the skin and the rust on the bars. The background is dark and out of focus.

Why is it easy to  
hold a grudge?

- Bring anger and bitterness into every relationship and new experience
- Become so wrapped up in the wrong that you can't enjoy the present
- Become depressed or anxious
- Feel that your life lacks meaning or purpose, or that you're at odds with your spiritual beliefs
- Lose valuable and enriching connectedness with others





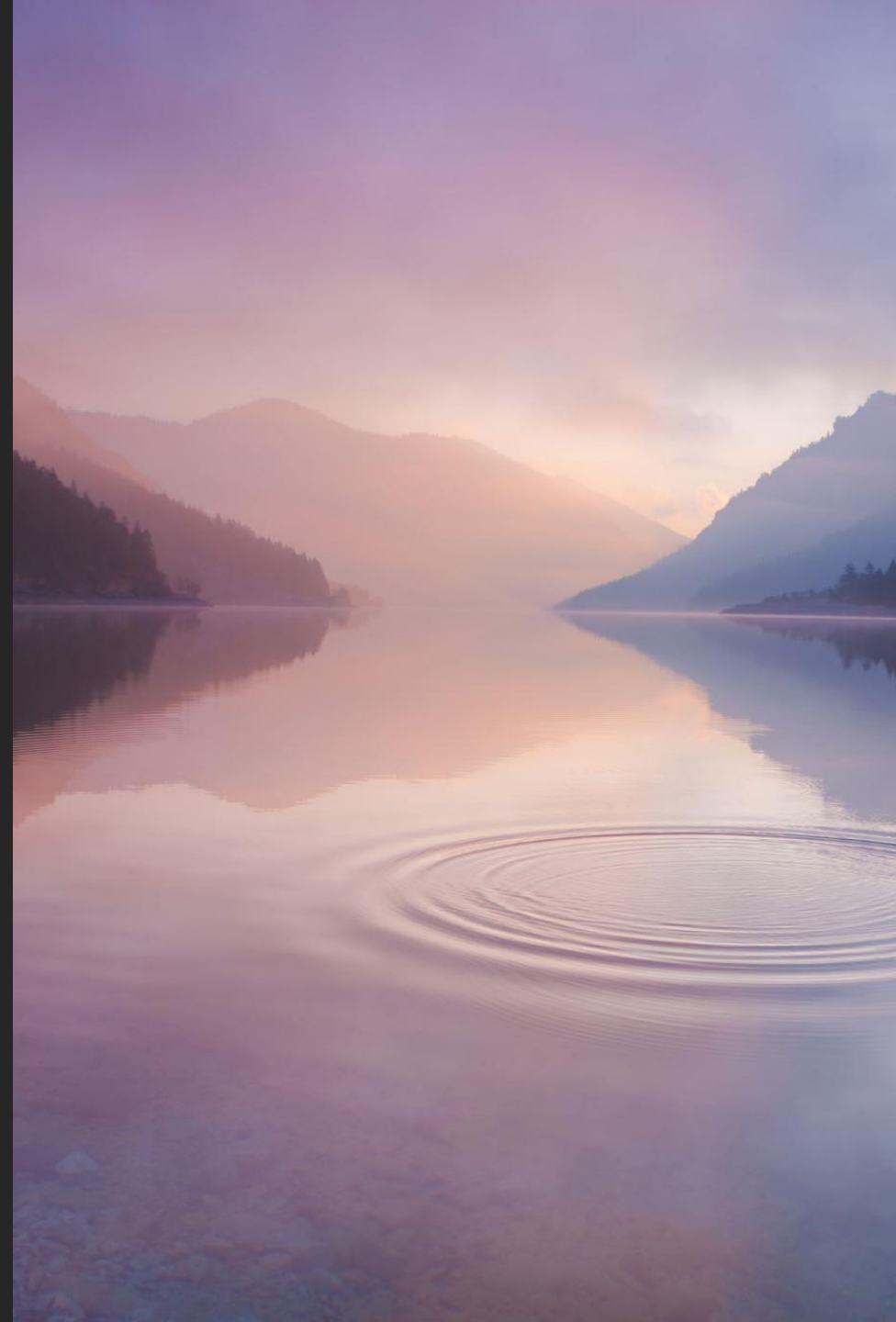
Why am I angry when I  
don't want to be?

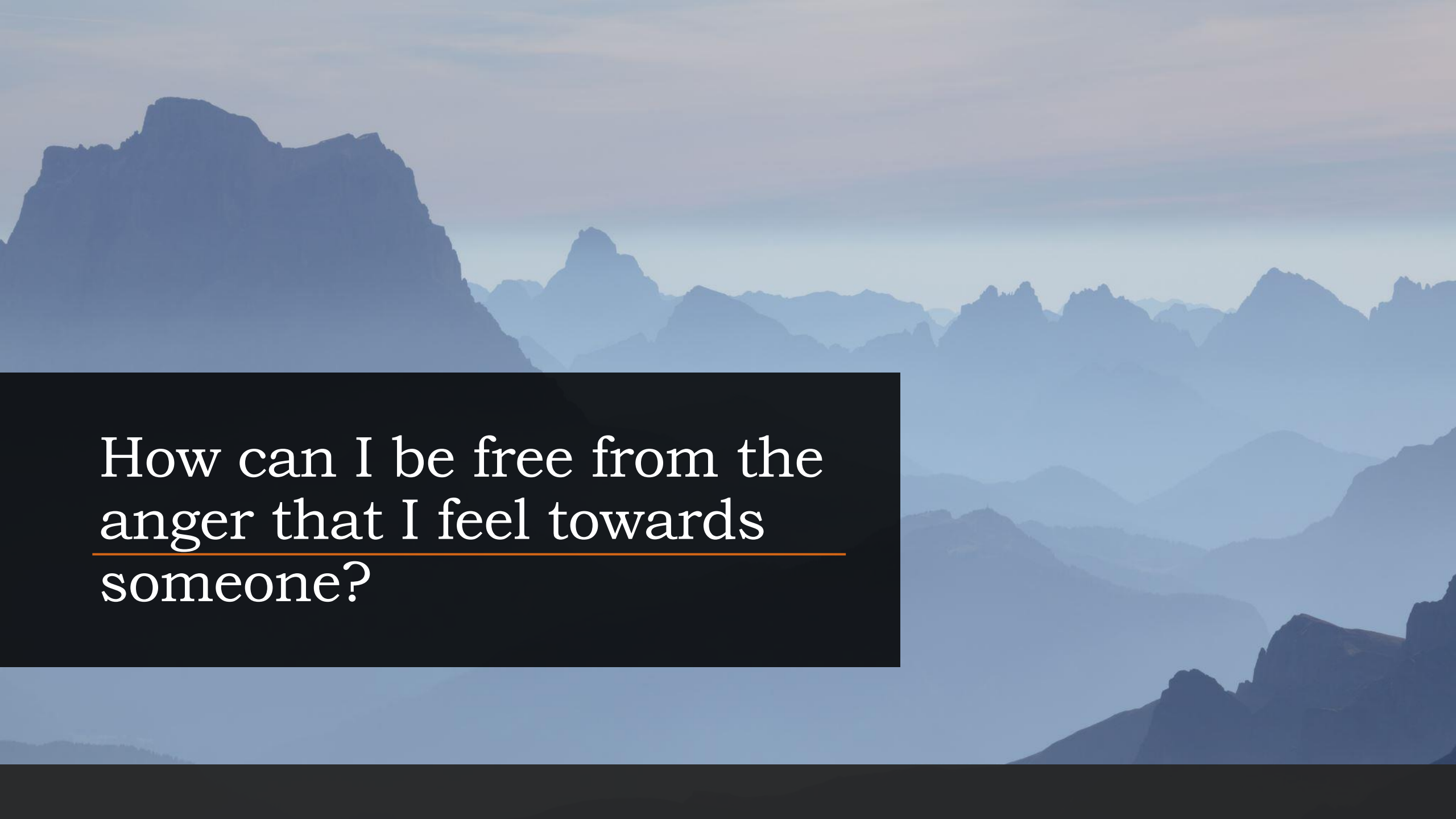
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# Romans 7:15

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For what I am doing, I do not understand. For what I will to do, that I do not practice; but what I hate, that I do.





How can I be free from the  
anger that I feel towards  
someone?

# Luke 11:4

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And forgive us our sins,  
For we also forgive everyone who is indebted to us.  
And do not lead us into temptation,  
But deliver us from the evil one.”



Reach a state of  

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FORGIVENESS

- Healthier relationships
- Improved mental health
- Less anxiety, stress and hostility
- Lower blood pressure
- Fewer symptoms of depression
- A stronger immune system
- Improved heart health
- Improved self-esteem





## Ephesians 4:32

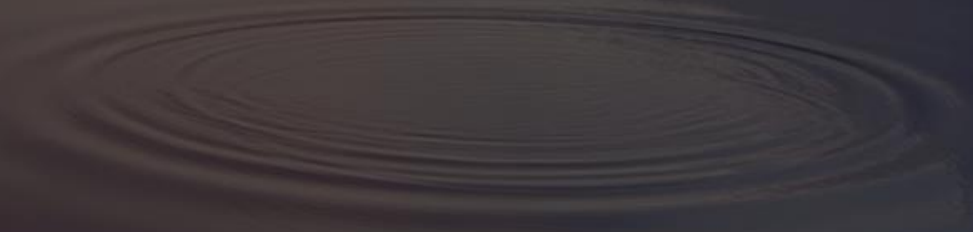
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And be kind to one another,  
tenderhearted, forgiving one  
another, even as God in Christ  
forgave you.


# Colossians 3:13

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bearing with one another, and forgiving one another, if anyone has a complaint against another; even as Christ forgave you, so you also *must do*.

A circular pattern of ripples in water, centered in the lower half of the page, set against a dark, moody background of a forest at dusk or dawn.





Forgive yourself for being  
angry

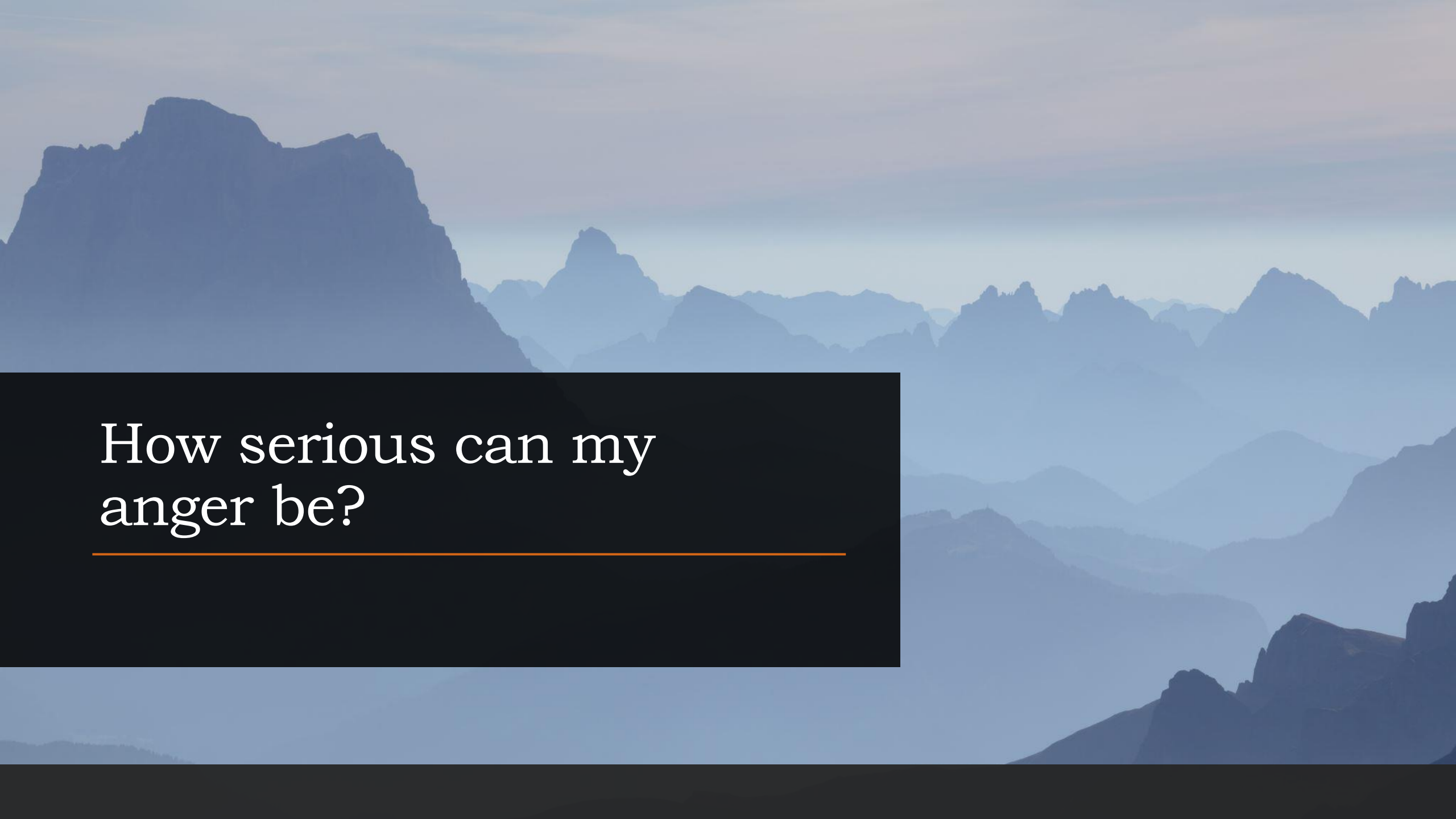
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# 1 John 1:9

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If we confess our sins, He is faithful and just to forgive us *our* sins and to cleanse us from all unrighteousness.





How serious can my  
anger be?

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# MOSES' ANGER

BARRED HIM FROM  
THE PROMISED  
LAND

# Numbers 20:12

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<sup>12</sup> Then the LORD spoke to Moses and Aaron,  
“Because you did not believe Me, to hallow Me in  
the eyes of the children of Israel, therefore you  
shall not bring this assembly into the land which I  
have given them.”

A misty mountain range with a large black text box overlaid. The mountains are silhouetted against a soft, hazy sky. The text box is black with white text and a thin orange underline.

Is there a good anger?

## John 2:16

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...Do not make My  
Father's house a  
house of  
merchandise!"

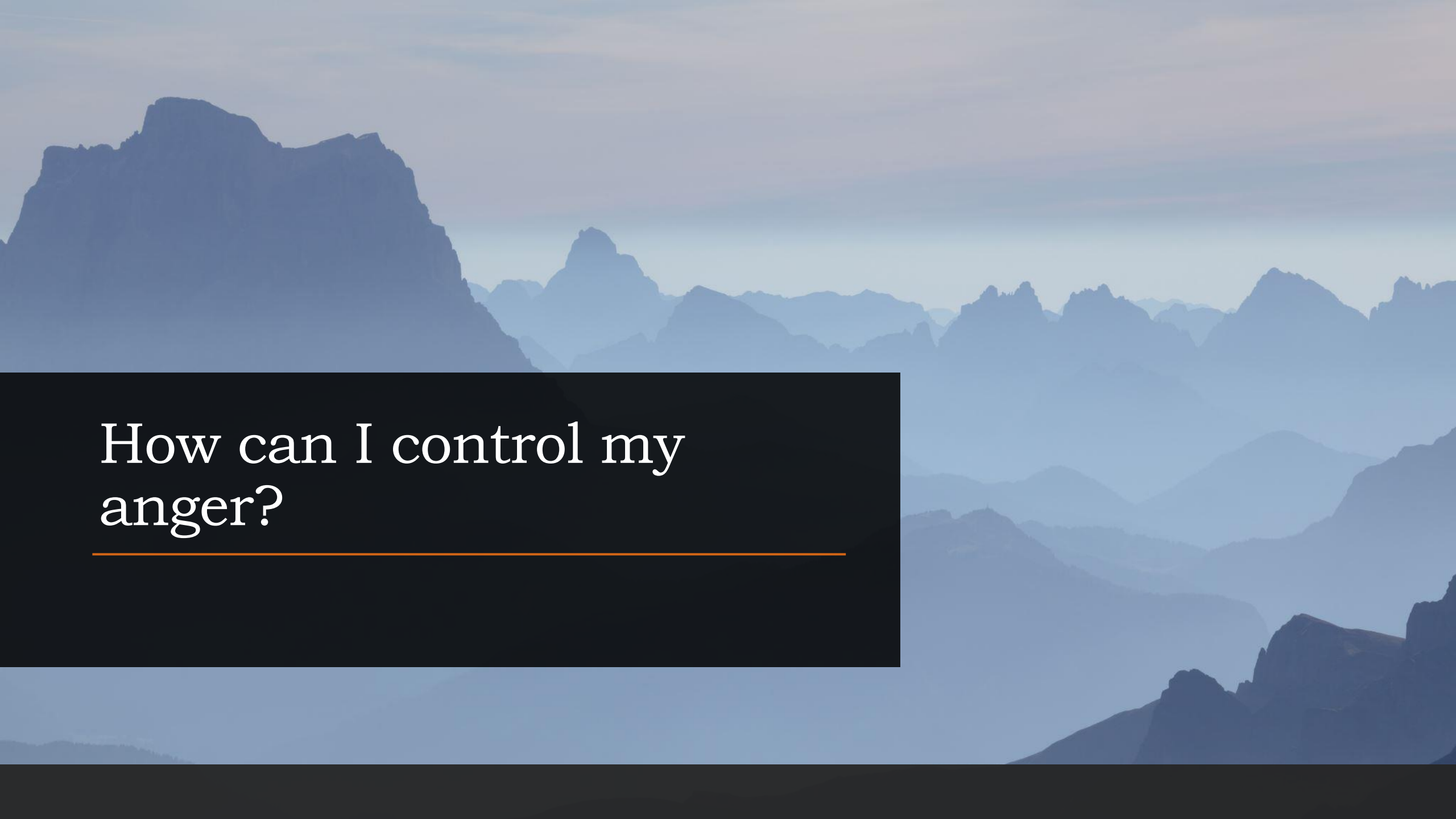




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Jesus demonstrated  
righteous indignation





How can I control my  
anger?

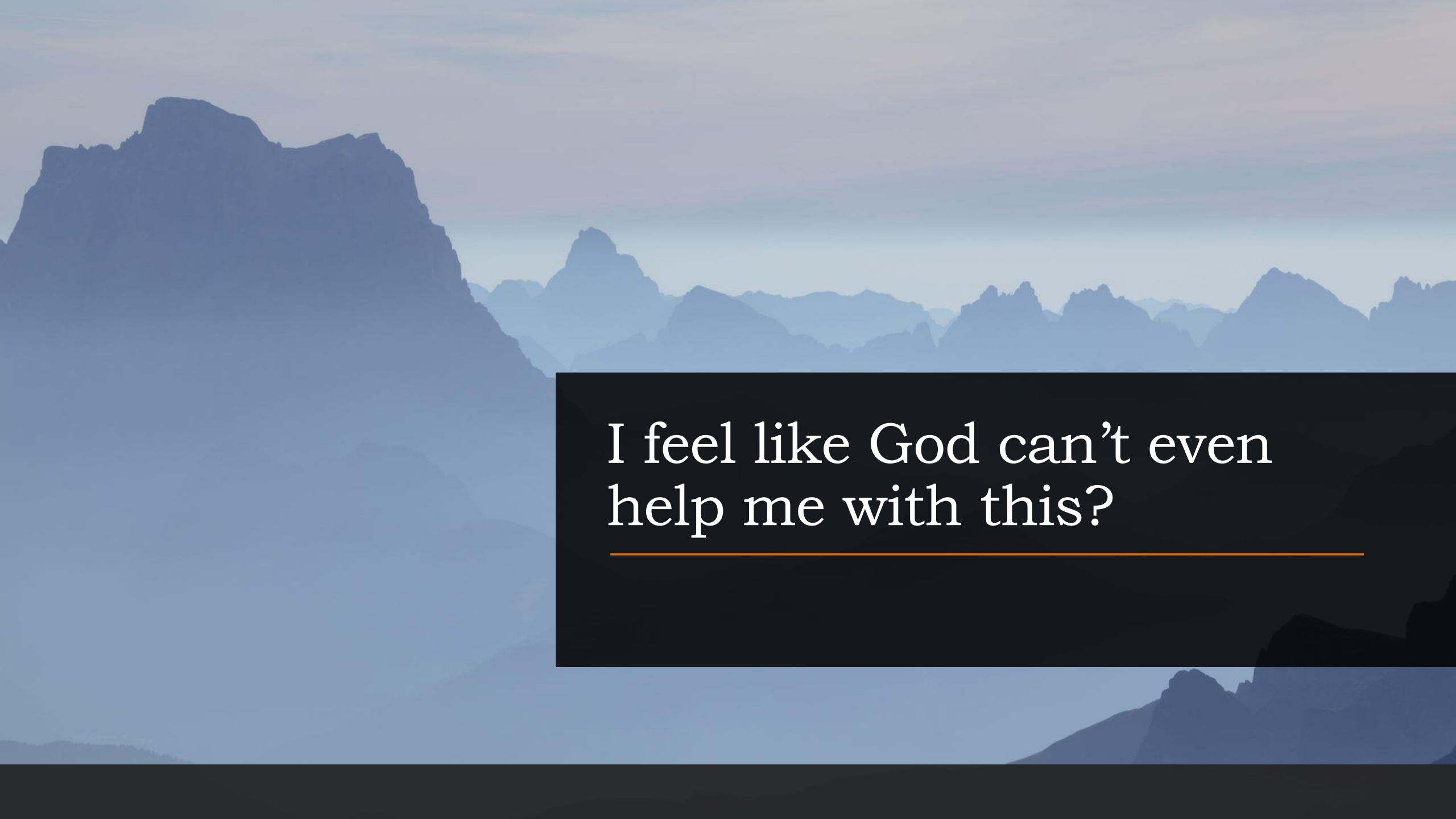
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# Philippians 1:6

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being confident of this very thing, that He who has begun a good work in you will complete *it* until the day of Jesus Christ;



I feel like God can't even  
help me with this?

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# Philippians 4:13

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I CAN DO ALL THINGS THROUGH CHRIST WHO  
STRENGTHENS ME.

# Romans 8:28

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And we know that all things work together for good to those who love God, to those who are the called according to *His* purpose.



Trust in  
the Lord

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# Ministry of Healing

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# Ministry of Healing

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He whose trust is in God will with Paul be able to say, "I can do all things in Him that strengtheneth me." Philippians 4:13, R.V. Whatever the mistakes or failures of the past, we may, with the help of God, rise above them. With the apostle we may say:



# Ministry of Healing

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"This one thing I do, forgetting those things which are behind, and reaching forth unto those things which are before, I press toward the mark for the prize of the high calling of God in Christ Jesus."

Philippians 3:13, 14.

*[MH. p. 516 E.G.W.]*



DEALING WITH ANGER BITTERNESS AND RESENTMENT

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# One Step at a Time



Closing Hymn - #633  
When We All Get to  
Heaven



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