

IronWorks: **Game on! PLAY HURT.**

May 7 & 12, 2010

“Unsportsmanlike Conduct” Teacher: Roger Thompson

Unsportsmanlike Conduct: If a player strikes an opponent with a fist or kick, runs into a player, or jumps on the pile after the whistle is blown...If a player taunts an opponent by spiking the ball in his face, or some other flagrant act of taunting...

Unsportsmanlike Conduct is the result of toxic, frustrated, self-administered ANGER.

MASTERING ANGER (before it masters you!)

① **Unsportsmanlike Conduct is anger used for _____ reasons:**

- **Anger is cheap, readily available energy that has immediate effect:**
 - My “rights” have been violated
 - My expectations have not been met
 - My sovereignty has been challenged
 - My stubbornness masks my hurt or insecurity

- **It has no lasting results:**

James 1:19-20 *“Man’s anger does not bring about the righteous life that God desires.”*

- **It isn’t random:**

James 4:1-3 *“You kill and covet but you cannot have what you want.”*

② **Anger _____ with God:**

Romans 1:18 *“For the wrath of God is revealed against all godlessness...”*

Proverbs 6:16 *“Seven things the Lord hates...”*

Exodus 20:5 *“I the Lord am a jealous God.”*

③ **Anger is designed to _____:**

Righteous anger is aroused by evil, and responds to threats against the good.

2 Corinthians 10:3 *“We do not wage war as the world does...”*

Ephesians 4:26 *“...and do not give the Devil a foothold.”*

Small Group Discussion Questions

- ① Have you ever gotten the penalty flag, or been benched, for Unsportsmanlike Conduct?
...at work, in your marriage, from God?
- ② What kind of pressure, injury, or threat is most likely to trigger your anger (See Point #1) and sparks your desire to take matters into your own hands?
- ③ Is there someone you need to "throw the flag" on for Unsportsmanlike Conduct before he/she causes serious injury?
- ④ Pray for righteous, protective, and determined anger to do its work throughout your day. Play hurt, but play smart!