

Dealing with Anger

Ephesians 4:26

Do you believe getting angry is a sin? Is it ever right to get angry?

Many would say anger is a sin & it is never ok to get angry. Yet the bible teaches that it's ok to get angry at the right things. ***Eph 4:26 'Be angry*** (permissive imperative) ***and yet do not sin; do not let the sun go down on your anger***. It tells us there is a danger in settled anger—a disposition, like curdled milk—**soured**

There are two basic types of anger: **Thumos**—an outburst, flares up then dies out & **Orge**—slow smoldering anger, settled & abiding condition, prone to revenge.

Anger is common in human nature. It's a natural impulse as is love, hurt, happy or disappointment. There is selfish anger that destroys & ethical anger that gets God's approval.

Nine destructive forces of selfish anger—what it does to a person.

1—***Pr 18:19 A bro offended is harder to be won than a strong city & contentions are like the bars of a castle. We loose friends & it's hard to win them back.***

2—***Pr 29:22 An angry man stirs up strife & a hot tempered man abounds in transgression.*** Triggers more sin & provokes others to do the same. King Saul in the habit of throwing spears--made him hard to live w/ & progressed in murdering 85 priest of Nob—while others looked on.

3—***Eccl 7:9 Do not be eager in your heart to be angry for anger resides in the bosom of fools.*** You stay a fool your whole life—kept in arrested state of emotional & spiritual growth.

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4—*Pr 27:4..anger is a flood...*Becomes uncontrollable—destroys whatever is in its way. **Waimea stream.**

5—*Pr 30:33 For the churning of milk produces butter & pressing the nose brings forth blood; So the churning of anger produces strife.* Punch in nose...anger brings to blows--**Road rage.**

6—*Job 5:2 For vexation slays the foolish man & anger kills the simple.* Short lifespan—Nabal 'his heart died w/in him so that he became as a stone' 1 Sam 25

7—*Matt 5:22 But I say to you that everyone who is angry w/ his brother shall be guilty before the court; and whoever shall say to his brother, 'Raca, 'shall be guilty before the supreme court; and whoever shall say, 'You fool,' shall be guilty enough to go into the fiery hell.'* Jesus is saying there is anger that damns the soul to hell, so do something about it before it's too late. Don't make excuses—**They pushed me too far—I'm local.**

8—*Pr 19:19 A man of great anger shall bear the penalty, for if you rescue him, you will only have to do it again.* Escalating consequences—lose family, job, friends, children, reputation, ministry---most of all lose fellowship w/ Christ.

9—*Pr 22:24,25 Do not associate w/ a man given to anger; or go w/ a hot tempered man, lest you learn his ways, and find a snare for yourself.* It's a learned trait. Cain/Lamech **Gen 4** Solomon/Rehoboam **1Ki 12:11**

James 1:20 for the anger of man does not achieve the righteousness of God. The most important thing for any child of God is having favor and fellowship w/ God-selfish anger cuts us off from what is most dear to us.

Three main causes of anger

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1—**Presumption**. *Gen 4:5 but for Cain and for his offering He had no regard. So Cain became very angry and his countenance fell. Then the Lord said to Cain, “Why are you angry? And why has your countenance fallen?”*

Cain presumed that God was obligated to accept his offering on his terms. When we assume that whatever we do or give to God, He must accept it & if He doesn't we get angry. We are in the *error of presumption*. Presuming upon God and how He should act.

Cain was jealous that God accepted Abel's offering but not his own. He needed to find out why? :7 *If you do well will not your countenance be lifted up? And if you do not do well, sin is crouching at the door; and its desire is for you, but you must master it.'*

King David 2 Sam 6:8 was bringing up the Ark of Covenant to Jerusalem & God struck down one of David's servant Uzzah for reaching out to steady the Ark. David got mad left the Ark for 3 months. David committed the *error of presumption* thinking he could treat the Ark any way he wanted because he was doing good, yet God said '*I must be treated as holy*'. He repented

2. Anger of **disappointment**. When God works opposite of how we expected – our prayers didn't work out the way we wanted so we're angry. Jonah hated the Ninevites—ran from calling, forced himself '*40 days comes destruction*' 4:1 They repented & God forgave. '*But it greatly displeased Jonah, and he became angry.*

He hoped God would judge but God forgave instead & Jonah got angry. What happens when God doesn't do what you expect? Do you get angry?

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So you married the girl of your dreams, that beautiful woman who was so sweet, agreeable and easy going & all of a sudden you find out she has a mind of her own & opinions that don't always agree w/ yours. Do you get angry because your ideal of marriage is shattered & you don't have a yes-mate, one you can control, like you thought?

3. Anger at **disagreements** When others don't cater or cower to you. Or when there is not absolute conformity or unquestioned loyalty--do you get angry. **1 Sam 20:30** *Then Saul's anger burned against Jonathan and he said to him, 'You son of perverse, rebellious woman. Do I not know that you are choosing the son of Jesse to your own shame and to the shame of your mother's nakedness? Is your motto 'my way or the highway' If you don't get own way or absolute loyalty, do you get angry, blow up. **Love does not seek its own way** which, when you are angry, says you're not walking in love.*

Haman *Esth 5:9 Haman went out that day glad and pleased of heart; but when Haman saw Mordecai in the king's gate, and that he did not stand up or tremble before him, Haman was filled w/ anger against Mordecai.* Not able to control, intimidate or have power over independent thinking person, it makes angry.

How to over come anger---

1—*Eph 4:31 Let all bitterness and wrath and anger and clamor and slander be put away from you..* Permit it to be so--Once for all. You make a determination anger will not rule you.

2—*Col 3:8...put them all aside: anger, wrath, malice, slander, and abusive speech from your mouth.* Action command. Some people bury the hatchet & leave the handle showing-convenient to grab. Put aside as old clothes that don't fit the new man.

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3—*James 1:19...let everyone be quick to hear, slow to speak and slow to anger...* Allow yourself to hear so you can understand. And slow to speak means guarding your words, don't use them as weapons to bludgeon. *Pr 12:18 There is one who speaks rashly like the thrusts of a sword, But the tongue of the wise brings healing.* Too many of us are **quick** to speak, **slow** to hear and **quick** to anger.

The tongue muscle is attached to the heart muscle--so angry, rash speech coming out of an angry, rash person. *Ps 39:1 'I will guard my ways, that I may not sin w/ my tongue; I will guard my mouth as w/ a muzzle, while the wicked are in my presence.'*

How can a person be slow to anger? The instruction is right before us. First be more interested in hearing than speaking. Second when you do speak, watch your words, choose them carefully, so they are considerate & they will disarm anger—take away its power.

4—*Ps 37:8 Cease from anger and forsake wrath; Do not fret, it leads only to evildoing.* A Command from God to stop selfish anger. It is sin.

5—*Prov 15:1 A gentle answer turns away wrath, But a harsh word stirs up anger.*
Gideon...*Jdg 8:2 What have I done now in comparison w/ you? Is not the gleaning of the grapes of Ephraim better than the grape harvest to Abiezer?*

6—*Pr 15:18 A hot tempered man stirs up strife, But the slow to anger pacifies contention.* Take a walk, bite your tongue, pray, Ahauseraus walked in garden.

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7—Hold accountable...*Eph 5:11...do not participate in the unfruitful deeds of darkness, but instead even expose them.* David/Saul 1 Sam 26:21

8—*Pr 21:14 A gift in secret subdues anger...* Abigail/David 1 Sam 25:27 ‘And now let this gift which your maidservant has brought to my lord be given to the young men who accompany my lord. :34..as the Lord God of Israel lives, who has restrained me from harming you, unless you had come quickly to meet me, surely there would not have been left to Nabal until the morning light as much as one male.’

9—*Gal 5:19 Walk in the spirit and you will not fulfill the deeds of the flesh....* fruit of spirit... gentleness as opposed to anger.

Three positive characteristics of those who control anger

1—*Pr 16:32 He who is slow to anger is better than the mighty and he who rules his spirit than he who captures a city.* Better than powerful people of the world

2—*Pr 19:11 A man's discretion makes him slow to anger.* One who is intelligent, w/ good sense & successful. *A good name better silver & gold*

3—*Pr 29:8...wise men turn away anger* Prudent/wise in experiences of life, skillful & shrewd in worldly affairs.