



EXAMINING ANGER

We live socially in a time of rage

- Road rage
- Parking rage
- Air rage
- River rage
- Pedestrian rage
- Cell phone rage
- Grocery shopping cart rage
- And in some churches Pew rage

It's the kind of rage we see in the first act of rage

- **Genesis 4:5b-7 NLT** 5b This made Cain very angry, and he looked dejected. 6 “Why are you so angry?” the Lord asked Cain. “Why do you look so dejected? 7 You will be accepted if you do what is right. But if you refuse to do what is right, then watch out! Sin is crouching at the door, eager to control you. But you must subdue it and be its master.”

It's the kind of rage we see in the first act of rage

- No matter the reason behind anger, sin is always crouching at the door to use that anger to control you
- This giant against our faith is difficult because there are times anger is commended in scripture, but only in a narrow way

It's the kind of rage we see in the first act of rage

- This giant flairs up suddenly, powerfully and at times irrationally
 - Without taking any counsel of the future or personal safety
- We will also try and justify all our anger
- Anger is not always blow up and out type of expression

Recognizing Sinless Anger

- **Ephesians 4:26-27 AMP** 26 Be angry [at sin—at immorality, at injustice, at ungodly behavior], yet do not sin; do not let your anger [cause you shame, nor allow it to] last until the sun goes down. 27 And do not give the devil an opportunity [to lead you into sin by holding a grudge, or nurturing anger, or harboring resentment, or cultivating bitterness]

Recognizing Sinless Anger

The Bible offers no option for acting out anger, even indulging it in your mind

- **Galatians 5:20** fits of rage are listed as sins of the evil nature
- **James 1:19-20 NIV** 19 My dear brothers and sisters, take note of this: Everyone should be quick to listen, slow to speak and slow to become angry, 20 because human anger does not produce the righteousness that God desires.

Recognizing Sinless Anger

The Bible offers no option for acting out anger, even indulging it in your mind

- **Psalms 37:8**, “Cease from anger, and forsake wrath... it only causes harm

Recognizing Sinless Anger

Anger of Jesus as our example

- Jesus making a whip and driving out the money changers overturning their tables
- The key to Jesus' anger is the object of His wrath
- Jesus was never angry at injustices done to him
- We see no anger when he is hauled before Herod, nailed on the cross

Recognizing Sinless Anger

Anger of Jesus as our example

- His anger was always a righteous anger directed at injustice against people and against God
 - How often can we say that about our anger?
- We also see Jesus had a measured, rational response, not a temperamental one
- It was not an uncontrolled tantrum, but a redemptive action

Recognizing Sinless Anger

- Aristotle, “A man who is angry on the right grounds, against the right persons, in the right manner, at the right moment and for the right length of time deserves great praise.”

Now we come to the other face of anger

- **Ephesians 4:31 NIV** Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice
 - Get rid of = to take up and carry away
 - Carries the idea of pruning

Now we come to the other face of anger

- **John 15:2 NIV** He cuts off every branch in me that bears no fruit, while every branch that does bear fruit he prunes so that it will be even more fruitful
 - Bitterness = grudges
 - Rage = wrath
 - Clamor = tantrums
 - Slander = A tongue dipped in poison
- So how can we handle our anger?

Don't nurse your anger

- Anger is, at some point, a choice
- We choose to put away anger as Paul says or we make a nest of it
 - What happens in a nest sooner or later?
 - Something hatches and flies out

Don't nurse your anger

- We are told not to let the sun set on our anger
 - Eloquent way of saying to clear all your accounts before the day is over
 - Start each day with clean books
 - Phyllis Diller, “Never go to bed mad. Stay up and fight.”
- Wiping the slate clean is not the same as sweeping things under the bed

Don't nurse your anger

- Have you noticed we can savor our anger?
- We relive the event in our lives behind the anger
- We begin fantasizing speeches, thinking about getting even, maybe even devising plans of attack
- The Bible tells us to avoid any debt other than the debt of love

Don't rehearse your anger

- The main process in sustained anger is the rehearsal of it
 - We go over and over what some did or said
 - We find new meaning in their words and deed
 - It's like feeding a fire with so much wood that in time the fire will be too large to be contained

Don't rehearse your anger

- Some people love to tell all about their anger in great detail
- Their anger so consumes them that they've lost sight of how unattractive anger is in a person

Don't rehearse your anger

- We have all hear how someone “made me angry”
 - Henry Brandt, “If we become angry it’s because we had anger already within us, and we allowed someone else to pull it out of us.”
 - Some are little anger factories with lots of buttons to push

Don't converse about your anger

- **Ephesians 4:29 NKJ** Let no corrupt communication proceed out of your mouth
 - Corrupt = carries the idea of cutting
 - Don't let any cutting remark escape you

Don't converse about your anger

- We use so much disrespect today we've abbreviated it to just "dis"
- We spend plenty of time cutting the boss
 - Children
 - Parents
 - Neighbors

Don't converse about your anger

- This list is limited only by the number of acquaintances we have
- Some today are willing to make cutting remarks about their spouses in public
- Words are too powerful to be used carelessly

Don't disperse your anger

- **Proverbs 19:11 NLT** Sensible people control their temper; they earn respect by overlooking wrongs.
 - NIV, it is to one's glory to overlook an offense
- **Romans 12:19 NLT** Dear friends, never take revenge. Leave that to the righteous anger of God. For the Scriptures say, "I will take revenge; I will pay them back," says the Lord.

When you must deal with anger, don't nurse it; don't rehearse it; don't converse about it; don't disperse it. Instead, you must reverse it.

- If someone makes you angry, offer them love in return
- If someone threatens you, we feel compassion for the forces that made them that way
- Instead of retaliation, we offer redemption

When you must deal with anger, don't nurse it; don't rehearse it; don't converse about it; don't disperse it. Instead, you must reverse it.

- **Romans 12:20 NLT** Instead, “If your enemies are hungry, feed them. If they are thirsty, give them something to drink. In doing this, you will heap burning coals of shame on their heads.”

When you must deal with anger, don't nurse it; don't rehearse it; don't converse about it; don't disperse it. Instead, you must reverse it.

- Old Egyptian custom – A person committed some kind of misdeed, and he felt the need to express his shame
- To show the burning shame in his heart the person would place a pan of hot coals on his head

When you must deal with anger, don't nurse it; don't rehearse it; don't converse about it; don't disperse it. Instead, you must reverse it.

- We pay out the reverse of what we might feel or what has been done to us
- We disperse grace
- There is not anger you soul can whip up that won't be dissolved by the power of godly grace

Grace isn't the natural way to behave, it is supernatural

- The world should expect Christians to do something beyond the natural thing
- Our example is Jesus, “Father forgive them, for they know not what they are doing.”
 - Sin wasn't ignored, it was healed
 - Death itself was destroyed

Grace isn't the natural way to behave, it is supernatural

- A long chain of evil dating all the way from creation was broken
 - A new pattern was established
 - You and I are to live out this new pattern in our daily lives right here in the messy middle of life

Grace isn't the natural way to behave, it is supernatural

- Christians can tear each other down with unbridled tongues and would be wise to obey the warning of **Galatians 5:15-16 NLT**

Grace isn't the natural way to behave, it is supernatural

- **Galatians 5:15-16 NLT** “15 But if you are always biting and devouring one another, watch out! Beware of destroying one another. 16 So I say, let the Holy Spirit guide your lives. Then you won't be doing what your sinful nature craves..”



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