



# Anger

Passing through the red storm

# Introduction

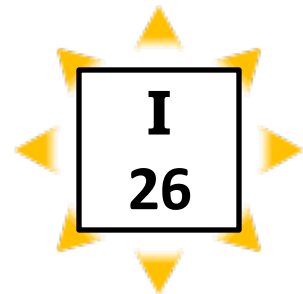
I. Anger: A problem as old as Cain and Abel.

II. What do we do when we get angry?

Say hateful things? Do we hold grudges? Gossiping to others? Do we plan to even the score? Have we...

Wounded a loved one? Damaged our influence on job, in community, in the church? Have we hindered God's work?

III. **We must learn to manage our anger.**



# ANGER MANAGEMENT 101

- 1. Acknowledge it.**
- 2. Understand it.**
- 3. Move through it.**
- 4. Monitor it.**



4:2  
**Acknowledge it.**

**Understand it.**

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26 “Be angry, and do not sin”.

do not let the sun go down on your wrath,

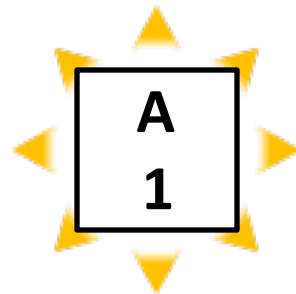
27 nor give place to the devil.

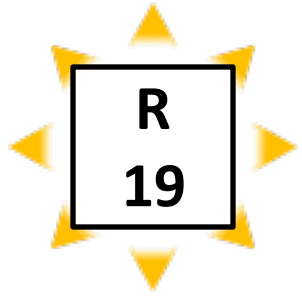
**Monitor it.**

**Move through it.**

# 1. Be Angry - Acknowledge it.

- No problem can be fixed until it is first acknowledged.





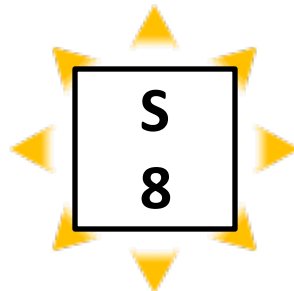
# WARNING!!!



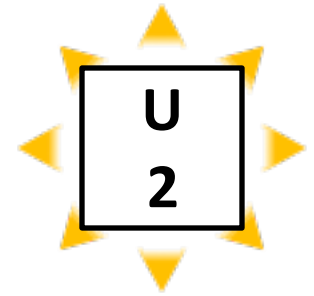
# Become solution focused



Stop, let the engine cool down, gather information, try to understand the problem, make an informed decision.



# Passive behavior



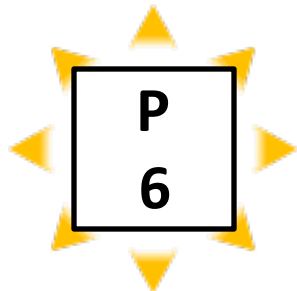
Ignore the warning signs, pretend it isn't happening, tell yourself everything is ok, continue on and do nothing.



# Aggressive behavior



Push the gas to the floor! Show everyone who is in charge!  
Destructive behavior or violent actions that hurt.



# What happens in your body when you get angry?



- Raised temperature, Sweating
- Rapid breathing to get more oxygen into the body
- Heartbeat may climb to 180 bpm or higher
- Blood pressure may increase to 220 over 130 or higher
- Muscles become tense
- Tightness in chest
- The energy burst causes a sugar deficiency, causing a person to “shake from anger”



# Passive behavior – unexpressed anger

“Crock pot anger” simmers and boils for a long time.



Resentment. When people try to deny their anger, resentment is the result, and it will destroy them from the inside out. Denied anger is like a poison—spiritually, emotionally, and physically.

2 Sam. 13:22 And Absalom spoke to his brother neither good nor bad. For Absalom hated Amnon,

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# Building a wall between you with the little things

Leaving clothes  
on the floor

Poor manners

Parents, In-laws,  
& family events

Where to eat

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Failed to put  
gas in car

Taking out trash

Picking up kids  
or do homework

What to  
watch on TV

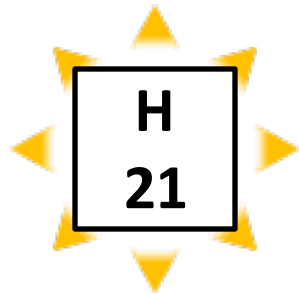
# Aggressive behavior – explosive anger

“Powder keg anger” is explosive.



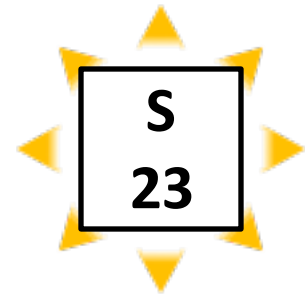
**Rage:** an explosive, uncontrolled expression of anger. Anyone in its path, such as a spouse, is usually taken by surprise.

Proverbs 29:22 An angry man stirs up strife, And a furious man abounds in transgression.





# How to deal with anger



- Proverbs 19:11 - The discretion of a man makes him slow to anger, And his glory is to overlook a transgression.
- **Don't blow up. Slow down and think before you speak or act. We have all heard the old saying "count to ten". Words spoken cannot be easily retracted.**

# Righteous behavior – solution focused



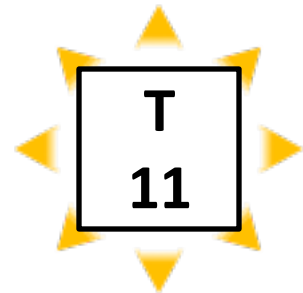
**Indignation** is righteous anger about injustice, cruelty, or an unholy situation. God's anger falls into this category. **You and I can have righteous anger.**

Psalms 103:8 The Lord is merciful and gracious,  
Slow to anger, and abounding in mercy.



## 2. Do Not Sin - Understand it.

- Eph 4:26 "Be angry" - Acknowledge that anger is part of our human nature.
- But God adds, "do not sin"
- Anger can be a useful, healthy emotion – if it prompts us to teach the Gospel, defend truth, encourage the wayward, to rebuke sin, and to live a godly life. **Anger can motivate and lead to change!**
- We need to ask ourselves why we are angry...
  - Is it God-centered? (directed at sin?)
  - Or is it self-centered? (directed at a sinner?)







# SELFISH ANGER

- **1 Samuel 18:8**  
recognition that

**Jealous**

- **Jonah 4:1** Jonah  
forgiving of Nineveh

**Prejudice**

- **Esther 1:12** King  
Queen Vashti refused

**Hurt Pride**

- **Numbers 22:27**  
donkey stopped

**Road Rage**

# What makes it selfish?

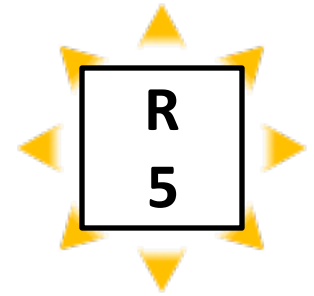
- **Matthew 5:22** But I say to you that whoever is **angry** with his brother without a cause shall be in danger of the judgment. And whoever says to his brother, 'Raca!' shall be in danger of the council. But whoever says, 'You fool!' shall be in danger of hell fire.

**BLINDED BY ANGER –  
losing focus of God's plan and the  
realities around us.**



**SATAN USES  
ANGER TO TAKE  
YOUR FOCUS.**

# All anger is not sinful.



God became angry. (Numbers 11:1)

Numbers 11:1 **Now when the people (Israelites) complained, it displeased the LORD; for the LORD heard it, and His anger was aroused.** So the fire of the LORD burned among them, and consumed some in the outskirts of the camp.

Jesus became angry because of hardened hearts.  
(Mark 3:5)

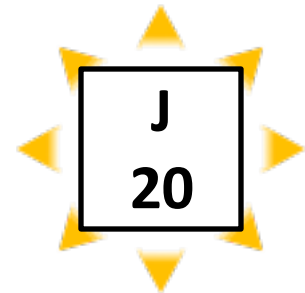
Mark 3:5 And when **He (Jesus) had looked around at them (Pharisees) with anger, being grieved by the hardness of their hearts,** He said to the man, “Stretch out your hand.” And he stretched it out, and his hand was restored as whole as the other.

# All anger is not sinful.

Jesus became angry because of disrespect for God's house and took action. (John 2:14-16)

John 2:14-16 (abbreviated) And He found in the temple the money changers doing business. When He had made a whip of cords, He drove them all out of the temple and overturned the tables. And He said to those who sold , **“Do not make My Father's house a house of merchandise!”**

## Godly anger motivates us to act!



# GODLY ANGER

- 1 Samuel 11 Sa  
heard that his

**He rescued them.**

- Exodus 32 – M  
children of Isra

**He destroyed it.**

- 2 Samuel 12 –  
sin. When he r

**He repented.**

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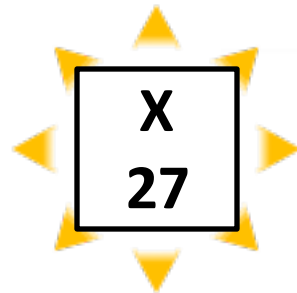
### 3. Do Not let the sun go down on your wrath – Move through it.

Time

Rotten

and

Harmful



# Satan uses anger to assault every area of our lives. (Ephesians 4:29-31)

- Ephesians 4:31 Let all bitterness, wrath, anger, clamor, and evil speaking be put away from you, with all malice.
- Psalm 37:8 Cease from anger, and forsake wrath; Do not fret—it only causes harm.

**Chronic anger affects  
you physically**



# What are the physical effects of chronic anger?

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- Anger triggers the stress response of the body, which weakens the immune system. It can create a blood sugar imbalance, increase blood pressure, suppress the body's immune system, raise cholesterol, and make it susceptible to
- Angry people are 6 times more likely to suffer heart attacks by age 55 and three times more likely to develop any form of heart or blood vessel disease. (Johns Hopkins School of Medicine) pressure.



# Are we holding on to anger in our lives?

- The devil is looking for a piece of ground from which he can launch an assault in our lives. (Gen. 4:7)

Genesis 4:5 but He (God) did not respect Cain and his offering. And Cain was very angry, and his countenance fell. 6 So the LORD said to Cain, “Why are you angry? And why has your countenance fallen? 7 If you do well, will you not be accepted? And if you do not do well, sin lies at the door. And its desire is for you, but you should rule over it.”

- Check our surroundings and friends.

# “Add + up / average out”

- Choose your friends and surroundings carefully.

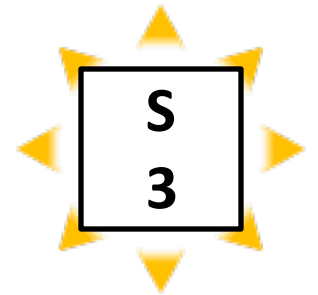
1 Corinthians 15:33 Do not be deceived: “Evil company corrupts good habits.”

Proverbs 22:24 Make no friendship with an angry man, and with a furious man do not go.

## 4. Give no place to the Devil – Monitor it.

- **James 1:19-20**

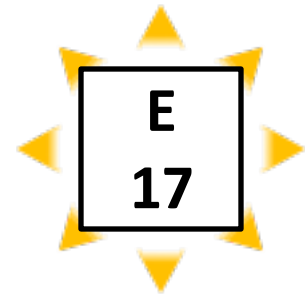
19 So then, my beloved brethren, let every man be swift to hear, slow to speak, slow to wrath; 20 for the wrath of man does not produce the righteousness of God.



**WHAT DOES ANGER PRODUCE?**



# Critical question: When does anger become sin?



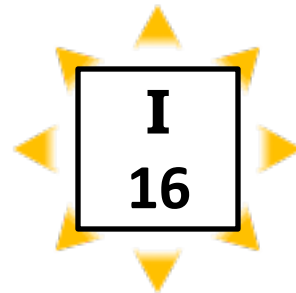
- Answer: When it causes me to violate Bible principles. (1 Thess. 5:15; Rom. 12:18, 19)

1 Thessalonians 5:15 See that no one renders evil for evil to anyone, but always pursue what is good both for yourselves and for all.

Romans 12:18 If it is possible, as much as depends on you, live peaceably with all men. 19 Beloved, do not avenge yourselves, but rather give place to wrath; for it is written, “Vengeance is Mine, I will repay,” says the Lord.

# Conclusion

- You can't always control the situation you're in or how it makes you feel, but you can control how you express your anger. No matter the situation, **you always have a choice about how to respond.**
- God holds us accountable to do so.
- And Christ left us an example how to.





# Jesus Christ is our example.

## 1 Peter 2:21-23

21 For to this you were called, **because Christ also suffered for us, leaving us an example**, that you should follow His steps:

22 “Who committed no sin,  
Nor was deceit found in His mouth”;

23 who, when He was reviled, did not revile in return;  
when He suffered, He did not threaten, **but committed Himself to Him who judges righteously;**