

**Introduction:**

- At the Christmas Eve healing service I gave word of knowledge for people with anger issues. It was the biggest response to all the words of knowledge given that night.
- *"Love is not easily irritated or quick to take offense."* 1 Corinthians 13:5 TPT
- Gary Thomas writes: "A businessman in a service industry grew weary of being yelled at. He tired of getting sprayed with angry spittle from dissatisfied customers who expected five-star service at Motel 6 prices. One day, he became oddly detached during yet another customer tirade; he felt as though he were watching a movie. In fact, he couldn't help but think that the angry woman's antics made her look like a monkey. That observation gave him a brilliant idea. He posted a giant mirror behind the front desk—and the customer tirades all but ceased. When people saw how rude and hateful they looked while yelling and screaming, they stopped yelling and screaming. **APP:** The Word of God provides a mirror to our souls. By gazing into it, we are exposed to the shocking and sometimes very disturbing truth about ourselves. For many of us, this may be the first step to repentance and spiritual transformation.

**I. What Causes Anger?**

- A. I read recently that Christian Counselors report that upwards of 50 percent of people who come in for counseling have problems dealing with anger. And another large segment are there for help in living/dealing with angry people they live or work with.
- B. I want to give you a list of common cause so as you do a self assessment you may discover growth areas in your life. Common causes of anger include:
1. Stress - this makes people feel anxious
  2. Anxiety (type of fear) - this makes people irritable
  3. Frustration - things are out of our control
  4. Fear - often the threats we face in life, from verbal or physical abuse, fear of poverty,
  5. Pain/hurt this can be both physical pain and emotional pain.
  6. Unmet expectation and disappointment.
  7. Resentment comes when we are hurt, offended or rejected.
    - a) Jessica Schrader writes in Psychology Today, "One of my professors said, 'There is no such thing as anger. What you are feeling is either fear, hurt or frustration.
  8. Loss of control. People get angry because they feel like they are losing control
  9. People under the influence are way more angry and conflicted than normal.
    - a) Problem here is that people do not know they are angry.
    - b) They say hurtful things and do hurtful things and don't even know it.
  10. One of the huge underlying causes of anger is hurt/pain that we have experienced in our past.

- a) We tend to build up walls of protection around our hearts when we have been rejected, abandoned, emotionally hurt.
- b) Anger then become major defense mechanism in our lives.
- C. Anger is a natural response to certain threats. It is necessary to survival. It becomes a problem when we cant control it, or we use it to intentionally hurt others. Often to the point that we regret what we have said or done.
  - 1. Ephesians 4:26 instructs us not to sin in our anger. Or be angry but don't sin in your anger.
  - 2. Anger is a motivator to true justice, especially when it is for someone else experiencing injustice.

## II. The Bible And Anger

- A. The Bible has much to say about anger in fact anger is mentioned almost 300 times, excluding words such as furious, wrath, and vengeance.
  - 1. One common word for anger is ogre - "*orgé* is especially oriented to revenge or punishment" Kittel, G., Friedrich, G., & Bromiley, G. W. (1985). In Theological Dictionary of the New Testament, Abridged in One Volume (p. 716). W.B. Eerdmans.
  - 2. This is why it can be said, "Hurting people hurt people." it has to do with punishment that we dish out in our anger.
- B. Biblical examples of anger:
  - 1. The older brother - Luke 15:28. "*But he was angry and refused to go in. His father came out and entreated him,*" (Luke 15:28, ESV)
    - a) Unmet expectations. Father never gave him a goat to have with friends.
    - b) Frustration - "*younger brother wastes inheritance and you welcome him home.*" He had stayed worked, upheld families honor, etc.
    - c) Unfair. The older brother was actually the first born and rightful heir. No fatted calf. His years of loyalty seemed to mean less to the Father than the younger son.
    - d) The older brother was going to use his anger to control...servants, younger brother, and father (main anger directed at Father). if possible.
    - e) It must be said, The Father was a forgiver and that made the older brother a hater. He did not have the Fathers forgiving heart. Note to self: Forgiveness.
  - 2. People in synagogue - Luke 4:28
    - a) they were filled with wrath.
    - b) Jesus claimed to be God, claimed that Gentile widow had more faith than them.
  - 3. Herod - Matthew 2:16 - Murdered the males 2 and under
    - a) Herod was jealous of the King that was born.
    - b) Herod was angry because this was out of his control.

4. Davids men want to stone him. They are hurt, full of fear and resentment.

### III. What Does The Bible Say

- A. Anger does not produce righteousness. *"for the anger of man does not produce the righteousness of God."* (James 1:20, ESV) It produces hellish fruit.
- B. Anger is in danger of being under judgment. *"But I say to you that everyone who is angry with his brother will be liable to judgment; whoever insults his brother will be liable to the council; and whoever says, 'You fool!' will be liable to the hell of fire."* (Matthew 5:22, ESV)
- C. Put away anger. You have to make a choice to get rid of anger. *"But now you must **put them all away**: anger, wrath, malice, slander, and obscene talk from your mouth."* (Colossians 3:8, ESV). *"Let all bitterness and wrath and anger and clamor and slander be **put away from you**, along with all malice."* (Ephesians 4:31, ESV).
- D. Let God take care of the justice and vengeance. We are called to put it away from us. Romans 12:19 - let God put away vengeance.
- E. Be angry. You can be angry, BUT, do not sin in your anger. *"Be angry and do not sin; do not let the sun go down on your anger, and give no opportunity to the devil."* (Ephesians 4:26-27, ESV). It is what come out of the heart that defiles us. Lots of stuff comes out of peoples' hearts when they are angry.
- F. We can't change other people. We can only work on ourselves and with those who want help.

### IV. Dismantling Anger

- A. It is a massively huge step to acknowledge that you have an anger issue. You can't fix a problem until you see there is a problem. Ie. You may notice you have a roof leak, but it is a whole another ball game finding the leak. You may know you have a problem. That is great. But you may need professional help finding the source of that anger problem.
- B. People are often embarrassed to get help. We have to humble ourselves and take the low road of humility.
- C. What are some things you can do?
1. Forgiveness is the heavenly 'nuke' of anger! Matthew 18:21-35.
    - a) Matthew 5:23-24 be quick to resolve.
    - b) Be sensible - *"Sensible people control their temper; they earn respect by overlooking wrongs."* (Proverbs 19:11, NLT)
  2. *"Know this, my beloved brothers: let every person be quick to hear, slow to speak, slow to anger;"* (James 1:19, ESV) Avoid the passionate blow-up of the moment. Man's anger does not bring righteousness into the situation.
  3. Replace some things. *"Let all bitterness and wrath and anger and clamor and*

*slander be put away from you, along with all malice. Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you.*" (Ephesians 4:31-32, ESV) This will lead to understanding.

4. Decide to be kind. "*Be kind to one another, tenderhearted, **forgiving one another, as God in Christ forgave you.***" (Ephesians 4:32, ESV) Put these on!
5. Be patient - "*Whoever is slow to anger is better than the mighty, and he who rules his spirit than he who takes a city.*" (Proverbs 16:32, ESV)

**Conclusion:**

- Examine your heart to see if you have hidden anger and ask God to help you rid yourself of it.