

Introduction:

- Review
 - First week: The Bible and Anger - What causes anger? What does the Bible say about anger?
 - Second week: Jesus and Anger (5x in NT we see Jesus angry. How can you be angry and not sin? Anger is sin when it is selfish anger and not others focused.
 - "I was really doing great spiritually and then someone came home!" Joyce Meyer
 - Tonight: Anger-getting to the heart of the matter. Anger - A spirit or an emotion? Self-control, a fruit of the Spirit.

I. Anger - Getting To The Heart Of The Matter

- A. What is godship? Godship simply means that God is the leading voice, counsel, and ways that I follow. I have a godship issue when Jesus is not considered Lord of my life and I live according to my ways, counsel and advice.
1. Therefore, sinning in your anger is a godship issue.
 2. You are living apart from God's. (voice, counsel, and ways) That is the real issue.
 3. Frustration is often a godship issue. People often get frustrated when they are trying to control something or someone.
- B. This is what this may look like; I have a godship issue:
1. When I am trying to determine the standards of conduct for myself, others, and God rather than letting the Word lead me...and them. le. "I wish you would do things right according to me!" le. 10 Commandments.
 2. When I seek revenge or I want to make others 'pay' for my pain, frustration, etc. le. "You hurt me so I will hurt you back." le. Road rage.
 3. When I don't ask for help from anyone...including God. le. "I am smart enough to do this on my own."
 4. When I selfishly try to control circumstances and people. le. Trying to be in control will wear you out! You do not have the ability nor the power to be God.
 5. When I seek praise from others rather than from God.
 6. When I choose to be or live independent from God. le. Adam and Eve's sin.
- C. Anger becomes a godship issue when anger becomes sin.
1. Sin separates from God.
 2. Being separate from God equals godship issue.
 3. God's voice counsel and ways are no longer esteemed and followed.
 4. In fact, godship issues are the root of most marital and family relational problems.

II. Anger - A Spirit Or An Emotion?

- A. Anger begins as an emotion.
1. We saw last week that God and Jesus both got angry. But neither sinned in their

anger. Their anger produced positive results. And their anger was not selfishly motivated.

2. Be angry but don't sin Eph 4:26 but...put off bitterness, wrath, clamor, slander and all malice Eph 4:31 give no place to the devil! Ie. Cain, give no place to the devil.
- B. Anger, as a spirit, seeks to enter and control, producing bitterness, wrath, clamor (angry shouting), slander, and malice (extreme ill will). Produces bad fruit..
1. Anger: is it in me or on me??? You decide! But when it becomes sin you have your answer and in you or on you it has to go.
 2. As a spirit how can it get in you?
 - a) Childhood trauma - abuse: physical, sexual, emotional, rejection, abandonment.
 - b) Stress - finances, relationship, work pressures. When we do not know how to cope we can become angry.
 - c) Learned behavior. If you grew up in an angry home, chances are you welcome this generational spirit in and that is how learned to related/not relate to people.
 - d) Substance abuse. There is a reason they are called spirits.
 - e) Fear - low self esteem, lack of confidence, inadequate. Insecurity, which is fear, can cause a person to become defensive or angry/hostile when they perceive a threat to their self-worth.
 - f) Unrealistic expectations
 - g) Pain - physical pain can produce anger.

III. Self Control - Fruit Of The Spirit

- A. Acknowledge you have a problem.
 1. You can't stay in denial and change.
 2. Acknowledgment of the problem is the first step towards change.
- B. You have to let Jesus be Lord of your life!
 1. Start where you are because you can't begin any where else. Your starting place may look different from others starting places.
 2. In letting Jesus be Lord of your life entails you surrendering to His leadership, voice and counsel. Surrender is: "Not my will but yours be done in my life."
 3. The next time you are tempted to defend yourself, get revenge, hate someone or hold on to your anger, turn it over to Him. Let Him be Lord over your life.
- C. You must stop blaming others and take responsibility for you.
 1. IE. Joyce Meyers testimony, "I spent years experiencing all kinds of problems and manifesting destructive, dysfunctional behaviors that I blamed on everything and everybody else. Instead of taking responsibility for my anger and the hurt in my soul, I would say things like, "I wouldn't be angry if Dave would pay more attention

- to me" or "I wouldn't be angry if my boss paid me more to do this job." Whatever my problem was, it was always somebody else's fault! Blaming other people or circumstances and making excuses never changes anything."
2. You will never get free by blaming others for your condition.
 - a) Take responsibility for your words and actions.
 - b) Forgive those who have hurt you.
- D. Practice Self-control - We must live the fruit of the Spirit! *"But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control; against such things there is no law."* (Galatians 5:22-23, ESV)
1. Gr. *enkrateia* - "*krat*- denoting power or lordship.
 - a) Thus *enkratés* means "having power over all things and the self,"
 - b) *enkráteia* means "dominion over the self or something," with the nuances of "steadfastness" and "self-control"
 - c) The idea is that of people who maintain freedom in self-restraint. Kittel, G., Friedrich, G., & Bromiley, G. W. (1985). In *Theological Dictionary of the New Testament, Abridged in One Volume* (p. 196). W.B. Eerdmans.
 2. We must make the choice to practice self-control. *"God loves the interactions where His indwelling spirit rises up into the circumstances of life and takes charge because His nature takes us to a higher level."* Graham Cooke. I love how that sounds! His nature takes us to a higher level. I.e. Graham calls self-control the 'pause button' of negativity of words and actions.
- E. Forgive as soon as possible! Both others and yourself. Make it a practice to forgive and self-control will be easier to walk in.
- F. It is fruit of the Spirit. So Holy Spirit is hugely involved in the manifestation of this fruit. It is the Spirit that produces self-control in the believers life so that his words and action are in submission to Him.

Conclusion:

- You can't fix a problem until you can see it and realize it is there.