



“THEN HEROD, WHEN HE SAW THAT HE WAS DECEIVED BY THE WISE MEN, WAS EXCEEDINGLY ANGRY...” – MATTHEW 2:16



Controlling the Powerful Emotion of Anger

“ANGER IS ONE LETTER SHORT OF ‘DANGER’”
(AUTHOR UNKNOWN)

PART 1

Outline

1. What is the source of anger?
2. Does God get angry?
3. Why do we experience anger?
4. What is the purpose of anger?
5. How does God respond to anger?
6. The two types of anger
7. How to process anger in a positive way?
8. Application

What is the source of anger?

Anger is an emotion

From the Devil?

- “Be angry, and do not sin.” (Ps. 4:4)

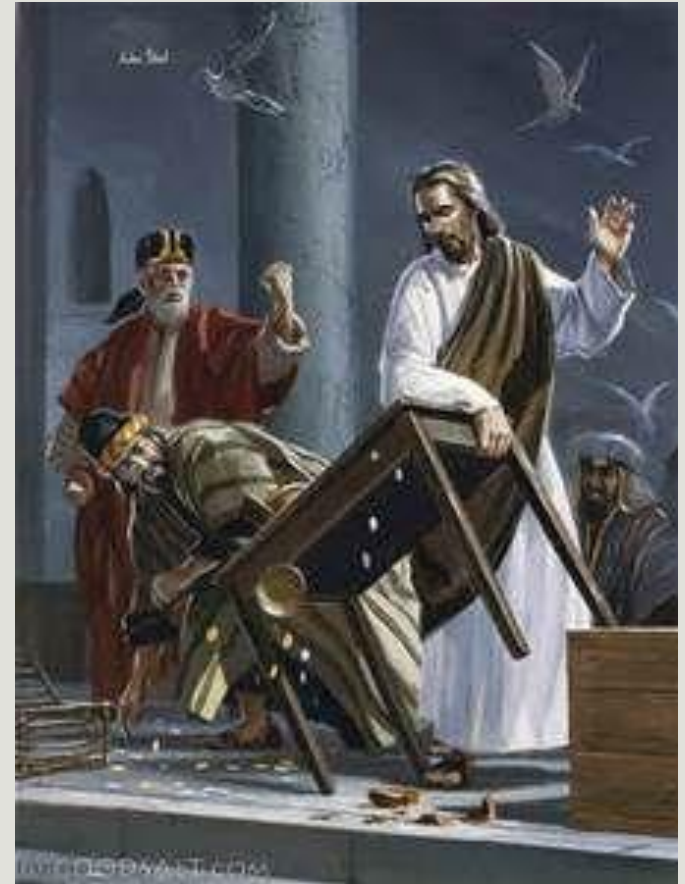
Anger is rooted in the nature of God

- “God is love.” (1 Jn. 4:8)
- “Be holy, for I am holy.” (1 Pet. 1:16)
- “God is a just judge, and God is angry with the wicked every day.” (Ps. 7:11)

Does God get angry?

“Now therefore, let Me alone, that My wrath may burn hot against them and I may consume them. And I will make of you a great nation.”
(Ex. 32:10)

“It is written, ‘My house shall be called a house of prayer,’ but you have made it a ‘den of thieves.’”
(Matt. 21:13)



Why do we experience anger?

Because we are made in the image of God

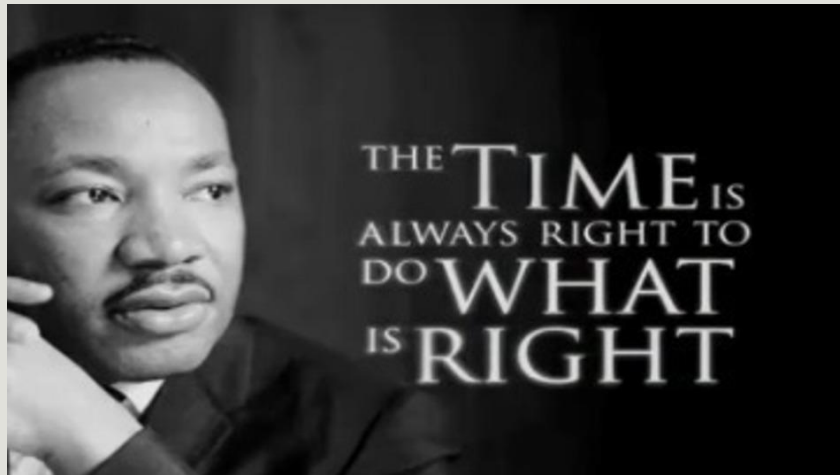
We have a concern for rightness and justice

Everyone gets angry when our sense of right or injustice are violated



What is the purpose of anger?

To motivate us to take constructive action



How does God respond to anger?

1. Punish the wrong-doer

- Beloved, do not avenge yourselves, but rather give place to wrath; for it is written, “Vengeance is Mine, I will repay,” says the Lord. (Rom. 12:19)
- “The Lord is not slack concerning His promise, as some count slackness, but is longsuffering toward us, not willing that any should perish but that all should come to repentance.” (2 Pet. 3:9)

2. Right the wrong



Two Types of Anger

Definitive Anger

- Right has been violated
- “Now when Peter had come to Antioch, I withstood him to his face, because he was to be blamed; for before certain men came from James, he would eat with the Gentiles; but when they came, he withdrew and separated himself, fearing those who were of the circumcision. And the rest of the Jews also played the hypocrite with him, so that even Barnabas was carried away with their hypocrisy.” (Gal. 2:11-13)



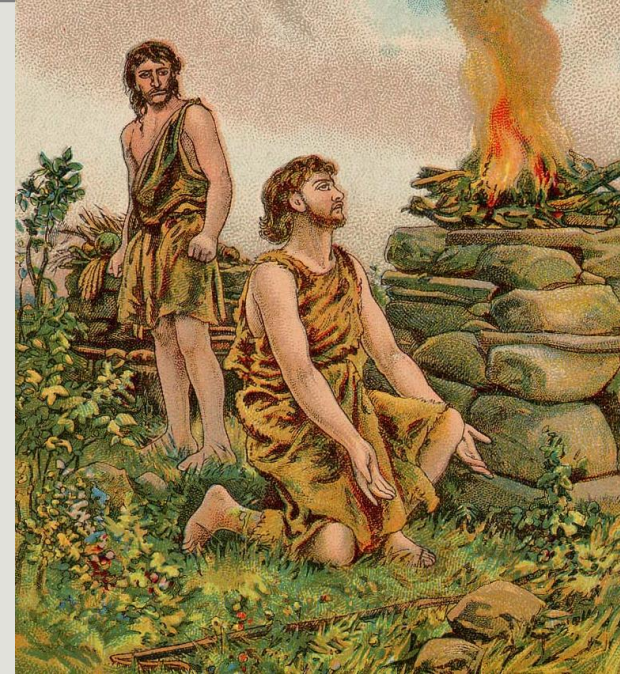
Two Types of Anger

Distorted Anger

- No wrong was committed

Ex: Cain

- Abel also brought of the firstborn of his flock and of their fat. And the Lord respected Abel and his offering, but He did not respect Cain and his offering. And Cain was very angry, and his countenance fell. So the Lord said to Cain, “Why are you angry? And why has your countenance fallen? 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.” (Gen. 4:4-7)



Two Types of Anger

Ex: Namaan the Syrian

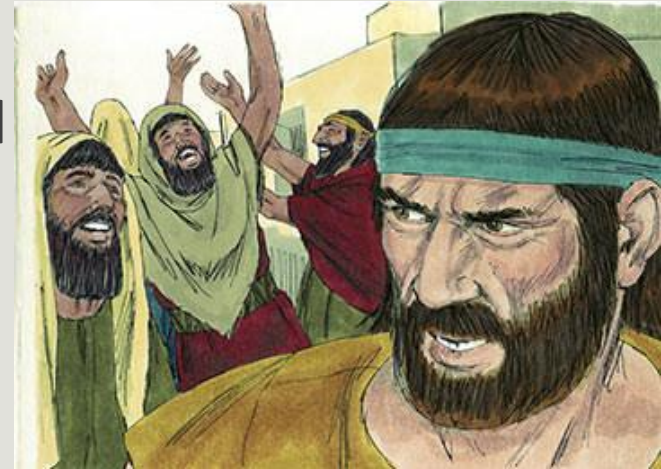
- Then Naaman went with his horses and chariot, and he stood at the door of Elisha's house. And Elisha sent a messenger to him, saying, "Go and wash in the Jordan seven times, and your flesh shall be restored to you, and you shall be clean." But Naaman became furious, and went away and said, "Indeed, I said to myself, 'He will surely come out to me, and stand and call on the name of the Lord his God, and wave his hand over the place, and heal the leprosy.' Are not the Abanah and the Pharpar, the rivers of Damascus, better than all the waters of Israel? Could I not wash in them and be clean?" So he turned and went away in a rage. (2 Kings 5:9-12)



Two Types of Anger

Ex: Jonah

- But it displeased Jonah exceedingly, and he became angry. So he prayed to the Lord, and said, “Ah, Lord, was not this what I said when I was still in my country? Therefore I fled previously to Tarshish; for I know that You are a gracious and merciful God, slow to anger and abundant in lovingkindness, One who relents from doing harm. Therefore now, O Lord, please take my life from me, for it is better for me to die than to live!” Then the Lord said, “Is it right for you to be angry?” (Jon. 4:1-4)



Two Types of Anger

Distorted anger is based upon a perception of wrong, whereas definitive anger is based upon genuine wrong.

How to I assess which one I'm experiencing?

1. What wrong was committed?
2. Do I have all the facts?

Summary

What is the source of anger?

Does God get angry?

Why do we experience anger?

What is the purpose of anger?

- To motivate us to take constructive action

How does God respond to anger?

- Punish the wrong-doer
- Right the Wrong

The two types of anger

- Definitive
- Distorted Anger

Part 2

1. How to process anger in a positive way?
2. Application