



“IT SEEKS A SIGN, AND NO SIGN WILL BE GIVEN TO IT EXCEPT THE SIGN OF JONAH THE PROPHET.” - LUKE 11:29



Controlling the Powerful Emotion of Anger

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

PART 2

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

Part 1 Review

What is the source of anger?

- Anger is an emotion
- Anger is rooted in the nature of God

Why do we experience anger?

- Because we are made in the image of God
- We have a concern for rightness and justice

Part 1 Review

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

Part 1 Review

Two Types of Anger

Definitive Anger

- Anger toward any kind of genuine wrongdoing; mistreatment, injustice, breaking of laws

Distorted Anger

- Anger toward a perceived wrongdoing where no wrong occurred

How to assess which type I'm experiencing?

- What wrong was committed?
- Do I have all the facts?

How to process anger in a positive way?

1. Admit your anger

- “ ‘Be angry, and do not sin’: do not let the sun go down on your wrath, nor give place to the devil.”
(Eph. 4:26)



How to process anger in a positive way?

2. Restrain immediate response

- “A fool vents all his feelings, But a wise man holds them back.” (Pro. 29:11)
- “The discretion of a man makes him slow to anger.” (Prov. 19:11)
- *“Speak when you are angry and you will make the best speech you will ever regret.”*
(Ambrose Bierce, Author)

How to process anger in a positive way?

3. Locate the focus of anger

- Why am I angry?
- What wrong was committed?
- Assess how serious is the offense?

How to process anger in a positive way?

4. Take constructive action

- “ ‘Be angry, and do not sin’: **do not let the sun go down on your wrath**, nor give place to the devil.” (Eph. 4:26-27)
- *“Anger was never intended to be a resident, but a visitor.”* (Gary Chapman)
- “Do not hasten in your spirit to be angry, For anger rests in the bosom of fools.” (Eccl. 7:9)



If your anger is distorted...

1. Confession

2. Negotiate understanding

- Express your struggles
- Listen to the other person's response
- Be honest
- Accept their humanity
- “I, therefore, the prisoner of the Lord, beseech you to walk worthy of the calling with which you were called, with all lowliness and gentleness, with longsuffering, bearing with one another in love.” (Eph. 4:1-2)



If your anger is definitive...

1. Lovingly confront the offender

- Take heed to yourselves. If your brother sins against you, rebuke him; and if he repents, forgive him. And if he sins against you seven times in a day, and seven times in a day returns to you, saying, 'I repent,' you shall forgive him." (Lk. 17:3-4)
- "Brethren, if a man is overtaken in any trespass, you who are spiritual restore such a one in a spirit of gentleness, considering yourself lest you also be tempted." (Gal. 6:1)



If your anger is definitive...

2. Release the offense to God

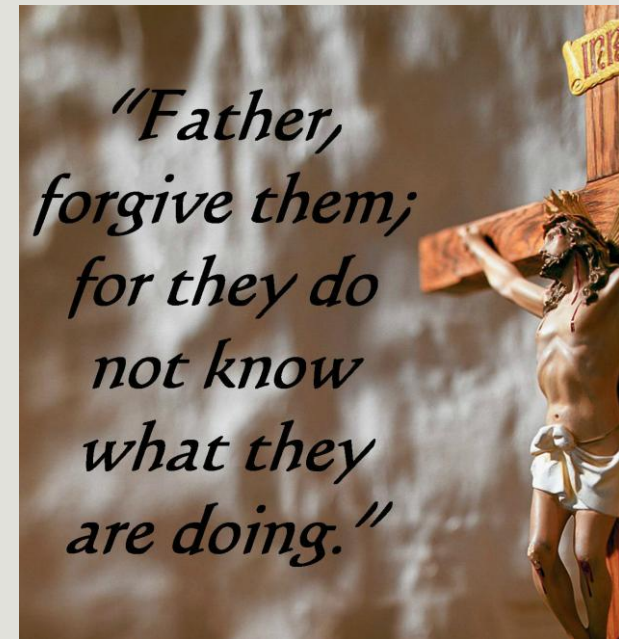
- Beloved, do not avenge yourselves, but rather give place to wrath; for it is written, “*Vengeance is Mine, I will repay,*” says the Lord.
(Rom. 12:19)
- “...who, when He was reviled, did not revile in return; when He suffered, He did not threaten, but committed Himself to Him who judges righteously.” (2 Pet. 2:23)



If your anger is definitive...

3. Return good for evil

- Beloved, do not avenge yourselves, but rather give place to wrath; for it is written, “Vengeance is Mine, I will repay,” says the Lord. Therefore “If your enemy is hungry, feed him; If he is thirsty, give him a drink; For in so doing you will heap coals of fire on his head.” Do not be overcome by evil, but overcome evil with good. (Rom. 12:19-21)



Summary

How to process anger in a positive way?

- Admit your anger
- Restrain immediate response
- Locate the focus of anger
- Take constrictive action

If my anger is distorted...

- Confession
- Negotiate understanding

If my anger is definitive...

- Lovingly confront the offender
- Take heed to yourselves
- Release the offense to God
- Return good for evil