

Overview:

Anger is a feeling of extreme displeasure, hostility, indignation, or exasperation toward someone or something. Learning how to control the emotion of anger is critical if we are going to be mature in our personal character. How you deal with your anger, especially with those you live with, will have a major impact on their lives and your own, whether good or bad.

Outline

I. Definition of Anger

- A. Greek words for anger:
 - 1. *Orge* - A settled or abiding condition of the mind. Rises slowly and tends to be more lasting in its nature. Has the view of taking revenge. (Eph. 4:26a,31; Heb 3:11)
 - 2. *Thumos* (wrath) - a very agitated condition. An outburst of wrath from inward indignation. Hot anger. Quick to rise up and not as long lasting as orge. (Luke 4:28)
 - 3. *Parorgismos* - stronger emotion than orge. Carries the idea "to quiver with strong emotion." (Eph. 4:26b)
- B. Anger is a strong emotion.
 - 1. The emotion of anger is not sin.
 - a) righteous indignation: anger you feel when someone is hurting your child.
 - 2. You choose how it leads you.

II. Examples of Anger in the Bible:

- A. Cain kills Abel (Gen. 4:3-8).
- B. Moses - strikes rock.
- C. Joseph (refused to get angry).

III. Bad effects of Anger

- A. Physically
- B. Spiritually

IV. Why do we get angry?

- A. Various complex factors feed the emotion of anger.
 - 1. Origin of anger (overhead).
 - 2. Expressions of anger (overhead).
 - a) passive and active.
 - 3. Objects of anger (overhead).

V. How to overcome anger.

- A. Realize that anger is a choice. You are responsible to choose how you will respond in anger-producing situations.
- B. Understand what makes you angry.
 - 1. Pray over these areas.
 - 2. may consider getting counsel.
- C. Have someone to be accountable with.
- D. Memorize verses and do Bible study on areas you struggle with.
- E. Yield personal rights that you feel that you are obligated to and give ownership back to God.
- F. Stop and think before reacting.

- 1. If you're angry count to 10. If you're very angry count to 100. (*Thomas Jefferson*)

G. Think only good, wholesome, and positive thoughts. (Phil 4:8, 2 Cor. 10:5)

H. Become aware of displaced anger.

I. Look to God, not others, for my self worth.

J. Remind yourself that God is in control.

K. Tell God how angry you are. (David)

L. Be filled with the Spirit. (Eph 5:19-20)

- 1. A song in your heart.
- 2. A thanksgiving mental attitude.
- 3. A submissive spirit.

M. Learn to deal with the sin of your anger.

- 1. Face your anger as sin.
- 2. Confess your sin as soon as it occurs. (1 John 1:9)
- 3. Forgive the person who has caused your anger.
- 4. Ask for forgiveness from those you hurt.
 - a) Express how you sinned against them.
 - b) Ask - "will you please forgive me?"
- 5. Make necessary amends for the hurt you caused to others. (2 Cor. 7:11)

Conclusion:

Anger is a God given emotion. Christians need to control their anger in a way that does not result in sin. The Spirit-filled Christian has learned to put to death the sinful nature with its passions and desires and live out the fruit of the Spirit.

Supporting Material:

Verses:

Leviticus 19:17-18 Do not hate your brother in your heart. Rebuke your neighbor frankly so you will not share in his guilt. Do not seek revenge or bear a grudge against one of your people, but love your neighbor as yourself. I am the LORD.

Nehemiah 9:17 ...But you are a forgiving God, gracious and compassionate, slow to anger and abounding in love.

Psalms 7:11 God is a righteous judge, a God who expresses his wrath every day.

Psalms 37:8 Refrain from anger and turn from wrath; do not fret-- it leads only to evil.

Proverbs 11:4 Wealth is worthless in the day of wrath, but righteousness delivers from death.

Proverbs 14:17 A quick-tempered man does foolish things, and a crafty man is hated.

Proverbs 14:29 A patient man has great understanding, but a quick-tempered man displays folly.

Proverbs 15:1 A gentle answer turns away wrath, but a harsh word stirs up anger.

Proverbs 15:18 A hot-tempered man stirs up dissension, but a patient man calms a quarrel.

Proverbs 16:14 A king's wrath is a messenger of death, but a wise man will appease it.

Proverbs 16:32 Better a patient man than a warrior, a man who controls his temper than one who takes a city.

Proverbs 17:14 Starting a quarrel is like breaching a dam; so drop the matter before a dispute breaks out.

Proverbs 19:11 A man's wisdom gives him patience; it is to his glory to overlook an offense.

Proverbs 19:19 A hot-tempered man must pay the penalty; if you rescue him, you will have to do it again.

Proverbs 22:24 Do not make friends with a hot-tempered man, do not associate with one easily angered,

Proverbs 29:22 An angry man stirs up dissension, and a hot-tempered one commits many sins.

Jeremiah 10:24 Correct me, LORD, but only with justice-- not in your anger, lest you reduce me to nothing.

Nahum 1:3 The LORD is slow to anger and great in power; the LORD will not leave the guilty unpunished. His way is in the whirlwind and the storm, and clouds are the dust of his feet.

Matthew 5:22 But I tell you that anyone who is angry with his brother will be subject to judgment. Again, anyone who says to his brother, 'Raca,' is answerable to the Sanhedrin.

But anyone who says, 'You fool!' will be in danger of the fire of hell.

Mark 3:5 He looked around at them in anger and, deeply distressed at their stubborn hearts, said to the man, "Stretch out your hand." He stretched it out, and his hand was completely restored.

Mark 11:15 On reaching Jerusalem, Jesus entered the temple area and began driving out those who were buying and selling there. He overturned the tables of the money changers and the benches of those selling doves,
Acts 17:16 While Paul was waiting for them in Athens, he was greatly distressed to see that the city was full of idols.

Romans 1:18 The wrath of God is being revealed from heaven against all the godlessness and wickedness of men who suppress the truth by their wickedness,

Romans 12:19 Do not take revenge, my friends, but leave room for God's wrath, for it is written: "It is mine to avenge; I will repay," says the Lord.

Galatians 5:19-23 The acts of the sinful nature are obvious: sexual immorality, impurity and debauchery; idolatry and witchcraft; hatred, discord, jealousy, fits of rage, selfish ambition, dissensions, factions and envy; drunkenness, orgies, and the like. I warn you, as I did before, that those who live like this will not inherit the kingdom of God. But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control.

Against such things there is no law.

Ephesians 2:3 All of us also lived among them at one time, gratifying the cravings of our sinful nature and following its desires and thoughts. Like the rest, we were by nature objects of wrath.

Ephesians 4:26 "In your anger do not sin": Do not let the sun go down while you are still angry, and do not give the devil a foothold.

Ephesians 4:31 Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice.

Ephesians 5:6 Let no one deceive you with empty words, for because of such things God's wrath comes on those who are disobedient.

Ephesians 6:4 Fathers, do not exasperate your children; instead, bring them up in the training and instruction of the Lord.

Colossians 3:8 But now you must rid yourselves of all such things as these: anger, rage, malice, slander, and filthy language from your lips.

1 Timothy 2:8 I want men everywhere to lift up holy hands in prayer, without anger or disputing.

Hebrews 12:14-15 Make every effort to live in peace with all men and to be holy; without holiness no one will see the Lord. See to it that no one misses the grace of God and that no bitter root grows up to cause trouble and defile many.

James 1:19-20 My dear brothers, take note of this: Everyone should be quick to listen, slow to speak and slow to become angry, for man's anger does not bring about the righteous life that God desires.

Quotes:

Next time you feel the surge of anger, say to yourself, "Is this really worth what it's going to do to me and others emotionally? I will make a fool of myself. I may hurt someone I love, or I might lose a friend." Practice realizing that it is not worth it to get so worked up about things, and always remember Seneca, who said, "The greatest cure of anger is delay."

Norman V. Peale

Anger is an acid that can do more harm to the vessel in which it's stored than to anything on which it's poured.

Baptist Beacon

Folks who fly into a rage always make a bad landing.

Globe Gazette

You can't always be hitting the ceiling without making people think there's something wrong upstairs.

Franklin P. Jones

A tart temper never mellows with age, and a sharp tongue is the only tool that grows keener with constant use.

Washington Irving

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