

OVERCOMING ANGER

Isa. 54.17

1. Weapons will be formed.
2. Weapons will be used.

Ps. 2 - In a time when people are the most prosperous, we seem to be the most angriest.

Proverbs 16.32

The Word of God has much to say about anger and uses a number of words to describe the various types of anger. In the Old Testament, the word for anger actually meant “nostril” or “nose.” In ancient Hebrew psychology, the nose was thought to be the seat of anger. The phrase “slow to anger” literally means “long of nose.”

We often to know we are angry because we hide it behind other emotions and reactions:

Our anger often conceals itself behind a cloak of resentment, aggression, frustration, hate, fury, indignation, outrage, wrath, antagonism, hostility, bitterness and defiance.

Other people who are angry can be called mad, bitter, frustrated, fed up, sore, annoyed, troubled, and on the offense.

Colossians 3:1-8 (MSG)

James 1.19-20

What is Anger

Eh. 4.26-31

Anger is a strong feeling of displeasure or hostility caused by a real or perceived offense, injury, or unmet desire to one's self or other, usually accompanied by a desire to retaliate or seek revenge.

The New Testament has three words for anger:

1. **Ogre** - A long-lasting attitude of anger which is slower in its onset but more enduring. This kind of anger is similar to coals on a barbecue slowly warming up to red and then white hot and holding this temperature until the cooking is done. It often includes revenge. (Ephesians. 4:31 “anger”)

OVERCOMING ANGER

2. **Thumos** - Describes anger as a turbulent commotion or a boiling agitation of feelings. This type of anger blazes up into a sudden explosion. It is an outburst from inner indignation and is similar to a match which quickly ignites into a blaze but then burns out rapidly. (Ephesians. 4:31 “wrath”)

3. **Parorgismos**---anger mingled with irritability, and /or embitterment. (Ephesians 4:26 “anger”; Ephesians. 6:4 “provoke... to anger”)

Anger has an object , a target human or nonhuman.

Anger is often a means of coercing, manipulating, and intimidating-- A weapon used to get what we want or used to punish someone when we don't get what we want.

3 Facts about Anger

Eh. 4.26

1. Anger is an emotion.
 - a. Ecc.7.9
2. Anger must be resolved - Don't let it linger...
 - a. Mt. 21-12-14
3. Anger unaddressed is an invitation for the devil.
 - a. 2 Corinthians 2.9-11
 - b. Ps. 37.7 - Stop being angry! Turn from your rage! Do not lose your temper - it only leads to harm. (NLT)

4 types of Anger

1. **Sudden Anger** (quick-temper) (Controlled)
 - a. Proverbs 14.17
 - b. Proverbs 15.18
2. **Sinful Anger** (Condemned)
 - a. Mt.5.21-22
 - b. Test of Sinful Anger
 - i. Blame others
 1. Chron. 26.16-21

OVERCOMING ANGER

ii. Without justification

iii. Seeks vengeance

1. Proverbs 20.22

iv. Nurtured

v. Unwilling to forgive

3. **Stubborn Anger** (Conquered)

a. Genesis 4.4-8

4. **Sanctified Anger**

a. Mk. 3.1-5

b. 2 Samuel 20.30,34

i. Counterpart of Love

ii. Doesn't last Long

1. Proverbs 30.5

iii.

OVERCOMING ANGER

OVERCOMING ANGER

The Effects of Anger

A woman once told an Evangelist that she had a bad temper, but that it was usually all over in a minute. The Evangelist replied, "So is a shotgun, but it blows everything to pieces."

When we hurt.

1. Hurt causes anger.
2. Frustration causes anger.
3. Insecurity and fear cause anger.
4. Injustice and evil cause anger.

Golfer Illustration -

You see his father was an exploder. When things didn't go his way he would over react and take his aggression out on whatever was in front of him. Some of us are exploders.

4 Expressions of Anger

1. Maniac (exploder)

When a volcano erupts, we marvel at its splendor, but clean up its destruction.

- d. Proverbs 29.11,22
- e. Daniel 3.13 (King Nebuchadnezzar)
- f. Nu. 22:29 (Balam)

2. Mute (implode)

- a. Absalom
- i. 2 Samuel 13.21-23

This is the person who is determined never to get angry. Instead of expressing healthy anger he/she bottles it up inside and pretends as if nothing ever bothers him.

Someone once said, "When I learned to swallow my anger, I later realized my stomach kept count." Some of us implode.

3. **Manipulator (exploiter)**, This is the passive aggressive personality

- a. Absalom

OVERCOMING ANGER

- i. 2 Samuel 13.21-23
Like Lee Iacocca when he was fired from Ford said, "I don't get mad, I just get even."

4. Martyr (inflictor) **Jonah**

- a. Jonah 4

This is a person who is excellent at throwing pity parties. They secretly enjoy being disappointed and feel uncomfortable when things are going well. Their anger is repressed and later manifests

5 Steps Overcoming Your Anger

1. **Acknowledge** - Take ownership of your Anger.
 - a. **Confess your anger to the Lord.** Recognize that your attitude has not been right. Be specific in describing your hostility and resentment.
 - b. **Recognize that unforgiveness is sin.** Honestly admit that it is a violation of biblical principles.
 - c. **Ask God to forgive you.** You may also need to admit to the other person that your attitude towards him or her was wrong.
 - d. **Lay down the anger.** Through the power of the Holy Spirit and by an act of your will, choose to let it go.

2. **Neutralize** - Counterbalance it.

Your anger is linked to an action and intensified by your thoughts.

- a. Change the way you think.
- b. Romans 12.1-2

3. **Grow in Grace**

- a. Romans 5.20-6.2
- b. Proverbs 19.11

4. **Engage with Love**

- a. 1 Corinthians 13

5. **Reconcile / Redeem** - *Redemption is always done at my expense. Purchase is done at their expense.*

- a. 2 Corinthians 5.18-21 (Maintain the relationship)π