

Anger

Proverbs 19:11-12

Each of us become angry from time to time and I must include myself also.
Now, not all anger is bad anger...there is a good anger, a righteous anger.
But “unrighteous anger” is an acid that destroys its container.
Nothing does more damage to us than anger: Physically, Emotionally, Spiritually.
Let’s notice 4 things about anger:

I. Sudden Anger is to Be Controlled

1. Are you the kind of person who gets suddenly angry?
 - a. You say “I got red hair”
 - b. “I’m Irish”
 - c. Maybe you brag about your short fuse.
You’re like a loaded shot gun with a hair trigger ready to go off at any moment.
2. Will Rogers said, “Those who fly into a rage seldom make a good landing.”
3. If you are a person with an ungovernable temper your foolish. Proverbs 14:17
 - a. You say, “Pastor Adams, don’t call me a fool.” I didn’t, God did
 - b. Losing your temper is just a foolish thing to do.
4. The quickest way to get into a fight is to have a quick temper. Proverbs 15:18
A good way to get in an argument started is to fly off the handle.
5. Don’t start fighting or arguing before you hear the whole matter. Proverbs 25:8
 - a. You can jump to conclusions.
 - b. You may start something you don’t understand, and you may end up in real trouble.
6. If you are a person who is quick with wrath and quick with words. You are going to have to improve to get up to level of fool.
 - a. When we get mad, there is so much we can lose.
 - b. Many times, we don’t know what we are saying.
 - c. We begin to talk before we begin to think.
7. So, what the Bible is saying is “Sudden anger is to be controlled.” There is so much to lose. Proverbs 19:19
 - a. Your friends
 - b. Your job
 - c. Your family
 - d. Your health – anger – destroys you in many ways
8. John Hunter said, “My life is at the mercy of anyone who can make me angry.”

Don't let folks know where your goat is tied.

9. How can you help a short fuse?
 - a. Confess you are getting angry
 - b. Then consider it. Lord show me what it is, why am I getting so mad?
 - 1) If you will just slow down. God will give you understanding." Proverbs 14:29
 - 2) You can think the thing through
 - c. Then control it. (Yes, you can control it.)
Example of controlling it. Family discussion that can be heard for two blocks.
You can turn it off. Proverbs 14:29 Slow to anger.

II. Sinful Anger is to Be Condemned.

1. Man, of discretion. Proverbs 19:11
 - a. A man thinker
 - b. He defers his anger.
 - c. He puts it off and he thinks about it.
 - 1) Why am I angry?
 - 2) What is it that is eating me?
2. If he determines his anger is sinful, it is to be condemned.
3. Don't be easy on yourself with this matter of anger...call it what it is.
 - a. It is not weakness.
 - b. It is wickedness.
4. Don't blame.... Don't but it off.
5. How can you tell if your anger is sinful anger or not?
 - a. Without a cause. Matthew 5:22
Many times, we are angry with "No reason"
 - b. Anger that is against a person is sinful anger
Rage is a temporary loss of sanity.
 - c. If our anger is against a person.... that is sinful anger.
 - d. If we have a desire for revenge...that is sinful anger.
God says, "Vengeance is mine, I will repay."
 - e. If anger is cherished....it is sinful anger.
If we do not want to give it up.
If we think that we have a right to it.
 - f. If you have an unforgiving heart.... that is sinful anger.
Someone has wronged you....and you will not forgive.

III. Stubborn Anger is to be Conquered.

1. It is his glory to pass over a transgression. Proverbs 19:11
2. One of the most glorious things a person can do is to pass over something that has hurt you.
3. Ephesians 4:26
 - a. Some people have learned to live with their anger.
 - 1) Some people have been angry for years.
 - 2) Some have a stubborn anger...the sun will rise and set...rise and set. Upon their anger.
 - b. Sometimes husbands and wives go to bed angry and when they do, they give place to the devil.
4. When a person has anger in his heart...he is saying, "Devil come on in". Stubborn anger then becomes a nest where the Devil hatches some more eggs.
5. Let's see how the Devil works. What happens when we give him a place? A foot holds.

6 steps to disaster. Ephesians 4:31

 - a. Bitterness, feelings of resentment when we have been wronged. Hebrews 12:5
 - b. Wrath means to burn; we began to do a slow burn.
 - c. Anger, not inside anger, but outward.
 - d. Clamour, means loud speech. Maybe crying, maybe shouting. Have you ever noticed when we begin to get angry, we become loud?
 - e. Evil speaking, you begin to say things you don't mean.
 - 1) I hate you
 - 2) I wish we never got married
 - 3) You are such an ungrateful child
 - 4) You will never amount to anything
 - 5) We say all kinds of cruel and harsh things we don't really mean.
 - 6) Things we know that is not right when we say them, but we are on a roll.
 - f. With all malice, a desire to hurt.

This is exactly how the devil works in our lives when we harbor anger, or we let the sun go down on our wrath.
6. We are to rule our spirit. Proverbs 16:32
We are to conquer our stubborn anger, how?
 - a. We must recognize it.
 - b. We must repent of it. Ephesians 4
 - c. Renounce the devil.

Remember you give the devil a place or a foot hold.
Resist him and he will flee from you.
 - d. Rely on God...and the Holy Spirit. He will help you.

IV. Sanctified Anger Needs to be Channeled.

1. There is such a thing as sanctified anger.
2. It's not always a sin to be angry. Ephesians 4:26
3. Jesus was angry. Mark 3:1-5
Jesus was without sin, yet he was not without anger.
4. What angered Jesus, was not what someone else had done to him.
 - a. Jesus never retaliated when someone did something to him.
 - b. Jesus always returned good for evil.
 - c. Jesus never got even.
 - d. Jesus did not get angry even when they nailed him to the cross.
5. What angered Jesus, was the hurt and not caring about others
The Pharisees were filled with selfishness, pride and greed...and cared nothing about the need of the man with the withered hand.
6. Sometimes anger is the best expression of love.
When we see people being hurt, we should become angry
 - Dope
 - Abortions
 - Anytime people are treated without respect and love.... should anger us.
7. If you can't get angry, there is something lacking in your character.
8. There ought to be a lot of things that make us angry.
 - a. Anger that loves the person but hates the crime...the sinful act.
 - b. Anger that does something positive and constructive.
9. Jesus got angry but never sinned.

V. Illustrations of Unjustifiable Anger.

1. When anger comes from the wrong motive. Luke 15:25-32. Here was the motive of jealousy
2. Nebuchadnezzar's anger was based on the motive of pride. He threw them into a fiery furnace. Daniel 3:12-13
3. Wrong to get angry just because we don't get our way. Jonah 3:10-4:9, Jonah lost the battle with anger. He did not want to see Nineveh repent. But destroyed.
4. When anger comes because we react too quickly...without investigating the facts. The words of both Solomon and James illustrate this point.
 - a. Ecclesiastes 7:8-9
 - b. James 1:19
 - c. Proverbs 14:16-17
 - d. Proverbs 16:32

VI. How to Deal with Anger.

1. Learn to ignore petty disagreements. Proverbs 19:11, 20:3
2. Refrain from close association with anger-prone people. Proverbs 22:24-25
3. Keep close check on your tongue. Proverbs 15:1, 21:23
4. Cultivate honesty in communication without letting anger build up. Proverbs 27:4-6
5. If anger is not controlled...it will destroy you. Proverbs 25:28, 29:20
6. How do you deal with anger in your life? Are you applying God's principles?