

Understanding My Anger as a God-Given Emotion

In this session we will discover the proper use of the emotion of anger, designed by God but confused, misused, confused and abused by men. Note: This session is Part One of a six-part series on Managing My Anger God's Way.

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I. The Definition of Anger

A. The emotion of anger was created by God

Personality = intellect + will + emotion

B. The emotion of anger was created for a purpose

Latin: emotio = move out/energize

The emotion of anger generates energy to change things.

C. The emotion of anger is neither right nor wrong

James 1:20 "...for the anger of man does not achieve the righteousness of God."

1. Righteous Anger

Regarding Jesus and the Temple Money Changers

- a. Jesus' anger was controlled
- b. Jesus' anger was exercised in love
- c. Jesus' anger was directed rightly

2. Unrighteous Anger:

- a. Our anger is often uncontrolled
- b. Our anger often lashes out to hurt
- c. Our anger is often misdirected

II. Then how does unrighteous anger get the best of me?

Next Session: “Getting to the Root of My Unrighteous Anger”
Any questions?