

## What Everyone Should Know About Anger

Anger kills. People in your care are murdering and being murdered. Parents use anger to control children. Spouses who seem civil in public can be at war in private. This workshop will consider what all of us should know about anger, and how we can help angry people.

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### 1. Anger kills people

**2. Anger deceives us and makes us stupid.** It is the hide-and-point of the Garden. It feels so right (1 John 2:11)

### 3. Anger has many faces

*Matt 5:21-22 "You have heard that it was said to the people long ago, 'Do not murder, and anyone who murders will be subject to judgment.' 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.*

Hot anger

Cold anger

Righteous anger

**4. Who are you imitating?** In whose name are you declaring war? For whose kingdom are you a judge?

A. The anger of God

1. God is angry-loving (Pro 6:16-19, 8:13, 20:10, Mal 2:16 . . .)

2. God's anger is holy

(a) It is slow (Ex 32-33)

Ex. 34:6-7 “*The LORD, the LORD, the compassionate and gracious God, slow to anger, abounding in love and faithfulness, maintaining love to thousands, and forgiving wickedness, rebellion and sin. Yet he does not leave the guilty unpunished; he punishes the children and their children for the sin of the fathers to the third and fourth generation.*”

- (b) It is limited by love and kindness (2 Kings 14:6)
- (c) It is directed away from us
- (d) Consider the anger of Jesus (Mark 3:5, John 2, Luke 6:27-31)

## B. The anger of Satan

1. Satan is a murderer and a liar (John 8:44,45)
2. His anger is intended to divide (Eph 4:26, 1 Cor 3:16-17, 1 Cor 11)
3. He is filled with fury because he could not beat Jesus (Rev. 12)

## 5. Important Scripture

James 4:1-10

Matt 18:23-35

Luke 18:9-14

**6. Confess anger and listen to anger.** “Say, ‘I’ve done wrong; say, ‘I’ve sinned.’ You won’t die if you say this. You will certainly die if you don’t say it.” Augustine, in *Four Faces of Anger*, Gertrude Gillette, p.111.

## 7. The opposite of anger is . . .

Gal 5:19-22 *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. ... But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control.*

Honoring

Listening

## 7. Disarming Angry People

- a. Are you ready? Have you ever done this before?
  
- b. Look more deeply at the angry person: enslaved to sin, broken relationships, a city without walls, a fool, a murderer under judgment, blind and deaf
  
- c. Walk humbly before the Lord, and say whatever you want. Just do *something*.

“Let’s talk”

“What’s wrong? You are angry.”

Jesus was never angry when he was wronged

Hard circumstances are opportunities to know the Lord

Let’s start lopping off a limb or two. Maybe cut out a tongue (Mark 9:47)