



Are You Angry?

Ephesians 4:26-29 KJV

[26] Be ye angry, and sin not: let not the sun go down upon your wrath: [27] Neither give place to the devil. [28] Let him that stole steal no more: but rather let him labour, working with his hands the thing which is good, that he may have to give to him that needeth. [29] Let no corrupt communication proceed out of your mouth, but that which is good to the use of edifying, that it may minister grace unto the hearers.

ANGER - *A strong feeling of intense enmity, hostility or indignation as a result of a real or imagined threat. Expressed by Rage, Resentment, and Indignation.*

Biblical Warnings against Anger:

Proverbs 14:17 KJV

[17] He that is soon angry dealeth foolishly: and a man of wicked devices is hated.

Proverbs 15:18 KJV

[18] A wrathful man stirreth up strife: but he that is slow to anger appeaseth strife.

Proverbs 16:32 KJV

[32] He that is slow to anger is better than the mighty; and he that ruleth his spirit than he that taketh a city.

Proverbs 22:24 KJV

[24] Make no friendship with an angry man; and with a furious man thou shalt not go:

The Nature of Anger

Not getting ones way (no control). Most notable in children but carries on through out the rest of our lives.* There is such thing as righteous indignation. In fact, God is one of the angriest in the bible, but he does not sin as a result of anger. We can be angry about things and use this anger to change or accomplish acts of righteousness. Good Anger: (righteous indignation)

Mark 3:1-5 KJV

[1] And he entered again into the synagogue; and there was a man there which had a withered hand. [2] And they watched him, whether he would heal him on the sabbath day; that they might accuse him. [3] And he saith unto the man which had the withered hand, Stand forth. [4] And he saith unto them, Is it lawful to do good on the sabbath days, or to do evil? to save life, or to kill? But they held their peace. [5] And when he had looked round about on them with anger, being grieved for the hardness of their hearts, he saith unto the man, Stretch forth thine hand. And he stretched it out: and his hand was restored whole as the other.

Mark 11:15 KJV

[15] And they come to Jerusalem: and Jesus went into the temple, and began to cast out them that sold and bought in the temple, and overthrew the tables of the moneychangers, and the seats of them that sold doves;

Matthew 23:13-17 KJV

[13] But woe unto you, scribes and Pharisees, hypocrites! for ye shut up the kingdom of heaven against men: for ye neither go in yourselves, neither suffer ye them that are entering to go in. [14] Woe unto you, scribes and Pharisees, hypocrites! for ye devour widows' houses, and for a pretense make long prayer: therefore ye shall receive the greater damnation. [15] Woe unto you, scribes and Pharisees, hypocrites! for ye compass sea and land to make one proselyte, and when he is made, ye make him twofold more the child of hell than yourselves. [16] Woe unto you, ye blind guides, which say, Whosoever shall swear by the temple, it is nothing; but whosoever shall swear by the gold of the temple, he is a debtor! [17] Ye fools and blind: for whether is greater, the gold, or the temple that sanctifieth the gold?

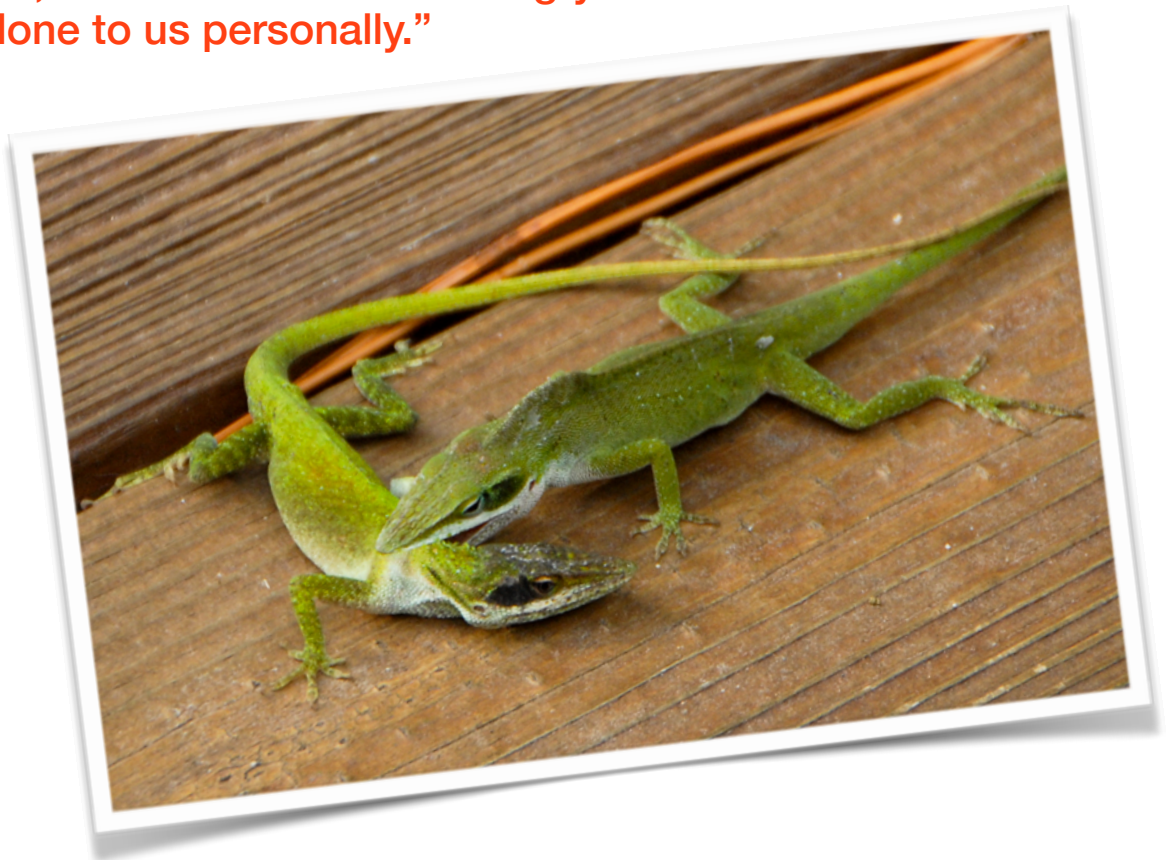
Matthew 23:23-29 KJV

[23] Woe unto you, scribes and Pharisees, hypocrites! for ye pay tithe of mint and anise and cummin, and have omitted the weightier matters of the law, judgment, mercy, and faith: these ought ye to have done, and not to leave the other undone. [24] Ye blind guides, which strain at a gnat, and swallow a camel. [25] Woe unto you, scribes and Pharisees, hypocrites! for ye make clean the outside of the cup and of the platter, but within they are full of extortion and excess. [26] Thou blind Pharisee, cleanse first that which is within the cup and platter, that the outside of them may be clean also. [27] Woe unto you, scribes and Pharisees, hypocrites! for ye are like unto whited sepulchres, which indeed appear beautiful outward, but are within full of dead men's bones, and of all uncleanness. [28] Even so ye also outwardly appear righteous unto men, but within ye are full of hypocrisy and iniquity. [29] Woe unto you, scribes and Pharisees, hypocrites! because ye build the tombs of the prophets, and garnish the sepulchres of the righteous,

Matthew 23:33 KJV

[33] Ye serpents, ye generation of vipers, how can ye escape the damnation of hell?

“ We can be angry at things being done to others or injustices, but we should not be angry over things done to us personally.”



Consequences of our Anger

to ourselves

1. Put up a shield - Prevent others from getting close
2. Chronic tardiness - passive egressive resentment
3. Obstructivism - We object to others and ideas
4. A sense of unrest develops against another
5. Lack of focus - We cannot switch channels
6. We begin to feel isolated - we push away
7. Sadness because we hang on to anger
8. Broken relationship with other people
9. Become judgmental towards others.
10. Procrastination - Feel unmotivated
11. Broken relationship with God
12. Low sexual drive or desire
13. Critical spirit develops

to others

- Destroy our Christian testimony 1.
Broken relationship - irreparable 2.
Hurtful words exchanged - cruel 3.
Shut them out - Tune them out, ignore 4.

to God

- Grieves his spirit 1.
He withholds blessings 2.
Hinders his work - in our lives and others 3.
Satan uses the anger to destroy ourselves or 4.
others we associate with

Health Hazards of Anger

1. *Heart Attack: (short term)*
 - Heart rate increases, blood pressure rises
 - Adrenalin produced, muscles grow tense
 - Digestion is interrupted
2. *Ulcers (long term effects)*
 - Heart Disease
 - Arthritis - Crippling form due to pressure
 - Suicidal depression - feeling of despair

How to Handle Anger

1. *Confess you are angry*
2. *Identify the source of the anger*
3. *Determine to deal with it quickly*
4. *Do not sin (as a response)*
5. *Clarify and/or analyze the situation*
6. *Take a momentary "Time out" gather yourself after initial impact, be in control*
7. *Deal with the anger - Do not let it remain and take root, it's hard to get rid of*
8. *Ventilate - Getting your anger out is good but unfulfilling because it does not settle anything - the best way to ventilate is to get alone and tell God everything you feel*
9. *Put anger away - we can choose not to be angry, it is within our control*
10. *Replace the anger into something productive - clean, rake, mow, etc..*
11. *Determine to benefit from it - Improve yourself either by learning to deal with anger or change yourself fined toward another.*
12. *Prevent anger from recurring - Deal with flare ups quickly when they arise Get good at it.*
13. *Stay away from angry people anger spreads and alter your own perspective*
14. *Reconciliation*
15. *Forgiveness*



Letting Go of Anger

Forgiveness - The giving up of resentment (anger) against someone and forgoing a desire to get even. Surrendering my right to hurt because I've been hurt.

Matthew 6:4,14 KJV

[4] That thine alms may be in secret: and thy Father which seeth in secret himself shall reward thee openly. [14] For if ye forgive men their trespasses, your heavenly Father will also forgive you:

Ephesians 4:30 KJV

[30] And grieve not the holy Spirit of God, whereby ye are sealed unto the day of redemption.

If we are unwilling to forgive others then God will not forgive us. This is not a reference to the walking in the ways of God - God does not keep sin in his will. If we have an unforgiving spirit the blessing of God departs.

Obstacles to Forgiveness

1. *Sympathy*
2. *Pride*
3. *Fear*
4. *Negative advice from others*
5. *Rationalization*

Points to Remember

1. *Responsibility - initiative (if we are the cause, we need to act first to resolve)*
2. *Who we really are will come out when we are hurt by another*
3. *Something we do = something we receive*
4. *Forgiveness is not a feeling, it's an action.*

Process of Forgiving

1. *I must acknowledge that I have been totally forgiven by God at the cross*
2. *I need to confess my true feelings to God.*
3. *I have to realize my unforgiving spirit is hurting my relationship with God.*
4. *Ask God to forgive me for my attitude.*
5. *Lay it down - willful surrender of the issue*
6. *Go ask forgiveness - there are times when you should not go to someone and ask for forgiveness if the situation is inappropriate to bring up just to get it off your chest.*
7. *Close the matter if there is no way to communicate with the person (death)*



Don't speak - Let them speak their mind until they are finished