

Introduction:

¹⁹*My dear brothers, take note of this: Everyone should be quick to listen, slow to speak and slow to become angry,* ²⁰*for man's anger does not bring about the righteous life that God desires.*

James 1:19-20 (NIV)

Warning: Under pressure we are all prone to “blow a fuse,” or burn down the house.

A Look at Anger from God’s Perspective:

Definition: Anger is neither good nor bad; it is a “charged,” morally neutral, emotional response of protective preservation.

- **Positively** – It can be a healthy emotion that motivates us to correct **attitudes, behaviors, or injustices** that we perceive to be wrong.

²⁶*In your anger do not sin. Do not let the sun go down while you are still angry,* ²⁷*and do not give the devil a foothold.*

Ephesians 4:26-27 (NIV)

- **Negatively** – It can be an unhealthy and destructive emotional response to protect us from (real or perceived) **hurt, frustration, or personal attack.**

A hot-tempered man must pay the penalty; if you rescue him, you will have to do it again.

Proverbs 19:19 (NIV)

Do not make friends with a hot-tempered man; do not associate with one easily angered.

Proverbs 22:24 (NIV)

An angry man stirs up dissension, and a hot-tempered one commits many sins.

Proverbs 29:22 (NIV)

Anger Wears Many Masks:

We **express** our **anger** in such a wide variety of ways that many people assume anger is not an issue in their life.

I. Spewers: Anger is Necessary

1. Fear –
2. Results –
3. Need –
4. Yes –
No –

II. Stuffers: Anger is Wrong

1. Fear –
2. Results –
3. Need –
4. Yes –
No –

III. Leakers: Showing Anger is Wrong

1. Fear –
2. Results –
3. Need –
4. Yes –
No –

Application / Discussion Questions:

1. What makes me angry?
2. When or where would it be okay to be angry?
3. In what ways do I tend to misuse anger?
4. Which anger mask do I wear most often?
5. The one insight I received about anger and emotions that will be helpful to me is:

Introduction: Anger is a Secondary Emotion

- Anger is not the problem. Anger is the red warning light on the dashboard – something under the hood is amiss.
- It is easier to be angry than to face the deeper, more sensitive issues of anger.
- We cover stuff inside that God wants to heal, forgive, and restore.

Three Root Issues Behind Anger:

1. **Hurt** = Real or Perceived Unmet Needs

- *A man's own folly ruins his life, yet his heart rages against the LORD.*
Proverbs 19:3 (NIV)
- *Anger is cruel and fury overwhelming, but who can stand before jealousy?*
Proverbs 27:4 (NIV)

➤ Tool: “I feel....” Messages – Attack the Issue not the Person

2. **Frustration** = Real or Perceived Unmet Expectations

- *A patient man has great understanding, but a quick-tempered man displays folly.*
Proverbs 14:29 (NIV)

➤ **Tool:** “I desire...” vs. “I demand....” Statements

3. **Insecurity** = Real or Perceived Attacks on My Worth

- *A gentle answer turns away wrath, but a harsh word stirs up anger.*
Proverbs 15:1 (NIV)

- *An offended brother is more unyielding than a fortified city, and disputes are like the barred gates of a citadel.*

Proverbs 18:19 (NIV)

➤ **Tool:** Ask yourself, “Why am I feeling threatened?”

- What is being attacked?
- Who is attacking me?
- Is the threat meaningful?
- Whose approval am I seeking?

Summary: The first step in overcoming the destructive power of anger is the **courage** to look below the surface.

- Anger – is the light on the dashboard; something’s wrong under the hood.
- Anger – is our way of protecting ourselves from painful, hard-to-deal-with hurts, frustrations, and insecurities.
- Anger – has many faces and despite its power for good, it destroys, unless we learn to...

Acknowledge it

Back-track to the 1st emotion

Consider the real cause

Determine to rightly respond

Discussion Questions:

1. Discuss the concept of anger as a secondary emotion. What insight does this give you with your anger?
2. Which of the root issues do you tend to struggle with the most? How could you see anger as a means to help you grow in Christ and relationships with others? Be specific.
3. What was most helpful to you from this message? Why?

Reference: *The Strong and the Weak* by Paul Tournier

Introduction: How to make anger work for you

- Get a picture of anger: It's like a wild stallion out of control or under control.
- Our anger holds powerful potential for good and evil; it must be harnessed!

The A,B,C,Ds of Anger:

A – Acknowledge (admit and accept) the anger

B – Backtrack to the primary emotion

C – Consider the cause

D – Determine how best to deal with it

The Practical Process: How to deal with your anger

1. At whom am I angry? Myself? Someone else? The situation? God?
2. What should I do? Express directly or release indirectly? (Confront or conceal?)
Will my plans make matters worse or better?

3. How do I deal with the situation? In person? On the phone? Through a letter? Engage in anger-discharge activities?

Continuum of Ways to Express Anger			
Unhealthy	Healthy	Healthy	Unhealthy
Get it all out	Express	Redirect & Release	Grin & Bear It
Explode	Communicate	Discharge	Implode
Yell, Scream, Belittle	In person, phone, letter	Physically active or emotionally calming activities	Withdraw, silent treatment

4. When should I deal with it?

Do I tend to run from conflict?	Yes	No	Sometimes
Do I tend to attack others during disagreements?	Yes	No	Sometimes
Do I take time determining if & when I should deal with a conflict?	Yes	No	Sometimes
Do I force others into confrontation before they're ready?	Yes	No	Sometimes
Are there any current conflicts I need to face but am avoiding?	Yes	No	Sometimes
Which timing do I favor? Now, Later, Never - Why?			

God would like us to turn the nemesis of anger into a friend

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James 1:19-20 (NIV)

God's 3-step training method to bridle anger:

Step #1: "Be Quick to Hear"

- Our **immediate response** to God, others, circumstances, and our anger is to be "receptive listeners" not "reactionary responders."
- **Key Question** = What is this anger telling me?

Step #2: "Be Slow to Speak"

¹⁹*When words are many, sin is not absent, but he who holds his tongue is wise.*
Proverbs 10:19 (NIV)

³*He who guards his lips guards his life, but he who speaks rashly will come to ruin.*
Proverbs 13:3 (NIV)

²⁰*Do you see a man who speaks in haste? There is more hope for a fool than for him.*
Proverbs 29:20 (NIV)

- Our **interim response** to God, others, circumstances, and our anger is to "think before we speak."
- **Key Question** = What must I do to prevent a "verbal reflex response?"

Step #3: “Be Slow to Anger”

*⁹Do not be quickly provoked in your spirit, for anger resides in the lap of fools.
Ecclesiastes 7:9 (NIV)*

- Our **life changing** response to anger begins when we replace “reaction” with “reflection.”
- **Key Question** = What root issue (**injustice, hurt, frustration, or insecurity**) is behind this anger? (ABCD Method)

Summary:

- **Remember** – Anger is a choice
- **Remember** – Anger is a secondary emotion
- **Remember** – It’s not wrong to feel angry, it’s what you do with it.
- **Remember** – The A,B,C,Ds of anger

Discussion Questions:

1. Share some practical steps you can take to follow James’ 3-step approach to diffusing anger. (Be quick to hear, slow to speak, and slow to anger)
2. What was most helpful to you from this passage and message? Why?

Introduction: $AQ = (E + P) \times O426$

Anger Quotient = (Environment + Perspective) x Obedience to Ephesians 4:26

“Be angry, and yet do not sin; do not let the sun go down on your anger.”

Ephesians 4:26 (NASB)

I. Environment

- **Question -**
- **Answer -**
- **Key -**
- **Goal -**

- **Minimize Stress**

1. Eliminate hurry –
2. Downsize expectations –
3. Learn to say no –
4. Admit mistakes and imperfections –
5. Laugh more—don't take life or yourself too seriously –
6. Take care of yourselves –
7. Know what triggers your anger –

HALT: Stop when you're hungry, angry, lonely, or tired

II. Perspective

- **Maximize God**

1. Get right with God: believe in Him, confess your sins, forgive others. *James 4:7-8*
2. Experience God's unconditional love and acceptance. *Zephaniah 3:17*
3. Accept who God made you to be. *Psalms 139:13-16*
4. Trust God and His sovereignty—let Him be in control. *Isaiah 40:25-28*
5. Be merciful. *Luke 6:35-36*
6. Pray about everything. *Philippians 4:6-7*

Application Questions:

1. Have you experienced a time when your angry attitude was transformed due to a new or changed perspective? If so, what did you learn from that process? If not, what have you learned in this chapter that could help?
2. What things do you wish were different in your life? What degree of anger do you sense as a result of those things?
3. In what ways might God's love change your perspective on yourself if it really sank into your heart? In what ways might His sovereignty do the same if your mind could truly grasp it?
4. How do you think God wants you to respond to Him right now?

²⁶Be angry, and {yet} do not sin; do not let the sun go down on your anger, ²⁷and do not give the devil an opportunity.

Ephesians 4:26-27 (NAS)

Introduction: How to Be Good and Mad

- Anger is a channel to maximize your potential in Christ.
- God's agenda for your life is for you to trust Him.
- What's at stake – God gave you this gift of anger to transform your life to make you like Christ.

I. God commands us to express our anger.

Ephesians 4:26a (NIV)

II. God commands us to express our anger appropriately.

Ephesians 4: 26b (NIV)

III. Righteous Indignation: How God Used Anger

- Jesus was visibly angry. Mark 3
- Jesus was verbally angry. Matthew 23
- Jesus was physically angry. Mark 11

IV. God commands us to resolve our anger before bedtime.

Ephesians 4:26c-27(NIV)

Anger Resolution = “Healing the Wound” so good things can happen.

- **Step #1 – Cleanse the Wound**

Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice.

Ephesians 4:31(NIV)

HOW?

Confess and repent of unresolved anger!

- **Step #2 – Treat the Wound**

³²*Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.*

Ephesians 4:32 (NIV)

HOW?

Extend forgiveness and seek reconciliation !

As far as it depends on you!

- **Step #3 – Bandage the Wound**

¹*Be imitators of God, therefore, as dearly loved children*
²*and live a life of love, just as Christ loved us and gave himself up for us as a fragrant offering and sacrifice to God.*

Ephesians 5:1-2 (NIV)

HOW?

Put the past behind you!

Discussion Questions:

1. In what areas do you see the need to be more expressive in your anger?
2. What safeguards can help you express your anger yet do so appropriately?
3. How is the example of Jesus helpful as you examine anger issues relevant to you?
4. What did you learn about anger resolution? Why is resolution so important?
5. Are there any anger issues or relationships in your life that need complete resolution? What steps are you willing to take?

Conclusion – Epilogue

- Insights Gained
- Personal Strategies for Growth
- Theological Implications