



# *Dealing With Anger*

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**Eph 4:26** *“Be angry, and do not sin”: do not let the sun go down on your wrath,”* (NKJV)

**God understands we will get angry, but he wants us to learn how to deal with anger so it does not lead us into sin.**



## *Two Secondary Emotions*

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- Anger and depression are responses to sadness (or hurt), fear & frustration.
  - **Mark 3:5** *"And He entered the synagogue again, and a man was there who had a withered hand. So they watched Him closely, whether He would heal him on the Sabbath, so that they might accuse Him. And He said to the man who had the withered hand, "Step forward." Then He said to them, "Is it lawful on the Sabbath to do good or to do evil, to save life or to kill?" But they kept silent. And when He had looked around at them with anger, being grieved by the hardness of their hearts, He said to the man, "Stretch out your hand." And he stretched it out, and his hand was restored as whole as the other."*



# *Responding in Anger or Depression*

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- Anger and depression are responses to sadness, fear & frustration.
  - **Proverbs 12:25** *"Anxiety in the heart of man causes depression, But a good word makes it glad."*
  - **Psalms 37:8** *"Cease from anger, and forsake wrath; Do not fret—it only causes harm."*
  - **Exodus 32:19** *"So it was, as soon as he came near the camp, that he saw the calf and the dancing. So Moses' anger became hot, and he cast the tablets out of his hands and broke them at the foot of the mountain."*
- If we want to overcome anger & depression we will have to deal with sadness, fear & frustration. We will look at this next week.



# *What Does Anger Produce?*

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- **VENGEANCE**

- **Rom 12:19** *"Beloved, do not avenge yourselves, but rather give place to wrath; for it is written, "Vengeance is Mine, I will repay," says the Lord."*

- **WRATH**

- **Gal 5:20** *"idolatry, sorcery, hatred, contentions, jealousies, outbursts of wrath, selfish ambitions, dissensions, heresies,"*

- **CONTENTIONS**

- **Pro 21:19** *"Better to dwell in the wilderness, Than with a contentious and angry woman."*



# *What Does Anger Produce?*

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- **STRIFE & TRANSGRESSIONS**

- *Pro 29:22 "An angry man stirs up strife, And a furious man abounds in transgression."*

- **GRUDGE**

- *Lev 19:18 "You shall not take vengeance, nor bear any grudge against the children of your people, but you shall love your neighbor as yourself: I am the Lord."*

- **BITTERNESS, CLAMOR & MALICE**

- *Eph 4:31 "Let all bitterness, wrath, anger, clamor, and evil speaking be put away from you, with all malice."*



# God's Wrath vs. Man's Wrath

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- **GOD'S WRATH PRODUCES RIGHTEOUSNESS**

- **Rom 3:5-6** *"But if our unrighteousness demonstrates the righteousness of God, what shall we say? Is God unjust who inflicts wrath? (I speak as a man.) Certainly not! For then how will God judge the world?"*

- **MAN'S WRATH DOES NOT**

- **James 1:19-20** *"So then, my beloved brethren, let every man be swift to hear, slow to speak, slow to wrath; for the wrath of man does not produce the righteousness of God."*



# Put Away Anger

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- **Eph 4:31** *"Let all bitterness, wrath, anger, clamor, and evil speaking be put away from you, with all malice."*
- **Col 3:8-10** *"But now you yourselves are to put off all these: anger, wrath, malice, blasphemy, filthy language out of your mouth. Do not lie to one another, since you have put off the old man with his deeds, and have put on the new man who is renewed in knowledge according to the image of Him who created him,"*
- **Titus 3:3** *"For we ourselves were also once foolish, disobedient, deceived, serving various lusts and pleasures, living in malice and envy, hateful and hating one another."*



# Learn to Replace Anger

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- **Eph 4:32** *"And be kind to one another, tenderhearted, forgiving one another, even as God in Christ forgave you."*
- **Titus 3:1-8** *"Remind them to be subject to rulers and authorities, to obey, to be ready for every good work, to speak evil of no one, to be peaceable, gentle, showing all humility to all men. For we ourselves were also once foolish, disobedient, deceived, serving various lusts and pleasures, living in malice and envy, hateful and hating one another. But when the kindness and the love of God our Savior toward man appeared, not by works of righteousness which we have done, but according to His mercy He saved us, through the washing of regeneration and renewing of the Holy Spirit, whom He poured out on us abundantly through Jesus Christ our Savior, that having been justified by His grace we should become heirs according to the hope of eternal life."*



# *Replace Sadness with Joy*

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- **Rom 12:12** *"rejoicing in hope, patient in tribulation, continuing steadfastly in prayer;"*
- **Phil 4:4-7** *"Rejoice in the Lord always. Again I will say, rejoice! Let your gentleness be known to all men. The Lord is at hand. Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus."*



# Replace Fear with Love

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- **2 Tim 1:3-7** " I thank God, whom I serve with a pure conscience, as my forefathers did, as without ceasing I remember you in my prayers night and day, greatly desiring to see you, being mindful of your tears, that I may be filled with joy, when I call to remembrance the genuine faith that is in you, which dwelt first in your grandmother Lois and your mother Eunice, and I am persuaded is in you also. Therefore I remind you to stir up the gift of God which is in you through the laying on of my hands. For God has not given us a spirit of fear, but of power and of love and of a sound mind."
- **1John 4:18** "There is no fear in love; but perfect love casts out fear, because fear involves torment. But he who fears has not been made perfect in love."



# *Replace Frustration with Peace*

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- **Ecc1 2:17 -23**
- **John 16:33** *"These things I have spoken to you, that in Me you may have peace. In the world you will have tribulation; but be of good cheer, I have overcome the world."*