



Understanding Anger

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

- **ANGER & DEPRESSION**

- Anger and depression are responses to sadness, 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

- 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?

- **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?

- **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

- **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."*