

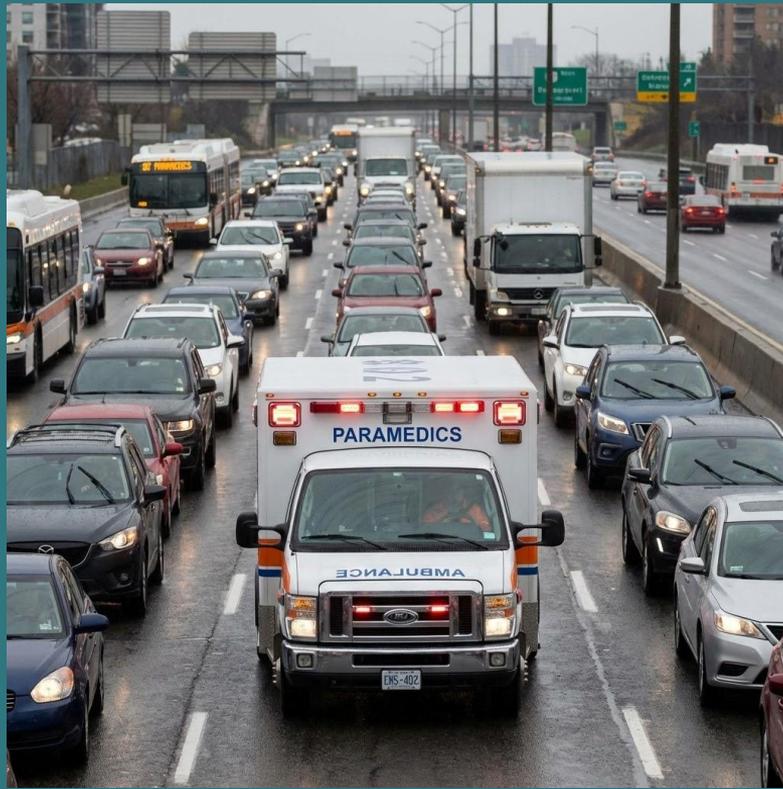


# Anger

The Heart Beneath the Heat



**What do you feel when you get cut off in traffic?**



What if the vehicle is an ambulance?

# Understanding Anger



- Our emotions follow the **story** we believe
- The story of Anger: **Injustice** has happened
- **Anger Defined:** the emotional response to a perceived injustice

# Understanding Anger



**Our anger reveals what we love:**

- **Righteous Anger:** God's kingdom come
- **Unrighteous Anger:** My kingdom come

# Jesus & Anger



# Jesus & Anger



**Matthew 12:34-35:** You brood of vipers! How can you speak good, when you are evil? For out of the abundance of the heart the mouth speaks. <sup>35</sup> The good person out of his good treasure brings forth good, and the evil person out of his evil treasure brings forth evil.

# Jesus & Anger



**John 2:13-16:** The Passover of the Jews was at hand, and Jesus went up to Jerusalem. <sup>14</sup>In the temple he found those who were selling oxen and sheep and pigeons, and the money-changers sitting there. <sup>15</sup>And making a whip of cords, he drove them all out of the temple, with the sheep and oxen. And he poured out the coins of the money-changers and overturned their tables. <sup>16</sup>And he told those who sold the pigeons, “Take these things away; do not make my Father’s house a house of trade.”

# Jesus & Anger



**Jesus didn't show anger** about the false things said about Him –  
**He did show anger** toward those deceiving His sheep and dishonoring God the Father.

# Jonah & Anger



# Jonah & Anger



**Jonah 4:5-11:** Now the Lord God appointed a plant and made it come up over Jonah, that it might be a shade over his head, to save him from his discomfort. So Jonah was exceedingly glad because of the plant. <sup>7</sup> But when dawn came up the next day, God appointed a worm that attacked the plant, so that it withered. <sup>8</sup> When the sun rose, God appointed a scorching east wind, and the sun beat down on the head of Jonah so that he was faint. And he asked that he might die and said, “It is better for me to die than to live.” <sup>9</sup> But God said to Jonah, “Do you do well to be angry for the plant?” And he said, “Yes, I do well to be angry, angry enough to die.”

# Jonah & Anger



- Our anger **reveals** what we love - Jonah loved his view of justice (and his comfort)
- **Sublimation:** Perhaps the angriest a person has ever been at a plant...
- Anger as a **cover up/secondary emotion**

# Handling Anger





# 1. Acknowledge your Anger

**Ephesians 4:26-27:** Be angry and do not sin; do not let the sun go down on your anger,<sup>27</sup> and give no opportunity to the devil.

**Proverbs 16:32:** Whoever is slow to anger is better than the mighty, and he who rules his spirit than he who takes a city.



## 2. Identify the Story

**James 1:19-20:** Know this, my beloved brothers: let every person be quick to hear, slow to speak, slow to anger; <sup>20</sup> for the anger of man does not produce the righteousness of God.

- **Assess:** What injustice am I perceiving? What feels unfair?

### 3. Submit to Scripture



**Hebrews 4:12:** For the word of God is living and active, sharper than any two-edged sword, piercing to the division of soul and of spirit, of joints and of marrow, and discerning the thoughts and intentions of the heart.

**2 Cor. 10:5:** We destroy arguments and every lofty opinion raised against the knowledge of God, and take every thought captive to obey Christ...



### 3. Submit to Scripture

- **Assess:** Is this about my kingdom come or God's kingdom come?
- **Rework your story** of anger according to Scripture (example)

If my heart were more content in you, O Lord, I would be less inclined to rage at others. Let me gauge by the knot in my gut, the poverty of my own understanding of the grace that I have received from a God who, loving me, chose rather to receive wounds than to give them. Take from me my self-righteousness, and my ego-driven demands for respect. Overthrow the tyranny of my anger, O Lord, and in its place establish a better vision of your throne, your kingdom, and your peace. Amen.

*Every Moment Holy, Volume 1, Douglas McKelvey*



## 4. Rehearse & Act



**Philippians 4:8-9:** Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things.<sup>9</sup> What you have learned and received and heard and seen in me—practice these things, and the God of peace will be with you.



# Panel Q&A



# Case Study

**Counsel for Anger through Proverbs**



# 1. Pause and Restrain Your Anger

- “A fool gives full vent to his spirit, but a wise man quietly holds it back.” – Proverbs 29:11
- “Whoever is slow to anger has great understanding.”  
– Proverbs 14:29

## 2. Soften Your Words and Examine Your Heart



- “A soft answer turns away wrath, but a harsh word stirs up anger.” – Proverbs 15:1
- “The tongue of the wise makes knowledge appealing.”  
– Proverbs 15:2

### 3. Discern Whether to Overlook



- “Good sense makes one slow to anger, and it is his glory to overlook an offense.” – Proverbs 19:11

## 4. Confess, Surrender, and Receive Grace



- “Whoever is patient has great understanding, but one who is quick-tempered displays folly.” – Proverbs 14:29

## 5. Pray and Commit Your Way to the Lord



- “Trust in the Lord with all your heart and do not lean on your own understanding.” – Proverbs 3:5
- “Whoever is slow to anger is better than the mighty.”  
– Proverbs 16:32



## 6. When Confronting, Aim for Peace

- “A hot-tempered person stirs up conflict, but the one who is patient calms a quarrel.” – Proverbs 15:18
- “Through patience a ruler can be persuaded, and a gentle tongue can break a bone.” – Proverbs 25:15



## **Ecclesiastes 7:9**

“Do not be quickly provoked in your spirit, for anger resides in the lap of fools.”

## **Ephesians 4:31-32**

*31* Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. *32* Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.



Thank you  
for joining us!