

THE ANTIDOTE TO ANGER

HOW FAITH IN CHRIST BRINGS PEACE AND TEMPERANCE

*"Be not hasty in thy spirit to be angry:
for anger resteth in the bosom of fools."*

~ Ecclesiastes 7:9

1. Anger as a Spiritual Problem

- a. We are treating spiritual problems (sin) with God's word, faith, Jesus Christ.
- b. WARNING: this lesson may make some people angry.
- c. Anger comes from within – the opposite of anger is peace, joy love.
- d. Quick unrighteous anger is a spiritual problem → a sin - Prov 21:19, 22:24, 29:22
- e. Anger can be governed, put off, understood, tempered with God's wisdom - Ecc 7:9

2. Anger: the Good, Bad, and the Biblical

- a. *"Be ye angry, and sin not"* – Eph 4:26, anger is not always a sin but look out 4:27
- b. Anger related to words like anguish and angina, i.e. a painful tight squeezing.
- c. Anger ~*def.* The inflamed passionate response to an injury that seeks vengeance.
- d. God gave us anger for justice: to avenge the helpless, punish evil, know being wronged
- e. Anger is the fire of God's wrath put inside of you as one created in His image (til sin)
- f. "God gets angry!" "There is righteous anger!" Yes, and you are not God. Jam 1:19-20
- g. God is angry with the wicked everyday Ps 7:11 (also righteous, merciful, longsuffering)
- h. Anger ignited by injustice, injury, insult, but our sin impairs judgment - Lev 19:15
- i. Anger is sinful when you judge unrighteously, create injuries, can't see your own sin.
- j. Simple signs that anger is not of God → 1) it is over your will being done, 2) it is quick
- k. Slow to wrath is an attribute of God's patience in anger - Prov 14:29, Titus 1:7

3. Anger's Antidote

- a. Anger is corrupted when you believe wrong (selfish) things: You do nothing wrong. You have no limitations. You deserve everything. You matter most. Everything against me.
- b. Wisdom → You are sinner, you can't succeed in saving yourself, you are not deserving of anything, God matters most, and everything is against God's truth.
- c. Look at how quick anger can be relieved → 2 Samuel 11:27, 12:1-13
- d. We understand this partially when we respond to hypocrisy "you're not perfect either"
- e. Stop and consider these truths, it will slow down your anger - Prov 15:18, 16:32, 19:11
- f. Soft answers turn away wrath, speak the truth in love - Prov 15:1, Eph 4:15
- g. Give place to wrath - Rom 12:19; rebuke not an elder - 1 Tim 5:1, provoke not Eph 6:4

4. Peace and Temperance in Christ

- a. The saved learn: you are a sinner, you can't, but God shed his blood for you.
- b. *"Father, forgive them, they know not what they do"* as they killed in unrighteous anger.
- c. We don't worship the God of vengeance (yet), we worship → Ps 103:8, 145:8, 77:9
- d. God shows love in the face of sin, grace in response to anger, forgiveness to transgressions, and giving life when others want to take it. 2 Cor 5:19-20
- e. You learn from Christ forgiveness and love in the face of deserved anger/wrath.
- f. You learn in the mind of Christ, longsuffering and patience, charity to save others.
- g. You learn to submit to Christ as the Lord, God, Head, and Judge, you are not Him.
- h. You can't do this and be angry: forgive as Christ forgave you → Eph 4:31-32
- i. The antidote to anger is available in Christ, but it cannot be applied but through faith.