

Anger Management

(Ps 37:8)

INTRODUCTION

1. Good Evening
 - a. Brethren I count it all joy to come and fellowship with you once again this evening in worship.
2. As mentioned before tonight is the night for requested sermons.
 - a. Tonight we shall look at "Anger Management."
3. Anger is a part of our lives. We were created with it, as we will see, and we are told to control it.
 - a. With that in mind let us take a closer look at anger.

I. An Overview Of Anger

A. Old Testament scriptures

1. **Pr 14:17, 29** "A quick-tempered man acts foolishly, And a man of wicked intentions is hated. 29 He who is slow to wrath has great understanding, But he who is impulsive exalts folly."
2. **Ec 7:9** "Do not hasten in your spirit to be angry, For anger rests in the bosom of fools."
3. **Ps 37:8** "Cease from anger, and forsake wrath; Do not fret—it only causes harm."

B. New Testament scriptures

1. Christianity and unrighteous anger are at odds with each other.
 - i. **Ep 4:31-32** "Let all bitterness, wrath, anger, clamor, and evil speaking be put away from you, with all malice. 32 And be kind to one another, tenderhearted, forgiving one another, even as God in Christ forgave you."
 - ii. **Co 3:8** "But now you yourselves are to put off all these: anger, wrath, malice, blasphemy, filthy language out of your mouth."
 - iii. **Ja 1:19-20** "Know this, my beloved brothers: let every person be quick to hear, slow to speak, slow to anger; 20 for the anger of man does not produce the righteousness of God." (ESV)
2. Christianity and righteous anger are in harmony.
 - i. Jesus showed anger several times.
 - a. Toward the money changers - **Jn 2:13-17**
 - b. Toward the Pharisees - **Mt 23:13ff**
 - ii. God is a God of love but also anger.
 - a. **Ro 1:18** "For the wrath of God is revealed from heaven against all ungodliness and unrighteousness of men, who suppress the truth in unrighteousness"
 - b. **Ro 2:5** "But in accordance with your hardness and your impenitent heart you are treasuring up for yourself wrath in the day of wrath and revelation of the righteous judgment of God"
 - c. **Ep 5:6** "Let no one deceive you with empty words, for because of these things the wrath of God comes upon the sons of disobedience."

iii. Paul even wrote to the Ephesian brethren...

- a. **Ep 4:26** "'Be angry, and do not sin": do not let the sun go down on your wrath"

[So here is the question how do we reconcile that we are to put off anger and yet we see God, Christ, and children of God anger in what seems to be a righteous manner?]

II. A Closer Look At Anger

A. God the Father's use of anger

1. God's anger/wrath is always just.

- i. **Ro 1:18; 2:5-9**

2. He never is wrong.

- i. Man is usually wrong.

B. God the Son's use of anger

1. When Jesus was angry it was never manifested for self-interest.

- i. He was only angered to glorify God.

- ii. We see that He did not use self-interest in that he said nothing when personally abused.

- a. **I Pt 2:21-23** "For to this you were called, because Christ also suffered for us, leaving us an example, that you should follow His steps: 22 "Who committed no sin, Nor was deceit found in His mouth"; 23 who, when He was reviled, did not revile in return; when He suffered, He did not threaten, but committed Himself to Him who judges righteously"

2. Man is opposite often from this principle of righteousness.

- i. Man usually remains silent with sin is exalted & God dishonored.

- ii. Man usually gets angry when someone offends them personally.

C. What did Paul inspired by God mean when he wrote, "be angry, and sin not?"

1. First notice the implication that one can be angry and not sin.

- i. We need to hate/abhor sin.

- a. **Pr 6:16-19** "These six things the **LORD hates**, Yes, seven are an **abomination to Him**: 17 A proud look, A lying tongue, Hands that shed innocent blood, 18 A heart that devises wicked plans, Feet that are swift in running to evil, 19 A false witness who speaks lies, And one who sows discord among brethren."

- b. **Ep 5:1** "Therefore be imitators of God as dear children."

2. We must love God and hate sin!!!

[So how do we control unrighteous anger?]

III. Anger Management

- A. When we became a Christian we...
 - 1. Became a new creation.
 - i. **II Co 5:17** "Therefore, if anyone is in Christ, he is a new creation; old things have passed away; behold, all things have become new."
 - 2. Became a changed person which involved...
 - i. No longer being slaves to sin - **Ro 6:17-18**
 - 3. Should willingly presents ourselves to God allowing for transformation into instruments of righteousness.
 - i. **Ro 6:11-19**
- B. In order for a Christian to transform ie control their anger they must...
 - 1. Set their minds on things above.
 - i. **Co 3:1-2** "If then you were raised with Christ, seek those things which are above, where Christ is, sitting at the right hand of God. 2 Set your mind on things above, not on things on the earth."
 - 2. Meditate on the glory of the Lord.
 - i. **II Co 3:18** "But we all, with unveiled face, beholding as in a mirror the glory of the Lord, are being transformed into the same image from glory to glory, just as by the Spirit of the Lord."
 - 3. They must replace the sin with righteousness.
 - i. Put off sin/anger - **Co 3:8-11**
 - ii. Put on righteousness - **Co 3:12-15**
 - a. These help prevent sin from manifesting.
- C. Worldly yet biblically sound advice
 - 1. Seneca, a Roman philosopher-educator (4-65 A.D.), offered the following self-control techniques in his book "Of Anger"
 - i. Avoid frustrating situations by noting where you got angry in the past.
 - a. **Mt 26:41; Pr 4:14-15**
 - ii. Reduce your anger by taking time, focusing on other emotions (pleasure, shame, or fear), avoiding weapons of aggression, and attending to other matters.
 - a. **Ph 4:8**
 - iii. Respond calmly to an aggressor with empathy or mild, unprovocative comments or with no response at all.
 - a. **Pr 15:1**
 - iv. If angry, concentrate on the undesirable consequences of becoming aggressive
 - a. **Ps 37:8**
 - 1. Tell yourself: "Why give them the satisfaction of knowing you are upset?"
 - 2. "It isn't worth being mad over."
 - v. Reconsider the circumstances and try to understand the motives or viewpoint of the other person
 - a. **Ph 2:3-4**
 - vi. Train yourself to be empathic with others
 - a. **II Ti 2:24-26**

CONCLUSION

1. Angry can hurt others but will destroy those that are angry.
 - a. Mark Twain wrote, "Anger is an acid that can do more harm to the vessel in which it is stored than to anything on which it is poured."
(http://www.brainyquote.com/quotes/topics/topic_anger.html)
2. Invitation¹

¹ Mark Copeland's sermon "Cease From Anger & Forsake Wrath" was instrumental in this outline.