

Psalms – The Emotions

Anger

(Ps 79:1-4)

INTRODUCTION

1. Good Morning,
 - a. Greeting...
2. Series of lessons on “Psalms – The Emotions.”
 - a. Some of the emotions we have looked at already.
 - i. Gratitude – We should have an attitude of gratitude.
 1. **Ps 136**
 - ii. Fear – We should find peace even in fear.
 1. **Ps 55**
 - b. Today we are going to look at another emotion. One we all struggle with from time to time, “anger.”
3. Anger is not a new emotion brought on by recent cultures.
 - a. It has been a staple of humanity for ages.
 - i. Joseph’s brothers sold him out of anger.
 1. **Gn 37:28**
 - ii. Pharaoh wouldn’t let God’s people go out of anger.
 1. **Ex 14:8-9**
 - iii. The Jews against Jesus.
 1. **Mt 27:22-23**
 - iv. The Romans against Christians.
 1. **Rv 6:10-11**
4. Anger is not an uncontrollable emotion though and it is not a sin to produce it.
 - a. **Ep 4:26** “Be angry and do not sin; do not let the sun go down on your anger”¹
 - b. In fact anger is natural and necessary.
 - i. “Anger is a natural, God-give emotion, which, though potentially harmful, can be used constructively. Everyone experiences the emotion of anger, so we must learn how to deal with it in a healthy and righteous way.” (Psalms: Managing Our Emotions by Peck, Timothy pg. 33)
 1. Science shows anger is a neurological reaction.
 2. Actual physiological changes occur within our bodies.
 - ii. This does not excuse those that abuse this emotion.
 1. It can and should be biblically controlled.
4. Here is where **Ps 79** comes in.
 - a. We see, once again, the raw emotion of anger but yet with control.
 - i. This psalm is a “lament psalm.”
 - ii. It is read today, as back then, by Jews as a reminder of the destruction of the temple in Jerusalem by Babylon.
5. Let us look at this great psalm and learn from its lesson.

¹ All Scriptures are taken from the ESV unless otherwise noted. If other translations are used this is not necessarily an endorsement of the translation.

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I. Anger Stems From The Feeling Of Being Wronged

- A. The psalmist anger was founded in believing the Babylonians had wronged him
 - 1. **Ps 79:1-4** “O God, the nations have come into your inheritance; they have defiled your holy temple; they have laid Jerusalem in ruins. 2 They have given the bodies of your servants to the birds of the heavens for food, the flesh of your faithful to the beasts of the earth. 3 They have poured out their blood like water all around Jerusalem, and there was no one to bury them. 4 We have become a taunt to our neighbors, mocked and derided by those around us.”
- B. We get angry when we feel we have been wronged
 - 1. It might rightly be the case we have been wronged.
 - i. People can “sin” against us.
 - a. **Mt 18:15** “If your brother sins against you, go and tell him his fault, between you and him alone. If he listens to you, you have gained your brother.”
 - 2. It might wrongly be the case that we were not actually wronged.
 - i. People can unintentionally make us angry.
 - a. Have you ever got angry at someone because of what you perceived they did to you only to later find out it was a misunderstanding?
 - ii. Things can make us angry.
 - a. Have you ever stumped your toe and got angry at that “thing.”
 - b. That “thing” had no intention of making us angry.
- C. Thus...
 - 1. Understanding where the emotion of anger stems from we can better be **prepared** when situations arise that could make us angry.

II. Anger Must Be Acknowledged & Expressed

- A. The psalmist acknowledges his anger and doesn't hold back expressing it
 - 1. **Ps 79:11-12** “Let the groans of the prisoners come before you; according to your great power, preserve those doomed to die! 12 Return sevenfold into the lap of our neighbors the taunts with which they have taunted you, O Lord!”
- B. We must be willing to acknowledge we are angry & express it
 - 1. Bottling up anger and hiding from it is destructive.
 - i. This leads to depression and other physical illnesses like ulcers...
 - 2. “One reason anger is so difficult for most of us to deal with is that we are not comfortable admitting that we are angry. This is especially true for many Christians who believe that anger is a sign of spiritual immaturity or weakness.” (Psalms: Managing Our Emotions by Peck, Timothy pg. 35)
- C. Thus...
 - 1. The first step to controlling anger is acknowledging it and realizing it is not a bad thing but rather, if used biblically, a good thing.

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2. The second step is that we need to express our emotional anger to God in prayer.
 - i. **I Pt 5:7** “casting all your anxieties on him, because he cares for you.”

III. Anger Must Not Overcrowd

- A. The psalmist did not allow his anger to crowd out God
 1. **Ps 79:13** “But we your people, the sheep of your pasture, will give thanks to you forever; from generation to generation we will recount your praise.”
- B. We too when angry must not force God out of the picture
 1. When people get angry and abuse it they focus on nothing other than the anger and the one they are angry at.
 - i. Because of this they become blinded often by their anger.
 2. When we get angry our anger should force us to focus on God by praying to Him.
 - i. This allows us to purge any resentment and frees us to love those that have wronged us.
 - ii. God can be trusted with our anger because He will always be there for us.
 - a. **He 13:5** “...I will never leave you nor forsake you.”
 - b. **Ps 37:25** “I have been young, and now am old, yet I have not seen the righteous forsaken or his children begging for bread.”
- C. Thus...
 1. The final step to controlling our anger is to not let anger control us but to keep God in sight.

CONCLUSION

1. Brethren the truth of the matter is that most of the time our anger toward someone is not without some fault of our own.
 - a. Let this motivate us to make sure we are “angry and sin not” lest we condemn ourselves.
2. Anger when directed biblically focuses on sin and sin alone.
 - a. It is sin that we are to be angry at.
 - b. It is sin that we are to want purged from someone.
3. Anger when acknowledged, expressed, and not allowed to consume can be a powerful emotion against Satan and his destructiveness.
 - a. Let us focus our anger properly on sin and not allow it to overthrow our lives.
4. Question: Are you in control of your anger?
 - a. If so continue therein and grow thereby.
 - b. If not why not? Don’t let Satan win, take control through God.
5. Invitation
 - a. For those that are Christians but are not living for Christ repent by confessing your sins to God that He may forgive you and dedicate your life/time back to Him.
 - i. **I Jn 1:7, 9** “But if we walk in the light as He is in the light, we have fellowship with one another, and the blood of Jesus Christ His Son cleanses us from all sin...9 If we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness.”

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- b. For those that are not Christians or for those that think they are Christians and want to know for sure notice what is required to become a child of God or Christian according to God and God only.
- i. Hear/Study **Rom 10:17; II Tim 2:15**
 - ii. Believe Jesus Is The Christ **Jn 3:16; 8:24**
 - iii. Repent/Turn To God **Ac 17:30; Lk 24:47**
 - iv. Confess Jesus As Lord **Mt 10:32; Rom 10:9**
 - v. Immersed For The Forgiveness of Sins **Ac 2:38; 22:16; I Pt 3:21**
 - vi. Live A Faithful Life **I Jn 1:7; Eph 5:8**