

Dealing With Anger

November 18,2012

I. The Faces of Anger

Eph 4:31-32 Let all bitterness and wrath and anger and clamor and slander be put away from you, along with all malice. Be kind to one another, tender-hearted, forgiving each other, just as God in Christ also has forgiven you.

A. Bitterness

Smoldering resentment, unwillingness to forgive.

B. Wrath

Bursts of rage, violent passion, temper tantrums.

C. Anger

Grouchiness, animosity, hostility.

D. Clamor

Loud outcries of anger, bawling, angry bickering, shouting down of opponents.

E. Slander

Evil speaking, insulting language, abusive speech.

F. Malice

Wishing evil on others, spite, meanness.

II. Sinful Anger

A. Anger is the root of murder

Gen 4:4-8 Cain kills Abel

Abel, on his part also brought of the firstlings of his flock and of their fat portions. And the LORD had regard for Abel and for his offering; but for Cain and for his offering He had no regard. So Cain became very angry and his countenance fell. Then the LORD said to Cain, "Why are you angry? And why has your countenance fallen? "If you do well, will not your countenance be lifted up? And if you do not do well, sin is crouching at the door; and its desire is for you, but you must master it." Cain told Abel his brother. And it came about when they were in the field, that Cain rose up against Abel his brother and killed him.

Gen 49:5-7 Jacob pronounces curse on the tribe of Simeon and Levi because of their anger.

"Simeon and Levi are brothers; their swords are implements of violence. Let my soul not enter into their council; Let not my glory be united with their assembly; Because in their anger they slew men, And in their self-will they lamed oxen. Cursed be their anger, for it is fierce; And their wrath, for it is cruel. (See Gen 39 for this story)

Mat 5:21-26 the heart of the matter

You have heard that the ancients were told, 'YOU SHALL NOT COMMIT MURDER' and 'Whoever commits murder shall be liable to the court.' 22 "But I say to you that everyone who is angry with his brother shall be guilty before the court; and whoever says to his brother, 'You good-for-nothing,' shall be guilty before the supreme court; and whoever says, 'You fool,' shall be guilty enough to go into the fiery hell. 23 "Therefore if you are presenting your offering at the altar, and there remember that your brother has something against you, 24 leave your offering there before the altar and go; first be reconciled to your brother, and then come and present your offering. 25 "Make friends quickly with

your opponent at law while you are with him on the way, so that your opponent may not hand you over to the judge, and the judge to the officer, and you be thrown into prison. 26 "Truly I say to you, you will not come out of there until you have paid up the last cent.

B. Dealing with sinful anger:

Prov 25:28 Like a city that is broken into and without walls is a man who has no control over his spirit.

1. Anger leads to acting foolishly (Fools are angry people)

Prov 14:17 A quick-tempered man acts foolishly,

Prov 14:29 But he who is quick-tempered exalts folly.

Eccl 7:9 Do not be eager in your heart to be angry, for anger resides in the bosom of fools.

2. Anger leads to evildoing

Ps 37:8 Cease from anger and forsake wrath; Do not fret; it leads only to evildoing.

James 1:20 the anger of man does not achieve the righteousness of God.

3. Avoid strife and arguments

Prov 17:14. The beginning of strife is like letting out water, So abandon the quarrel before it breaks out.

Prov 30:33 For the churning of milk produces butter, And pressing the nose brings forth blood; So the churning of anger produces strife.

4. Overlook others failures

Prov 19:11 A man's discretion makes him slow to anger, And it is his glory to overlook a transgression.

C. Anger is a major part of the flesh.

Gal 5:18-21 sins of anger is a fruit of the flesh. (Notice that 15 deeds are mentioned and about half of them come from anger.)

Now the deeds of the flesh are evident, which are: immorality, impurity, sensuality, idolatry, sorcery, **enmities, strife, jealousy, outbursts of anger, disputes, dissensions, factions**, envying, drunkenness, carousing, and things like these, of which I forewarn you, just as I have forewarned you, that those who practice such things will not inherit the kingdom of God.

2 Cor 12:20 believers in Corinth were carnal and immature, notice how unresolved anger was a major factor in this church.

For I am afraid that perhaps when I come I may find you to be not what I wish and may be found by you to be not what you wish; that perhaps there will be **strife, jealousy, angry tempers, disputes, slanders, gossip, arrogance, disturbances;**

III. Anger without sin

A. Be angry, and do not sin

Eph 4:26-27 Be angry, and yet do not sin; do not let the sun go down on your anger, and do not give the devil an opportunity.

Ps 4:4 Tremble (i.e. with anger or fear), and do not sin; meditate in your heart upon your bed, and be still.

B. Our Words:

Eph 4:29 Let no unwholesome word proceed from your mouth, but only such a word as is good for edification according to the need of the moment, so that it will give grace to those who hear.

Mat 5:22 ...whoever says to his brother...

"But I say to you that everyone who is angry with his brother shall be guilty before the court; and whoever says to his brother, 'You good-for-nothing,' shall be guilty before the supreme court; and whoever says, 'You fool,' shall be guilty enough to go into the fiery hell."

C. Wisdom leads to dealing with anger:

Prov 29:8-9 Scorners set a city aflame, But wise men turn away anger. When a wise man has a controversy with a foolish man, The foolish man either rages or laughs, and there is no rest.

Prov 22:24-25 Do not associate with a man given to anger; Or go with a hot-tempered man, Or you will learn his ways And find a snare for yourself.

Prov 19:19 A man of great anger will bear the penalty, For if you rescue him, you will only have to do it again.

1. Be slow to anger:

James 1:19-20 This you know, my beloved brethren. But everyone must be quick to hear, slow to speak and slow to anger; for the anger of man does not achieve the righteousness of God.

Prov 14:29 He who is slow to anger has great understanding, But he who is quick-tempered exalts folly.

Prov 15:18 A hot-tempered man stirs up strife, But the slow to anger calms a dispute.

Prov 16:32 He who is slow to anger is better than the mighty, And he who rules his spirit, than he who captures a city.

Prov 19:11 A man's discretion makes him slow to anger, And it is his glory to overlook a transgression.

2. Avoid strife:

Prov 17:14 The beginning of strife is like letting out water, So abandon the quarrel before it breaks out.

Prov 15:1 A gentle answer turns away wrath, But a harsh word stirs up anger.

3. We are ready to pray only after we have dealt with our anger.

Luke 11:4 And forgive us our sins, For we ourselves also forgive everyone who is indebted to us...
(Mat 6:12)

1 Tim 2:8 Therefore I want the men in every place to pray, lifting up holy hands, without wrath and dissension.

4. Forgive:

Eph 4:31-32 Let all bitterness and wrath and anger and clamor and slander be put away from you, along with all malice. Be kind to one another, tender-hearted, forgiving each other, just as God in Christ also has forgiven you.

Matt 18:21-22 Then Peter came and said to Him, "Lord, how often shall my brother sin against me and I forgive him? Up to seven times?" Jesus said to him, "I do not say to you, up to seven times, but up to seventy times seven.

Rom 12:18-21 If possible, so far as it depends on you, be at peace with all men. 19 Never take your own revenge, beloved, but leave room for the wrath of God, for it is written, "VENGEANCE IS MINE, I WILL REPAY," says the Lord. 20 "BUT IF YOUR ENEMY IS HUNGRY, FEED HIM, AND IF HE IS THIRSTY, GIVE HIM A DRINK; FOR IN SO DOING YOU WILL HEAP BURNING COALS ON HIS HEAD." 21 Do not be overcome by evil, but overcome evil with good.

D. From the Experts:

1. From The New Unger's Bible Dictionary:

Anger is the emotion of instant displeasure and indignation arising from the feeling of injury done or intended, or from the discovery of offense against law.

The anger attributed to God in the NT is that part of God that stands opposed to man's disobedience, obstinacy (especially in resisting the gospel), and sin, and manifests itself in punishing the same.

Anger is not evil per se, being, as love, an original susceptibility of our nature. If anger were in itself sinful, how could God Himself be angry? Paul commands the Ephesians (Eph 4:26) that when angry they are not to sin. "Paul does not forbid the being angry in itself, and could not forbid it, because there is a holy anger, which is the 'spur to virtue,' as there is also a divine anger; . . . but the being angry is to be without sin" (Meyer, Com., ad loc.).

Anger is sinful when it rises too soon, without reflection; when the injury that awakens it is only apparent; when it is disproportionate to the offense; when it is transferred from the guilty to the innocent; when it is too long protracted and becomes revengeful (Matt 5:22; Eph 4:26; Col 3:8).

2. From Jamieson, Fausset, and Brown Commentary:

Should circumstances call for anger on your part, let it be as Christ's (Mark 3:5), without sin.

Mark 3:1-6 He entered again into a synagogue; and a man was there whose hand was withered. 2 They were watching Him to see if He would heal him on the Sabbath, so that they might accuse Him. 3 He said to the man with the withered hand, "Get up and come forward!" 4 And He said to them, "Is it lawful to do good or to do harm on the Sabbath, to save a life or to kill?" But they kept silent. 5 After looking around at them with anger, grieved at their hardness of heart, He said to the man, "Stretch out your hand." And he stretched it out, and his hand was restored. 6 The Pharisees went out and immediately began conspiring with the Herodians against Him, as to how they might destroy Him.

The sense is not, Your anger shall not be imputed if you put it away before nightfall; but 'Let no wrath,' (personal "irritation," "exasperation"), mingle with your "anger," however righteous' (Trench).

'Before sunset' (when the Jewish day began) is proverbial for 'put it away at once before another day begin' (Deut 24:15); also before you part for the night, perhaps never in this world to meet again.

The Pythagoreans, if they had disputes, embraced one another before sunset. So John, 'Let not night and anger sleep with you, but conciliate the other party, though he have committed the offence.' Let not your 'anger' at another's wickedness verge to hatred.

3. From International Standard Bible Encyclopedia

In Proverbs men are dissuaded from anger (Prov 15:1; 27:4), and the "slow to anger" is commended (15:18; 16:32; 19:11). Christians are enjoined to put away the feeling of self-regarding, vindictive anger (Eph 4:31; Col 3:8), and to cherish no desire of personal revenge (Eph 4:26).