

ANGER

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Anger is one emotion that we have to work on really hard, as most people have a problem with anger, just in different degrees.

As Christians, we should be able to control our anger. It is important for our spiritual growth, as uncontrolled anger blocks our spiritual progress.

Jesus wants us to control our anger.

When Jesus set out His qualifications for becoming an elder, 9 of them has to do with controlling anger.....directly or indirectly.

- Must not be overbearing
- Must not be quick tempered
- Must not be violent
- Must not be quarrelsome
- Must be hospitable
- Must love what is good
- Must be self controlled
- Must be holy and self disciplined
- Must be gentle

In my study this morning, I will tell you

- **What anger is**
- **Whether anger is sinful or not**
- **What the effects of anger is**
- **What we should avoid when we're angry**
- **And what we should do or not do when we're angry**

Why did God give us the emotion of anger?

Anger is **designed to be used for constructive spiritual purposes.**

The person who cannot feel anger at evil is a person who lacks enthusiasm for good. If you cannot hate wrong, it's very questionable whether you really love righteousness.

In other words, God gave us anger to distinguish between right and wrong, between what is sinful and what is not sinful.

What is ANGER?

Let me surprise you by saying that in the “**ORIGINAL ROGET'S THESAURUS OF ENGLISH WORDS AND PHRASES**”....there are **212** different words and phrases that can be substituted for anger.

Words like “cross, mad, livid, annoyed, irritated, fuming, worked-up, furious, red with anger, in a temper, etc.

There are 4 categories of anger:

1. **Violent anger**
2. **Frenzied anger**
3. **Resentment anger**
4. **Threatening anger**

The anger we feel will therefor fall into one of these categories

The subject of “ANGER” appears **309** times in the bible.

Definition of ANGER: ??

- Hot displeasure provoked by some action, incident or situation, often involving hostility and a desire for retaliation and wrath.
- Anger is also an emotion of instant displeasure on account of something evil that presents itself to our view.
- Anger is also an emotional response to a grievance, real or imagined, past present or future

In other words, when someone tells you something that you feel is insulting or does something to you that you feel is against your code of conduct, then you become angry

Is anger sinful?

In itself, anger is a completely normal, healthy, human emotion, just as love is, and is not necessarily sinful. It is an emotion that God put into us when we were created. God will not put something in us that is sinful.

Some Good emotions.... **Joy, love, excitement**, etc.

Some Bad emotions.....**Anger, jealousy, hostility**, etc.

We cannot eliminate anger, but we do need to control it. Circumstances and people will always cause us anger, and sometimes justifiable. Life is full of frustration, pain, loss, and the unpredictable action of others.

We can't change that, but we can change **how we let these events effect us**.

When does anger become sinful?

It becomes sinful when it is **causeless, excessive or prolonged**. When anger gets out of control and becomes destructive, it leads to problems. (home, work, spiritual, etc.)

The philosopher Aristotle once said: “**the man who gets angry at the right thing and with the right people and in the right way and at the right time and for the right length of time, is commended**”.

What are the effects of anger?

1. Anger isolates us from others. And more importantly, it also isolates others from us

Isolates us from others – I'm angry at someone – I stay away

Isolates others from us – if you're angry towards others, they stay away from you

Genesis 27:41-43

41 And Esau hated Jacob because of the blessing wherewith his father blessed him: and Esau said in his heart, The days of mourning for my father are at hand; then will I slay my brother Jacob.

42 And these words of Esau her elder son were told to Rebekah: and she sent and called Jacob her younger son, and said unto him, Behold, thy brother Esau, as touching thee, doth comfort himself, *purposing* to kill thee.

43 Now therefore, my son, obey my voice; and arise, flee thou to Laban my brother to Haran;

So because of Esau's anger and hatred (which stemmed from jealousy) towards Jacob, Jacob had to flee from Esau and in doing so became isolated from everybody he loved.

Nobody likes to be with an angry person. **If you're angry or grumpy, people tend to think they did something wrong.**

Let me tell you about how anger isolates us from others.

We have a guy at work in a management position. He is always angry.... He first blows up when a job comes in, then he does it..... he first blows up when he has to sign documents, then he signs it.... He just about blows up at anything.

Because of his angry personality, he is always isolated from everybody.... Nobody wants to be near him..... everybody under him is always tense..... everybody under him is always looking for another job..... nobody is happy... nobody likes him.

Let's look at the bad effects his angry behavior brought him

He is always miserable

The people he deals with walk away miserable

The people in his close proximity is miserable

Is this good in the eyes of God? NO

One day this guy had a complete change of heart. He was laughing, teasing the people, talking to the people and behaved normal. The atmosphere that day changed completely.

So you see, our behavior effects others more than we actually realize.

2. Anger produces ungodliness and evil motives in us.

What happens when someone makes you really mad?

- You start thinking of the **bad qualities** of this person until you don't see any good in him or her
- This angry feeling starts **fester**ing inside you and sometimes it gets so bad that you end up hating this person. (potato in your pocket)
- You start thinking how you can get back at this person (Read 1st definition of anger on pg.2)

Is this good in the eyes of God? NO

Is this what God commanded us to do in Matthew 22:37-40 when He said: 37 Thou shalt love the Lord thy God with all thy heart, and with all thy soul, and with all thy mind. 38 This is the first and great commandment. 39 And the second is like unto it, Thou shalt love thy neighbour as thyself. 40. On these two commandments hang all the law and the prophets

Lets see what God's word says about anger:

Psalm 37:8, 9

8 Cease from anger, and forsake wrath: do not fret, it leads only to evil.

9 For evildoers shall be cut off: but those that wait upon the LORD, they shall inherit the earth.

So you see, anger can cause us to think evil thoughts and do evil deeds

Uncontrolled anger often turns to hate

Hate is contradictory to Gods word

Hate is evil, and evildoers will not go to heaven, as we've read in verse 9

So God wants us to control our anger so that it cannot turn into hate, which will then NOT produce ungodliness and evil motives in us.

3. Anger blinds us to what is really good and right

In 1 Samuel 20:30-31 we see that Saul was so blinded by jealous anger that he failed to acknowledge the fact that God had already chosen David to be the next king because of his holy character.

David fought the Philistines and drove them away. When they came home, the woman sang that Saul had killed thousands, but David had killed tens of thousands. Saul became so angry that he tried to kill David. Saul did not see the good that David did, as he was blinded by anger.

You see, when we become angry at someone, **we need to control that anger**, otherwise it starts festering and we end up seeing only the bad in that person. **The anger in us blinds us to what is good and right.**

5. Anger in its strongest form can even lead to murder.

Genesis 4:1-12 Cain became angry at Able when God looked with favor towards Able for bringing fat portions of **his 1st born of his flock** to God, but God did not favorably at Cain for bringing **small portions of his fruit** to Him. You know that through Cane's anger, he killed Able.

6. Anger leads to conflicts and arguments:

(Book of Proverbs contains moral instructions on spiritual living, especially to young people. Anger is discussed in chapter 14,15,16 and 19)

Proverbs 15:1-4 ¹A gentle answer turns away wrath, but harsh words stir up anger.

²The wise person makes learning a joy; fools spout only foolishness.

³The LORD is watching everywhere, keeping his eye on both the evil and the good.

⁴Gentle words bring life and health; a deceitful tongue crushes the spirit.

Verse 18 "a hot tempered man stirs up dissension, but a patient man calms a quarrel"

When we are angry, what should we avoid?

1. Avoid discipline in the heat of anger: (I Cor 5:5 / II Cor 13:2 / I Tim 1:20 / Tit 3:10)

(Paul spoke to the church in Corinth. His 2nd letter indicated that people tended to discredit him and the church. Probably found someone gossiping about him and the church. So even though he was hurt, he still gave them the following advice)

II Cor 2:5-7 ⁵I am not overstating it when I say that the man who caused all the trouble hurt your entire church more than he hurt me. ⁶He was punished enough when most of you were united in your judgment against him. ⁷Now it is time to forgive him and comfort him. Otherwise he may become so discouraged that he won't be able to recover. ⁸Now show him that you still love him.

Discipline: to teach.... To show or teach how it should be done

Punish.... When pain is inflicted... physical (hiding) or spiritual (gossip, slander, etc.)

After punishment or discipline, we need to reconcile.... show love

Ephesians 6: (Paul teaches parental duties) verse 4 And now a word to you fathers. Don't make your children angry by the way you treat them. Rather, bring them up with the discipline and instruction approved by the Lord.

2. Avoid speaking your mind when you're angry:

You often hear people say: "There's nothing wrong with losing my temper,"

"I blow up, and then it's all over."

So does a shotgun, and look at the damage it leaves behind!

Getting angry can sometimes be like leaping into a wonderfully responsive sports car, gunning the motor, taking off at high speed and then discovering the brakes are out of order.

Uncontrolled anger robs us of our reason and good sense. That's why, once we have calmed down, we often realize how different we would have acted had we been calm, as then we think rational.

James 3:5 ⁵So also, the tongue is a small thing, but what enormous damage it can do. A tiny spark can set a great forest on fire. ⁶And the tongue is a flame of fire. It is full of wickedness that can ruin your whole life. It can turn the entire course of your life into a blazing flame of destruction, for it is set on fire by hell itself.

⁷People can tame all kinds of animals and birds and reptiles and fish, ⁸but no one can tame the tongue. It is an uncontrollable evil, full of deadly poison. ⁹Sometimes it praises our Lord and Father, and sometimes it breaks out into curses against those who have been made in the image of God. ¹⁰And so blessing and cursing come pouring out of the same mouth. Surely, my brothers and sisters, these things ought not to be so.

James 1:19-20 **19** Therefore, my beloved brethren, let every man be swift to hear, slow to speak, slow to wrath:

20 For the wrath of man worketh not the righteousness of God.

In all the scriptures, we see that we need to control our anger. We need to think before we speak, and we cannot do that when your anger is out of control.

We all get angry at times, so what should we do about it?

1. Do not stay angry.....control it.

Ephesians 4:26-27 And "don't sin by letting anger gain control over you." Don't let the sun go down while you are still angry, for anger gives a mighty foothold to the Devil.

God gave us the freedom of choice. The worse **decision** you can make is to stay angry. I'm saying you decide to stay angry, because that is what happens when you are not in control of your anger.

Let me tell you about the effect you have on yourself and others when you stay angry.

I was upset at my boss at work and I just had enough and I decided to stay angry. I actually wanted to be angry so that he could see that I'm upset. That is the worst thing one can do. My whole day was miserable. Everybody around me was uncomfortable, as they thought they did something wrong.

I came home and by then I couldn't get out of this angry mood. My family suffered, Petro thought she did something wrong, and the whole family's evening was spoiled.

This is just so stupid.

By that evening, I could not even remember what actually made me angry

Never let your anger control you..... you must be in control of the anger.
DECIDE TO NOT BE ANGRY

2. Confront those with whom you are angry in order to restore your relationship

What did Jesus teach on anger and reconciliation?

Matth 5:21-2

²¹“**You have heard that the Law of Moses says, ‘Do not murder. If you commit murder, you are subject to judgment.’**” ²²**But I say, if you are angry with someone, you are subject to judgment! If you call someone an idiot, you are in danger of being brought before the high council. And if you curse someone, you are in danger of the fires of hell.**

²³“**So if you are standing before the altar in the Temple, offering a sacrifice to God, and you suddenly remember that someone has something against you,**” ²⁴**leave your sacrifice there beside the altar. Go and be reconciled to that person. Then come and offer your sacrifice to God.**

Wait till you are **in control** of your anger, weather a couple of minutes, or days, as then you are in control of your thoughts.

Try not to leave it to long, as the longer one leaves it, the worse it becomes. Eventually we actually become alienated from that person.

Jesus said we must confront the person or people we’re angry at and reconcile.

How do we overcome or control our anger?

Love is the mightiest weapon in overcoming anger.

I Cor. 13:4 - 7 Love suffereth long, and is kind; love envieth not; love vaunteth not itself, is not puffed up, love never fails

As a Christian, we must control our anger, get rid of any resentment or offensive behaviour that might disrupt worship or church unity.

In Ephesians, Paul explains the wonderful things that we have received through Christ and **refers to the church as a body, a temple, a bride and a soldier.**

These all illustrate unity of purpose and show how each individual member is a part that must work together with all the other parts.

So in conclusion to my study: we see that

- Anger is an emotion given by God so that we can get angry at sin
- Anger is not always sinful, only when it is uncontrolled
- Uncontrolled anger isolates us from others
- **Anger produces ungodliness and evil motives in us.**
- **Anger blinds us to what is really good and right**
- **Anger leads to conflicts and arguments:**

We also see that:

- We must avoid discipline in the heat of anger
- Avoid speaking your mind when you're angry
- We must never stay angry.....but rather control it.
- Reconcile with those with whom you are angry in order to restore your relationship, but only when you are in full control of your emotions.

Notes on ANGER

Anger varies from mild irritation to intense fury and rage

Anger accompanies physiological and biological changes

- Heart rate and blood pressure goes up
- Levels of your energy hormones, adrenaline and nor-adrenaline goes up

Caused by:

- External or internal events
- At specific person (co-worker or supervisor)
- Events (traffic jam, delayed flight)
- Worrying or brooding about personal problems
- Memories of traumatic events

Processes of expressing anger

Assertive anger– not aggressive- manner, is healthy. Make clear what your needs are and how they are to be met, without hurting others.

Assertive is not being pushy or demanding, but respectful of yourself and others

Suppressed anger – then redirect it. Hold your anger, focus on something positive.

Not always healthy, as it can turn inward and cause hypertension, high blood pressure or depression.

Unexpressed anger – causes big problems, such as getting back at people, or becoming hostile and cynical.

Calming anger – controlling your outside behavior, also your internal response (heart rate, calming yourself, calming and subsiding the anger.

Faults of anger

Inner peace disappears

Body becomes tense and uncomfortable

Restless

Can't sleep

Food seems unpalatable

Miserable

No control over emotions

Robs us of reason and good sense

A Few scriptures to add to my lesson

Anger

A short-tempered man is a fool. Ecclesiastes 7:9, Proverbs 19:11, and 16:32, TLB. "Don't be quick-tempered—that is being a fool." "A wise man restrains his anger and overlooks insults. This is to his credit." "It is better to be slow-tempered than famous; it is better to have self-control than to control an army."

Get over anger quickly., Ephesians 4:26-27, TLB. "If you are angry, don't sin by nursing your grudge. Don't let the sun go down with you still angry—get over it quickly; For when you are angry you give a mighty foothold to the devil."

Don't fight back when wronged., I Peter 3:9, TLB "Don't repay evil for evil. Don't snap back at those who say unkind things about you. Instead, pray for God's help for them, for we are to be kind to others, and God will bless us for it."

Anger produces strife. Proverbs 30:33, NIV. "For as churning the milk produces butter, and as twisting the nose produces blood, so stirring up anger produces strife."