

# ANGER

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- DEFINITION OF ANGER
- CAUSES OF OUR ANGER
- WEEDS OF ANGER
- EXAMPLES (CAIN & JOSEPH)
- WAYS TO DEAL WITH OUR ANGER

# DEFINITION OF ANGER

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- A strong feeling of being upset or annoyed against someone who has behaved badly, and it's usually accompanied by sinful emotions, words and hurtful actions.

Proverbs 29:22 - A man of wrath stirs up strife, and one given to anger causes much transgression.

James 1:19:20 - My beloved brothers: let every person be quick to hear, slow to speak, slow to anger; <sup>20</sup> for the anger of man does not produce the righteousness of God.

# WHAT ARE THE CAUSES FOR OUR ANGER

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- Unjust actions or words from other people
- Pride
- Selfishness
- Desire for control
- Impatience
- Worry or Frustration
- Our opinions or efforts aren't appreciated
- Treated unfairly

# WEEDS OF ANGER

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- Long term , unresolved anger creates many “noxious weeds” that poison our minds and the minds of others around us.
- Anger is never static. If it is not dealt with, it will grow... Anger will grow like weeds. It will spread places you don't want it and will multiply faster the longer it's allowed to stay.

Ephesians 4:26- Do not let the sun go down while you are still angry, <sup>27</sup> and do not give the devil a foothold.

# SOME OF THE NOXIOUS WEEDS THAT SPRING UP FROM UNRESOLVED ANGER ARE:

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- Resentment – Internalized, unresolved anger that is held on to.
- Bitterness – Resentment that has grown into a feeling of ongoing animosity.
- Enmity or Hostility – Bitterness may be harbored within one's heart, enmity and hostility usually spreads its poison outward to involve other people.
- Grudge or Hate – Esau hated Jacob and planned to kill him.
- Strife – Open conflict or turmoil between people.

# EXAMPLE OF CAIN

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- Genesis 4-2:8 <sup>2</sup> Now Abel kept flocks, and Cain worked the soil. <sup>3</sup> In the course of time Cain brought some of the fruits of the soil as an offering to the LORD. <sup>4</sup> And Abel also brought an offering—fat portions from some of the firstborn of his flock. The LORD looked with favor on Abel and his offering, <sup>5</sup> but on Cain and his offering he did not look with favor. So, Cain was **very angry**, and his **face was downcast**.
- <sup>6</sup> Then the LORD said to Cain, “Why are you angry? Why is your face downcast? <sup>7</sup> If you do what is right, will you not be accepted? But if you do not do what is right, sin is crouching at your door; it desires to have you, but you must rule over it.”
- <sup>8</sup> Now Cain said to his brother Abel, “Let’s go out to the field.”<sup>[d]</sup> While they were in the field, Cain attacked his brother Abel and killed him.

# RESULTS OF ANGER

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- Cain refused to repent for his sinful disobedience.
- He was hostile to God whom he could not kill and became jealous of his brother whom he could kill.
- He rejected the wisdom spoken by God.
- He rejected doing what is right.
- Thus, sin ruled over him and turned him into a killer.

Romans 6:12-14 : Therefore, do not let sin reign in your mortal body, that you should obey it in its lusts. <sup>13</sup> And do not present your members *as* instruments of unrighteousness to sin but present yourselves to God as being alive from the dead, and your members *as* instruments of righteousness to God. <sup>14</sup> For sin shall not have dominion over you, for you are not under law but under grace.

# EPHESIANS 4:25-31

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- Therefore, each of you must put off falsehood and speak truthfully to your neighbor, for we are all members of one body. <sup>26</sup> “In your anger do not sin”<sup>[d]</sup>: Do not let the sun go down while you are still angry, <sup>27</sup> and do not give the devil a foothold. <sup>28</sup> Anyone who has been stealing must steal no longer, but must work, doing something useful with their own hands, that they may have something to share with those in need.
- <sup>29</sup> Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen. <sup>30</sup> And do not grieve the Holy Spirit of God, with whom you were sealed for the day of redemption. <sup>31</sup> Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. <sup>32</sup> Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.



# EXAMPLE OF JOSEPH

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- Sold by his brothers into slavery
- Joseph was accused by Potiphar's wife
- Forgotten in prison by men who swore to plead his case with the authorities

# JOSEPH SAW GOD'S SOVEREIGNTY

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Genesis 45: 4-8

- <sup>4</sup> Then Joseph said to his brothers, “Come close to me.” When they had done so, he said, “I am your brother Joseph, the one you sold into Egypt! <sup>5</sup> And now, do not be distressed and **do not be angry with yourselves** for selling me here, because it was to save lives **that God sent me ahead of you.** <sup>6</sup> For two years now there has been famine in the land, and for the next five years there will be no plowing and reaping. <sup>7</sup> **But God sent me** ahead of you to preserve for you a remnant on earth and to save your lives by a great deliverance. <sup>8</sup> **“So then, it was not you who sent me here, but God. He made me father to Pharaoh, lord of his entire household and ruler of all Egypt.**

Genesis 50:19-21

- Joseph said to them, “Don’t be afraid. Am I in the place of God? <sup>20</sup> **You intended to harm me, but God intended it for good** to accomplish what is now being done, the saving of many lives. <sup>21</sup> So then, don’t be afraid. I will provide for you and your children.” And he reassured them and spoke kindly to them.



# WAYS TO DEAL WITH OUR ANGER

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**SO THAT IT DOES NOT BEGIN TO SPROUT THESE NOXIOUS WEEDS**



# TRUST GOD'S SOVEREIGNTY

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- I. Look upon the sovereignty of God. God doesn't cause people to sin against us, but He may allow it, and it is always allowed for a purpose – most often our own growth in Christ likeness.

Romans 8:28 We know that in all things God works for the good of those who love him, who have been called according to his purpose.



# LOVE ONE ANOTHER

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2. We should pray to God and ask Him to enable us to grow in love towards people.

1 Peter 4:8 Above all, love each other deeply, because love covers over a multitude of sins.

1 Corinthians 13:4:15 Love is patient, love is kind. It does not envy, it does not boast, it is not proud. <sup>5</sup> It does not dishonor others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs.

1 John 4:7-8 Beloved, let us love one another, for love is of God; and everyone who loves is born of God and knows God. <sup>8</sup> He who does not love does not know God, for God is love

# LEARN TO FORGIVE ONE ANOTHER

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## 3. We should learn to forgive as God has forgiven us.

### The Parable of the Unforgiving Servant

- Matthew 18: 21 – 35 Then Peter came up and said to him, “Lord, how often will my brother sin against me, and I forgive him? As many as seven times?”<sup>22</sup> Jesus said to him, “I do not say to you seven times, but seventy-seven times.
- <sup>23</sup> “Therefore the kingdom of heaven may be compared to a king who wished to settle accounts with his servants.<sup>24</sup> When he began to settle, one was brought to him who owed him ten thousand talents.<sup>25</sup> And since he could not pay, his master ordered him to be sold, with his wife and children and all that he had, and payment to be made.<sup>26</sup> So the servant fell on his knees, imploring him, ‘Have patience with me, and I will pay you everything.’<sup>27</sup> And out of pity for him, the master of that servant released him and forgave him the debt.<sup>28</sup> But when that same servant went out, he found one of his fellow servants who owed him a hundred denarii, and seizing him, he began to choke him, saying, ‘Pay what you owe.’<sup>29</sup> So his fellow servant fell down and pleaded with him, ‘Have patience with me, and I will pay you.’<sup>30</sup> He refused and went and put him in prison until he should pay the debt.<sup>31</sup> When his fellow servants saw what had taken place, they were greatly distressed, and they went and reported to their master all that had taken place.<sup>32</sup> Then his master summoned him and said to him, ‘You wicked servant! I forgave you all that debt because you pleaded with me.<sup>33</sup> And should not you have had mercy on your fellow servant, as I had mercy on you?’<sup>34</sup> And in anger his master delivered him to the jailers, until he should pay all his debt.<sup>35</sup> So also my heavenly Father will do to every one of you, **if you do not forgive your brother from your heart.”**