

Jesus

and emotions



Jesus & Anger

1. Is it ever ok for a Christian to be angry?



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375-400 times



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- John 3.36 “The one who believes in the Son has eternal life, but the one who rejects the Son will not see life; instead, the wrath of God remains on him.”
- Romans 1.18 “For God’s wrath is revealed from heaven against all godlessness and unrighteousness of people who by their unrighteousness suppress the truth”



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Be angry and do not sin.
Ephesians 4.26



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¹⁹ Everyone should be... slow to anger, ²⁰ for human anger does not accomplish God's righteousness.

James 1

1. Is it ever ok for a Christian to be angry?

- The cause (*perceived wrong*) spark:



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 - Not getting my way



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- The cause (*perceived wrong*) spark:
 - My children's disobedience
 - Not getting my way
 - Feeling out of control, incompetent



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- The conduct (*whole-person response*) bark
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- The conduct (*whole-person response*) bark
 - I lost control
 - I yelled



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- The cause (*perceived wrong*) spark
- The craving (*desire to make it right*) mark
- The conduct (*whole-person response*) bark
 - I lost control
 - I yelled
 - I tried to manipulate and impose my will on my children



1. Is it ever ok for a Christian to be angry?

- The cause (*perceived wrong*)
- The craving (*desire to make it right*)
- The conduct (*whole-person response*)
 - Matthew 5
 - ²¹ “You have heard that it was said... **Do not murder...** ²² But I tell you, everyone who is angry with his brother or sister will be subject to judgment.



1. Is it ever ok for a Christian to be angry?

- The cause (*perceived wrong*)
- The craving (*desire to make it right*)
- The conduct (*whole-person response*)
 - James 4
 - ¹ What is the source of wars and fights among you? Don't they come from your passions that wage war within you? ² You desire and do not have. You murder and covet and cannot obtain.





**Be angry and do not sin.
Ephesians 4.26**

2. In His anger, Jesus did not sin



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- 1) Mark 3.1-6: Jesus heals a man's hand



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- ⁵ After looking around at them with anger, he was grieved at the hardness of their hearts and told the man, "Stretch out your hand." So he stretched it out, and his hand was restored.



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- ⁵ After looking around at them with anger, he was grieved at the hardness of their hearts and told the man, "Stretch out your hand." So he stretched it out, and his hand was restored.
- ⁶ Immediately the Pharisees went out and started plotting with the Herodians against him, how they might kill him.



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- ¹⁶ After taking them in his arms, he laid his hands on them and blessed them.



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- ¹⁶ He told those who were selling doves, "Get these things out of here! Stop turning my Father's house into a marketplace!"
- ¹⁷ And his disciples remembered that it is written:
Zeal for your house will consume me.



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- 4) John 11.33-38: Jesus raises Lazarus



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•4) John 11.33-38: Jesus raises Lazarus

- ³³ When Jesus saw her crying, and the Jews who had come with her crying, he was deeply moved in his spirit and troubled. ³⁴ “Where have you put him?” he asked. “Lord,” they told him, “come and see.”



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• 4) John 11.33-38: Jesus raises Lazarus

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- ³⁸ Then Jesus, deeply moved again, came to the tomb. It was a cave, and a stone was lying against it.



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- Jesus' anger is always aimed at what separates people from God
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 - Obstacles keeping vulnerable people from God (Mark 10)



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- The cause (*perceived wrong*) spark
- Jesus' anger is always aimed at what separates people from God
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 - Exploitation of others and corruption in worship of God (John 2)



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 - Devastation of sin and death (John 11)
- *“It is death that is the object of his wrath, and behind death him who has the power of death, and whom he has come into the world to destroy.”*

– B.B. Warfield



2. In His anger, Jesus did not sin

- The craving (*desire to make it right*) mark



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 - People to pray to their God & not exploit each other (John 2)
 - Sin & death conquered (unto reconciliation of God & man) (John 11)



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- The conduct (*whole-person response*) bark



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- Jesus’ anger coexists with sadness & compassion



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 - “grieved at the hardness of their hearts” (Mark 3.5)



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 - “troubled”, “wept”, “loved” (John 11.33, 35, 36)



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- Jesus’ anger coexists with sadness & compassion
 - “grieved at the hardness of their hearts” (Mark 3.5)
 - “troubled”, “wept”, “loved” (John 11.33, 35, 36)
 - “*grief and compassion without outrage reduce to mere sentiment, while outrage without grief hardens into self-righteous arrogance and irascibility*” – Don Carson



2. In His anger, Jesus did not sin

- The conduct (*whole-person response*) bark
- Jesus is always slow to anger
- Jesus' anger coexists with sadness & compassion
- Jesus' actions always lead to restoration



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 - How did Jesus respond to personal offenses?



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- Jesus is always slow to anger
- Jesus' anger coexists with sadness & compassion
- Jesus' actions always lead to restoration
 - How did Jesus respond to personal offenses?
 - 1 Peter 2.23 when he was insulted, he did not insult in return; when he suffered, he did not threaten but entrusted himself to the one who judges justly.



2. In His anger, Jesus did not sin

- The conduct (*whole-person response*) bark
- Jesus is always slow to anger
- Jesus' anger coexists with sadness & compassion
- Jesus' actions always lead to restoration
 - His anger always led Him to act in love:



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- The conduct (*whole-person response*) bark
- Jesus is always slow to anger
- Jesus' anger coexists with sadness & compassion
- Jesus' actions always lead to restoration
 - His anger always led Him to act in love:
 - He heals the man's hand (Mark 3)



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 - He cleanses the temple (John 2)

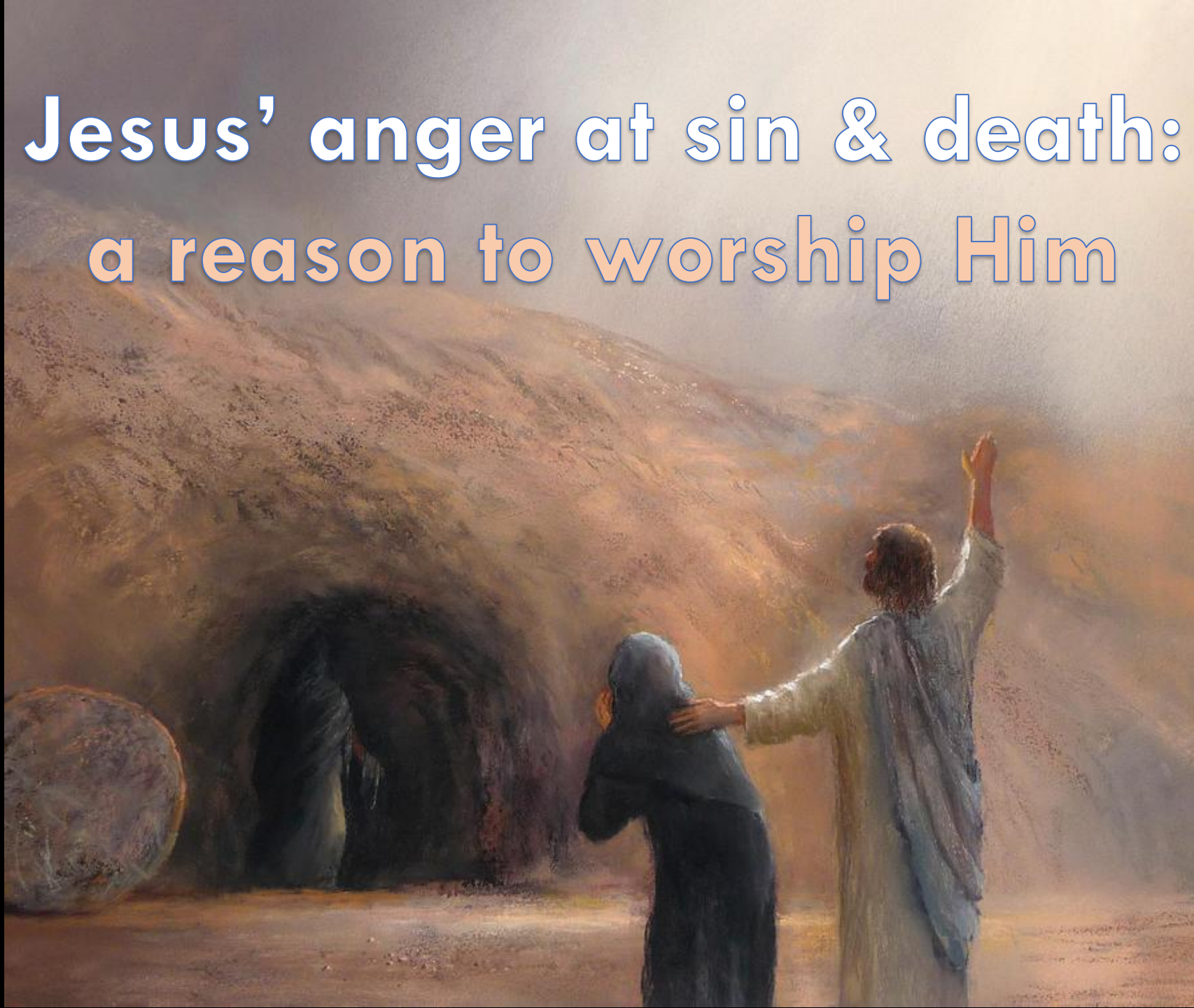


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 - His anger always led Him to act in love:
 - He heals the man's hand (Mark 3)
 - He draws the children to Himself (Mark 10)
 - He cleanses the temple (John 2)
 - He raises Lazarus from the dead (John 11)



Jesus' anger at sin & death: a reason to worship Him



3. How to deal with our anger



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- A) Examine the cause and craving of your anger before the Lord



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- A) Examine the cause and craving of your anger before the Lord



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- A) Examine the cause and craving of your anger before the Lord

- James 4.1 What is the source of wars and fights among you? Don't they come from your passions that wage war within you?



3. How to deal with our anger

- A) Examine the cause and craving of your anger before the Lord
 - James 4.1 What is the source of wars and fights among you? Don't they come from your passions that wage war within you?
 - 1. Name the sin you are rightly angry about



3. How to deal with our anger

- A) Examine the cause and craving of your anger before the Lord

- James 4.1 What is the source of wars and fights among you? Don't they come from your passions that wage war within you?
- 1. Name the sin you are rightly angry about
- 2. Confess the evil desires producing your angry behavior



3. How to deal with our anger

- B) Align your conduct with your Lord's



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 - Anger concealers (emotional suppression)



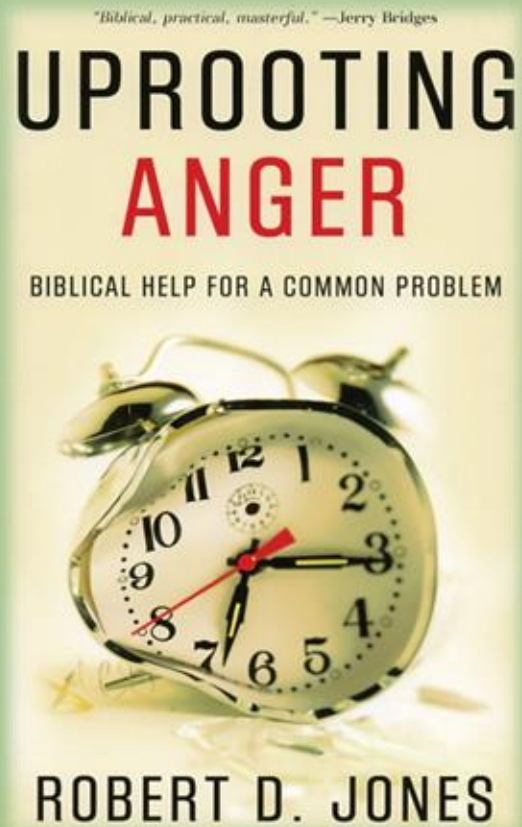
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- B) Align your conduct with your Lord's
 - Anger concealers (emotional suppression)
 - Anger revealers (emotionalism)



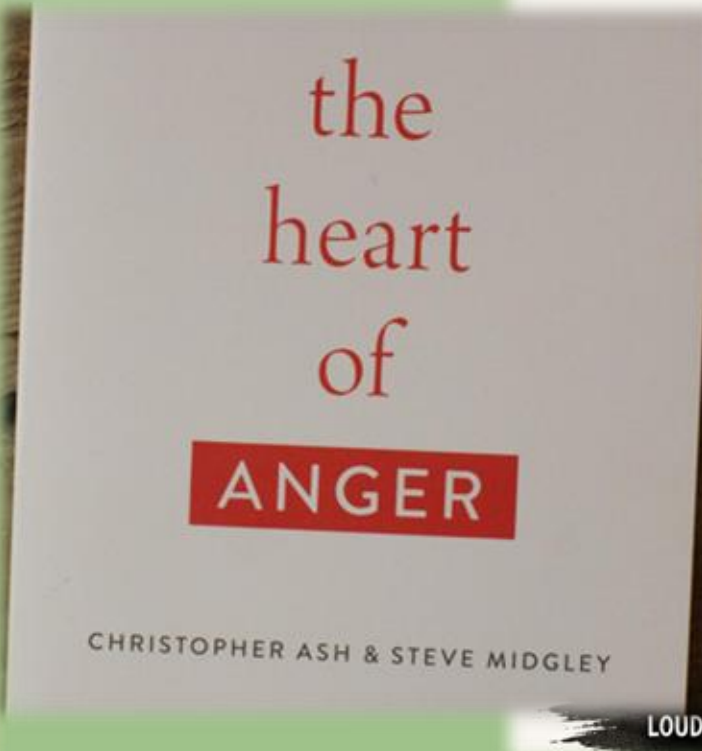
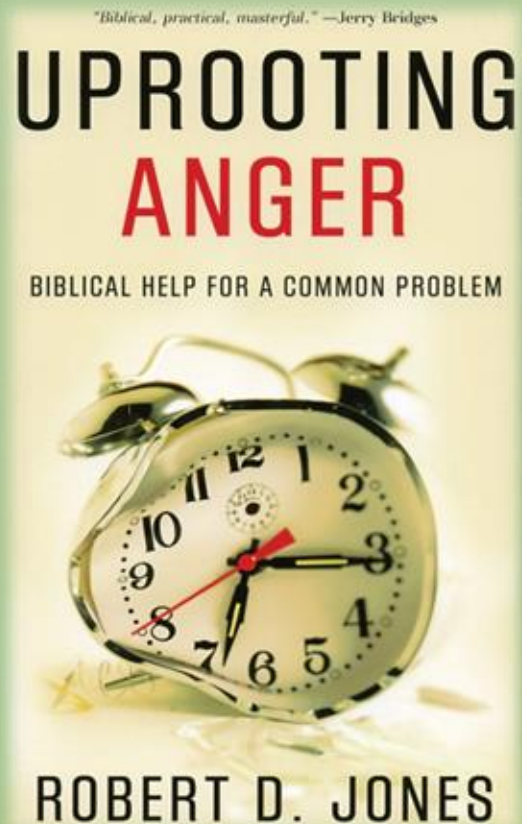
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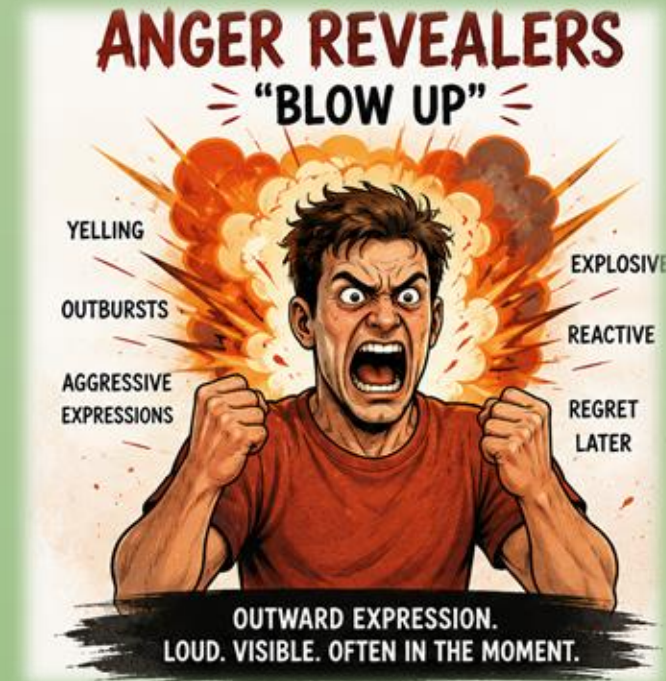
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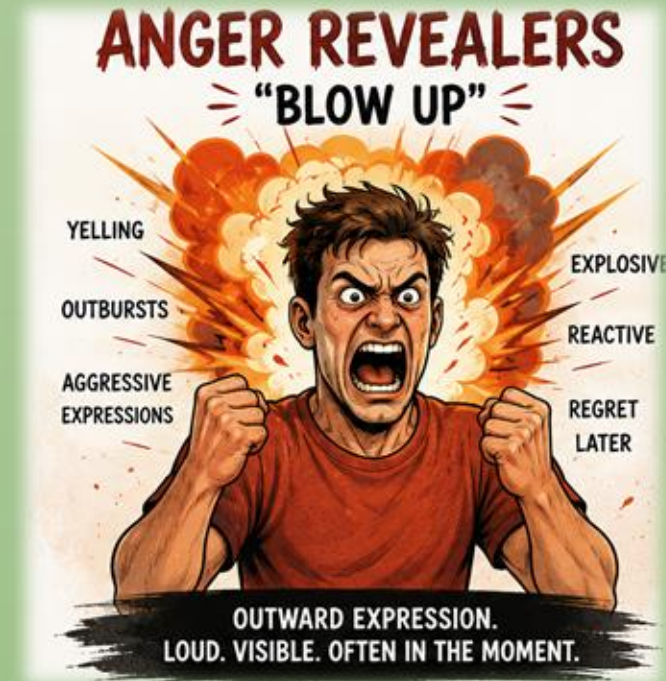
3. How to deal with our anger

- B) Align your conduct with your Lord's
- Steps for change on sinful revealing



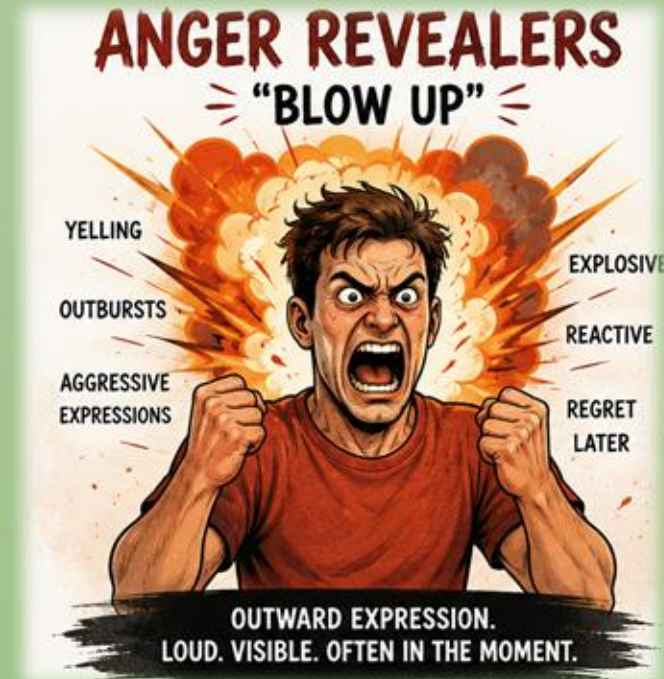
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- B) Align your conduct with your Lord's
- Steps for change on sinful revealing
 - 1. Own responsibility for, confess and renounce your angry behavior



3. How to deal with our anger

- B) Alight your conduct with your Lord's
- Steps for change on sinful revealing
 - 1. Own responsibility for, confess and renounce your angry behavior
 - 2. Be slow to get angry, but quick to get rid of the anger

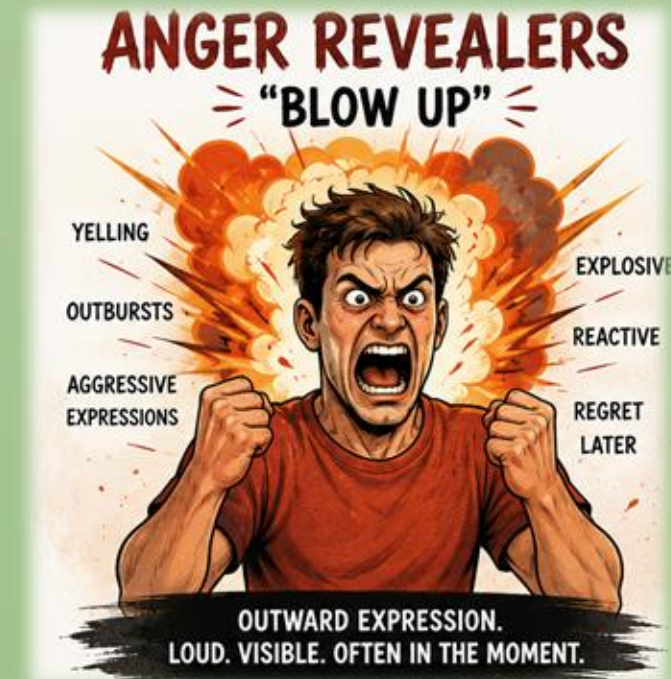


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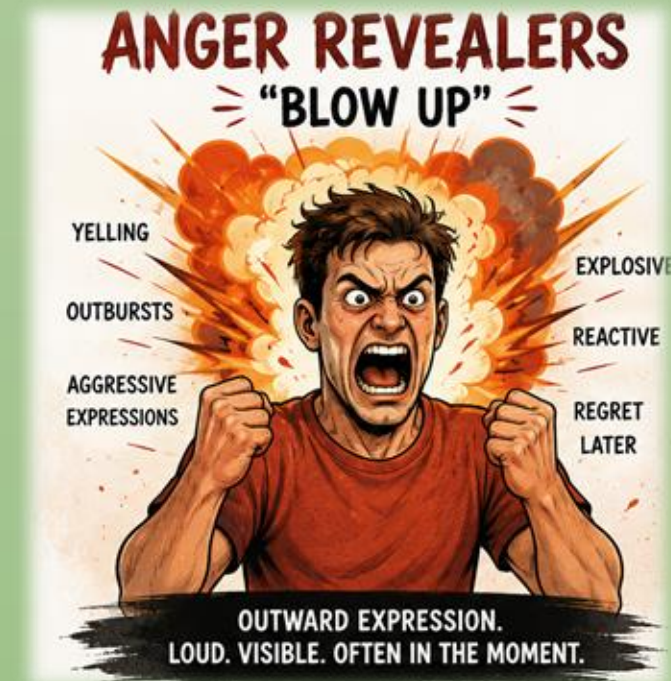


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 - Ephesians 4: don't let the sun go down on your anger (vs 26) because it gives the devil a foothold (vs 27), so remove it! (vs 31)
- 3. Believe anew in Christ and His Gospel promises to angry people

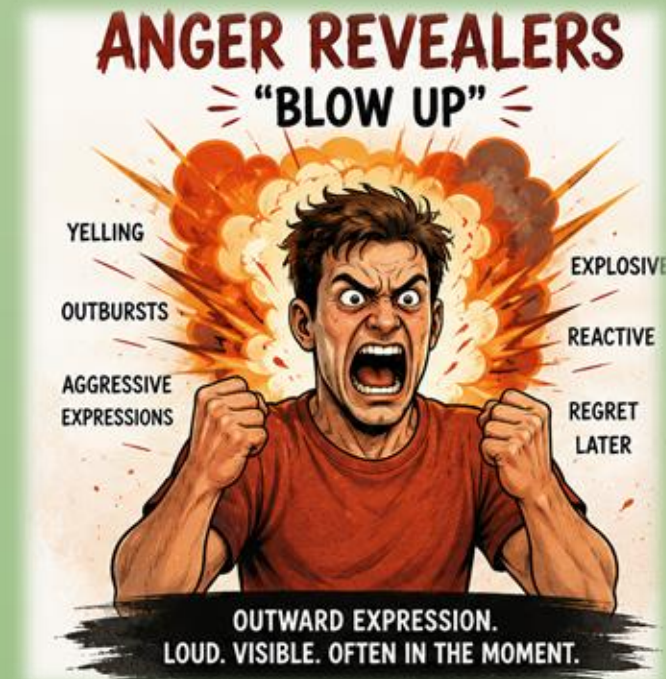


3. How to deal with our anger

- B) Alight your conduct with your Lord's

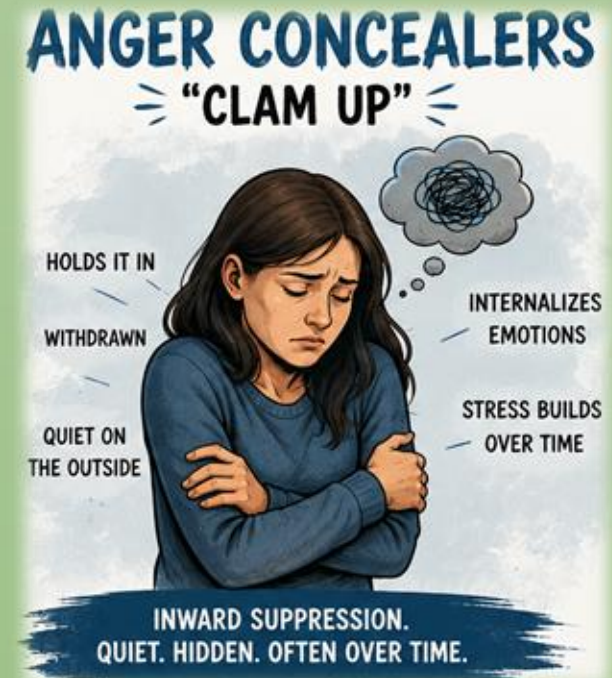
- Steps for change on sinful revealing

- 1. Own responsibility for, confess and renounce your angry behavior
- 2. Be slow to get angry, but quick to get rid of the anger
 - Ephesians 4: don't let the sun go down on your anger (vs 26) because it gives the devil a foothold (vs 27), so remove it! (vs 31)
- 3. Believe anew in Christ and His Gospel promises to angry people
- 4. Commit to take real steps to replace your angry behavior with Christ-like words & actions



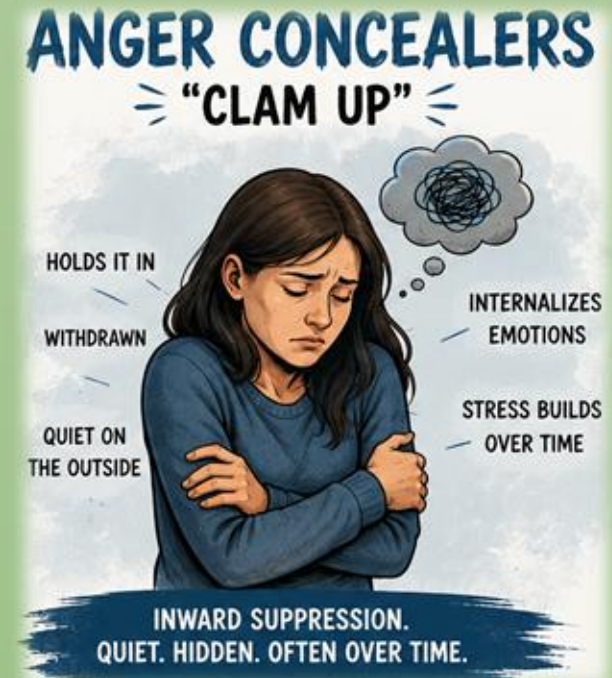
3. How to deal with our anger

- B) Alight your conduct with your Lord's
- Additional steps for change on sinful concealing



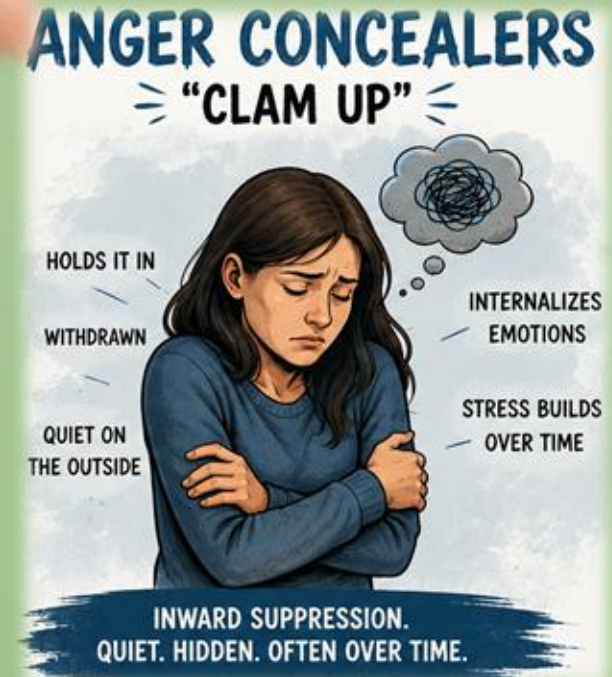
3. How to deal with our anger

- B) Align your conduct with your Lord's
- Additional steps for change on sinful concealing



3. How to deal with our anger

- B) Align your conduct with your Lord's
- Additional steps for change on sinful concealing
 - 1. Express your anger to the Lord



3. How to deal with our anger

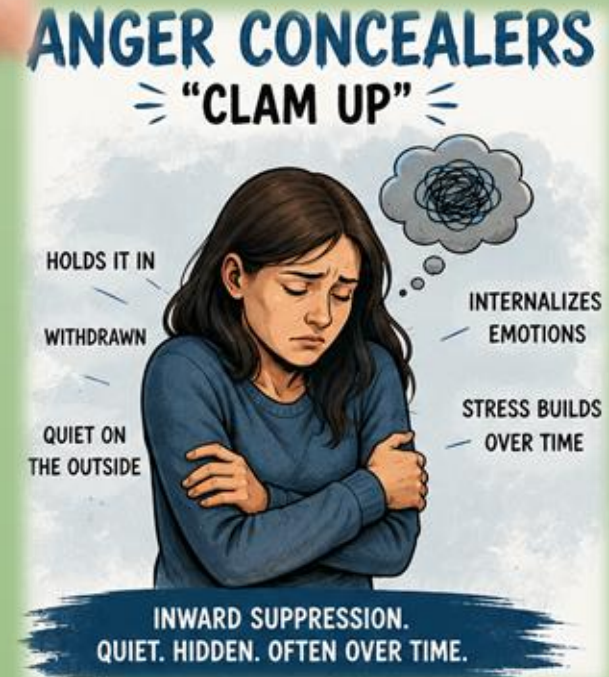
- B) Alight your conduct with your Lord's
- Additional steps for change on sinful concealing

- 1. Express your anger to the Lord

- Psalm 142

¹ I cry aloud to the LORD;
I plead aloud to the LORD for mercy.

² I pour out my complaint before him;
I reveal my trouble to him.



3. How to deal with our anger

- B) Alight your conduct with your Lord's
- Additional steps for change on sinful concealing

- 1. Express your anger to the Lord

- Psalm 142

¹ I cry aloud to the LORD;

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² I pour out my complaint before him;

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- 2. Forgive the person you are harboring anger toward (including God)

