

Getting Mad at Anger

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Introduction – reasons this topic is important

1. Sinful anger is a very real _____ risk.

Uncontrolled anger is scientifically linked to have serious negative consequences in every area of our lives.

A. Our _____

- Heart attack and strokes double within 2 hours of intense anger outbursts.
- Vascular damage impairs the ability of blood vessels to dilate (even just 8 minutes of continued anger), increasing the risk of atherosclerosis.
- Hypertension from frequent anger spikes blood pressure which, over time, can lead to chronic and dangerous high blood pressure. (Columbia University Irving Medical Center)
- Sustained anger is linked to higher levels of inflammatory markers which contribute to the development of Type 2 diabetes, arthritis, and cancer.
- Headaches, muscle tension in neck, back, shoulders, and skin problems (everydayhealth.com)

B. Our _____

- Immune suppression research suggests that just one minute of anger can suppress the immune system for several hours by reducing levels of protective antibodies like Immunoglobulin A. (Frontiers in Immunology)
- Anger can physically weaken your body's ability to defend itself from illness. (PubMed Central (PMC)(gov)+4)
- Long-term unmanaged anger creates emotional turmoil, often manifesting itself in digestive tracts and creating stomach pain, diarrhea, acid reflux, irritable bowel syndrome, and gastro-reflux disease. (PMC)

C. Our _____

- The brain's structure and function can be impacted by persistent anger. (Wall Street Journal)
- Cognitive decline and mental health disorders including high levels of cortisol that damage nerve cells in the brain responsible for memory, decision making, focus, and logic.
- Chronic anger is frequently associated with flooding the body with stress hormones like adrenaline, which is linked to increased anxiety, depression, and sleep disturbances. (Better Health Channel)

D. Our _____

- Strained relationships, workplace issues, aggression, and associated legal risks can be negatively impacted by unmanaged anger. (Better Health Channel)

2. Sinful anger prevents _____ and oneness in marriage.

Proverbs 22:24 *Do not associate with a man given to anger; or go with a hot-tempered man.*

1 Peter 3:7 *Likewise, husbands, live with your wives in an understanding way, showing honor to the woman as the weaker vessel, since they are heirs with you of the grace of life, so that your prayers may not be hindered.*

3. Sinful anger is a major hindrance to godly _____.

Ephesians 6:4 *Fathers, do not provoke your children to anger, but bring them up in the discipline and instruction of the Lord.*

4. Sinful anger must be rooted out of the _____.

Ephesians 4:31 *Let all bitterness and wrath and anger and clamor and slander be put away from you, along with all malice.*

5. Sinful anger is frequently minimized and _____.

- He makes me so angry...
- I'm a red head...
- I had to get it off my chest...
- This is just the way I am...
- She knows how to push my buttons...

I. Defining _____ Anger

A. Working definition – a passionate, active, moral response of the entire person to a perceived wrong or injustice.

B. _____ elements

1. Righteous anger is _____

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

2. Righteous anger is _____

Proverbs 14:29 *He who is slow to anger has great understanding, but he who is quick tempered exalts foolishness.*

3. Righteous anger is _____

Matthew 18:34 *And his Lord, moved with anger, handed him over to the torturers until he should repay all that was owed him.*

Mark 3:5 *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.*

4. Righteous anger is _____

John 2:13-17 [Jesus cleansing the temple]

Ezra 9:2-3 *The men of Israel have married women from these people and have taken them as wives for their sons. So the holy race has become polluted by these mixed marriages. Worse yet, the leaders and officials have led the way in this outrage. When I heard this, I tore my cloak and my shirt, pulled hair from my head and beard, and sat down on the ground utterly shocked and appalled.*

5. Righteous anger is fueled by _____ and _____

Acts 17:16 *Now while Paul was awaiting them at Athens, his spirit was grieved and roused to anger as he saw that the city was full of idols.*

Nehemiah 5:1-13 [Nehemiah was very angry when he was told that the Jewish people were lending their money to their fellow Jews and charging exorbitant interest during the famine, even demanding that their brothers sell their daughters into slavery to repay their loans. Nehemiah demanded repentance...]

“In a world that has been terribly broken by sin, and nothing operates as was intended, and in a world where evil often has more immediate influence than good, it would be wrong not to be angry. How can you look poverty in the face and not be angry? How can you consider the surge of disease and not be angry, how could you look at the corruption that makes government more a place for personal power than societal protection, and not be angry? How can you look at the rate of

divorce in western culture, or the prevalence of domestic violence, and not be angry? How can you consider the homeless people who wander our streets and not be angry, how can you consider the confusion of gender identity and sexual impropriety that is everywhere around us and not be angry? How can you consider the state of our educational institutions, the state of art and culture, and the state of popular entertainment and not be angry? How can you look at the state of the church, which seems so often to have lost its way, and not be angry? How can you even look at your own life, your own family, your own circle of friends, how sin twists and complicates every location, relationship, and situation of your life and not be angry? How can you consider disease, war, and environmental distress and not be angry? How can you look at the fact that nothing in your world is exactly as it was meant to be and not be angry? You simply cannot look at the world with the eyes of truth and with a heart committed to what God says is right and good, and not be angry at the state of things in this fallen world. In a fallen world, anger is a good thing. In a fallen world, anger is a constructive thing. In a fallen world, anger is an essential thing.

That is, if the anger is about something bigger than you.

In a fallen world, people of character and conscience will always be angry. Perhaps our problem regarding anger is not just that we are often angry for the wrong reasons, but that we are not angry enough for the right reasons. Perhaps our problem is that the things that should make us angry and thereby move us to action just don't make us angry anymore." (Paul Tripp, *Broken Down House*, 128-129)

II. Being _____ and Angry

A. _____ is angry every day.

Psalm 7:11 *God is a righteous judge, a God who has indignation every day.*

Psalm 2:4-5 *He who sits in the heavens laughs, the Lord scoffs at them. Then he will speak to them in his anger and terrify them in his fury.*

John 3:36 *He who believes in the Son has eternal life, but he who does not obey the Son will not see life, but the wrath of God remains on him.*

B. _____ got angry.

Mark 3:5 *After looking around at them with anger, grieved at their hardness of heart, he said to them man, "Stretch out your hand." And he stretched it out, and his was restored.*

Mark 10:13-14 *And they were bringing children to him so that he might touch them; but the disciples rebuked them. But when Jesus saw this, he was indignant and said to them, "Permit the children to come to me; do not hinder them; for the kingdom of God belongs to such as these."*

C. _____ got angry.

Acts 17:16 *Now while Paul was awaiting them at Athens, his spirit was grieved and *roused to anger as he saw the city was full of idols.*

(According to *Vine's Expository Dictionary of NT Words*, p. 228)

D. It's possible and necessary for us to be angry without _____.

Ephesians 4:26 *Be angry, and yet do not sin; do not let the sun go down on your anger.*

III. Distinguish Between _____ Anger and _____ Anger

"Let's begin with a humbling observation: most human anger is sinful. The biblical record confirms this. The most frequent Old Testament term for "anger" (Hebrew **aph**) denotes human anger 47 times. And at least 42 of them (89%) indicate sinful anger.

While we tend to assume the best about ourselves, the Bible frequently warns against self-deception. We tend to conceal our sins, covering them with spiritual white-out. We paint our anger as pure. The Bible knows better." (Robert Jones, *Uprooting Anger*, 28)

A. Characteristics of righteous anger: (Robert Jones, *Uprooting Anger*, 29)

1. When it is a _____ to actual sin

Ex: Jesus cleansing the temple because the people were turning the House of God into a marketplace instead of a place of prayer (**John 2**).

Ex: Paul confronting/rebuking the Corinthians for making a mockery of the Lord's table (**1 Cor. 11**).

Ex: John the Baptist confronting the Pharisees and Sadducees for their hypocrisy and refusal to repent (**Matt. 3**). Also, John the Baptist confronting Herod for marrying his brother's wife.

2. When it focuses on God and his kingdom rights and his concerns, _____, my rights, and my concerns

Matthew 6:33 *Seek first his Kingdom and his righteousness, and all these things will be added to you.*

3. When it is _____ in godly ways

Galatians 5:22-23 *The fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control; against such things there is no law.*

“Righteous anger remains self-controlled. It keeps its head without cursing, screaming, raging, or flying off the handle. Nor does it spiral downward in self-pity or despair. It does not ignore people, snub people, or withdraw from people. Instead, righteous anger carries with it the twin qualities of confidence and self-control. Christlike anger is not all-consuming and myopic but channeled to sober, earnest ends. Godly strains of mourning, comfort, joy, praise, and action balance it.

Rather than keeping us from carrying out God's call, righteous anger leads to godly expressions of worship, ministry, and obedience. It shows concern for the well-being of others. It rises in defense of oppressed people. It seeks justice for victims. It rebukes transgressors. Godly anger confronts evil and calls for repentance and restoration.” (Robert Jones, *Uprooting Anger*, 30)

B. Characteristics of _____ anger:

1. When it flows from a _____ motivated heart

Genesis 4:6-7 *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.”*

Jonah 4:1-4 *But it greatly displeased Jonah and he became angry. He prayed to the Lord and said, “Please Lord, was not this what I said while I still in my own country? Therefore, in order to forestall this I fled to Tarshish, for I knew that you are a gracious and compassionate God, slow to anger and abundant in loving kindness, and one who relents concerning calamity. Therefore now, O Lord, please take my life from me, for death is better to me than life.” The Lord said, “Do you have good reason to be angry?”*

“The Bible’s emphasis on the inward origin of anger suggests that helping angry children involves more than mere anger management techniques. To solve your child’s anger problem, you must target the source of his anger: his heart.”

(Michael Emlet, *Angry Children*, 5)

2. When it’s more about _____ than listening

Proverbs 10:19 *Too much talk leads to sin. Be sensible and keep your mouth shut.*

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.*

3. When it _____ a person instead of _____ a problem

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

4. When it causes you to speak _____

Proverbs 15:1 *A gentle answer turns away wrath, but a harsh word stirs up anger.*

5. When you brood or _____ on the failures and sins of others

Ephesians 4:31-32 *Get rid of all bitterness, rage, anger, harsh words, and slander, as well as all types of evil behavior. Instead, be kind to each other, tenderhearted, forgiving one another, just as God through Christ has forgiven you.*

6. When you desire _____ instead of reconciliation

Romans 12:18-19 *Never pay back evil with more evil. Do things in such a way that everyone can see you are honorable. Do all that you can to live in peace with everyone. Dear friends, never take revenge. Leave that to the righteous anger of God. For the Scriptures say, “I will take revenge; I will pay them back,” says the Lord (Deut. 32:35).*

IV. How Anger Becomes _____

- A. _____ up

Proverbs 12:16 *A fool’s anger is known at once, but a prudent man conceals dishonor.*

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

B. _____ up

Ephesians 4:26 *Be angry and yet do not sin; do not let the sun go down on your anger.*

V. Helping Counselees _____ Their Anger.

7 key questions (adapted from David Powlison, "Anger, Part 1: Understanding Anger"
Journal of Biblical Counseling, Vol. 14:1, (Fall, 1995) 49-53

- A. Do you get angry about the _____ things?
- B. Do you _____ anger in the right way?
- C. How long _____ your anger last?
- D. How _____ is your anger?
- E. What _____ your anger?
- F. Is your anger always ready to _____ to another person's habitual sins?
- G. What is the _____ of your anger on others?

VI. A _____ Approach to Handling Anger

A. Honestly acknowledge the _____ component of your anger.

Ephesians 4:26 *Be angry, and yet do not sin; do not let the sun go down on your anger.*

B. Factor the _____ of God into your situation.

1. How can God use these events to _____ you into the image of his Son?
(Rom. 8:28-29)
2. What if God wants to use the _____ of others for your spiritual good?
(Gen. 50:20)

C. Cry out to God for _____ and wisdom as you seek to use your anger in a godly way.

Hebrews 4:15-16 *For we do not have a high priest who cannot sympathize with our weaknesses, but one who has been tempted in all things as we are, yet he was without sin. Therefore, let us draw near with confidence to the throne of grace, so that we may receive mercy and find grace to help in our time of need.*

D. Guard your words and actions and withhold any judgment and response until you are certain you have all the _____.

Proverbs 19:11 *A man's discretion makes him slow to anger, and it is his glory to overlook an offense.*

Proverbs 16:18 *Pride goes before destruction, and a haughty spirit before a fall.*

E. Keep reminding yourself that your _____ for others is minor in comparison to God's _____ with you.

"No one has ever sinned against me more than I have sinned against God."

Dr. Paul Tripp

Daniel 9:9 *To the Lord our God belong mercy and forgiveness, for we have rebelled against him.*

Ephesians 4:2 *Always be humble and gentle. Be patient with each other, making allowance for each other's faults because of your love.*

Romans 12:3 *For by the grace given to me I say to everyone among you, not to think of himself more highly than he ought to think, but to think with sober judgment, each according to the measure of the faith that God has assigned.*

Matthew 6:14 *For if you forgive others their trespasses, your heavenly Father will also forgive you, but if you do not forgive others their trespasses, neither will your Father forgive your trespasses.*

F. _____ for the person who has mistreated you.

Romans 12:21 *Do not be overcome by evil but overcome evil with good.*

G. Ask for _____ from those you have sinned against in anger.

Matthew 7:1-5 *Why do you see the speck that is in your brother's eye, but do not notice the log that is in your own eye?...You hypocrite, first take the log out of your own eye, and then you will see clearly to take the speck out of your brother's eye.*

Conclusion: