

The Balance Series - Lesson 4

ANGER MANAGEMENT

©2011 G. Craige Works All Rights Reserved

September 4, 2011

1. The bible teaches us to be angry, but sin not. **Eph. 4:26** *Be ye angry, and sin not: let not the sun go down upon your wrath:*
2. There are things that make us angry in this life and there were things that made God angry as well. But the balance comes with our actions and not the anger. There are times when we should suppress our anger, and there are times when we should let it out. But the bottom line is to be angry, but do not sin.
3. All anger does not lead to sin. But all sin leads to God's anger! There are times in the word when God was very angry at his people.



Because anger is sometimes attributed to God in his word, it proves that not all anger is evil. And if we are to imitate God, then there must be times when we should be angry.

- God was angry at the unbelief of Moses (Exodus 4:14).
- God is angered by the mistreatment of the helpless, the strangers, the widows, and the orphans (Exodus 22:21-24).
- God was also angered by men turning from trusting and worshipping Him to the worship of idols (Exodus 32:10; Deuteronomy 6:14-15; Judges 2:13-14; Ezra 8:22).

Jesus was angry when the pharisees would not answer a question. **Mark 3:4** *And he saith unto them, Is it lawful to do good on the sabbath days, or to do evil? to save life, or to kill? But they held their peace. And when he had looked round about on them with anger, being grieved for the hardness of their hearts,*

- Many modern day, spiritual candy eating believers shutter at the thought of God giving us license to be angry. They attribute anger as the devil or something bad. But we must remember that there are ways to be angry without sinning. Sometimes its good for us to get Godly angry at sin so we can stay clear of it as well as stand against it. **James 4:7** *Submit yourselves therefore to God. Resist the devil, and he will flee from you.*
- The key to being angry without sin is our actions while we are angry. If we are going to be angered by things, we must learn to react in a Godly manner and not do or say things we have to repent for later. **Rom. 12:19** *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.* I know men that when they are angry, they attack their wives verbally, speak evil of their children, as well as themselves. This is a very distractive pattern and should always be avoided because it has a lasting effect since the man gives the approval and validation to his family.
- It's ok to disagree and argue your point with a person, but when it gets to a shouting match, it's crossing the line. When we use profanity, especially in our own homes, against family, friends, or strangers, we are cursing with the "death" that is in power of our tongue. And when we brawl, or physically battle one another, we are allowing the devil to puppeteer us and make us act a fool for him. This is not Godly and leads to demonic possession as well as permanent physical, mental, emotional, and spiritual scars.
- Many of us have been through traumatic experiences in our lives that we need to work out of our system. We harbor hurt, hatred, malice, etc. in our minds and hearts toward certain people or things that we went through and anger works as a trigger for those things. **Prov. 14:17** *A quick-tempered man acts foolishly, And a man of evil devices is hated.*
- Then when we get married or are in relationships, we take out our suppressed anger on them! Our spouses, relatives, children, etc. get the anger that was stored up because of something that has nothing to do with them. This is sin because we are being evil toward others.

- We must recognize this pattern and understand that it is almost impossible for God to get the glory out of a person's life that is vengeful and wrathful. When you process your anger in an ungodly manner, you become a loose cannon and can't be trusted by God. Prov. 15:18 A wrathful man stirreth up contention; But he that is slow to anger appeaseth strife.
- Moses, though he was a great deliverer for God's people, did not see the promised land because he reacted in anger to the people. But was he really upset with the people or was he harboring hatred for his abandonment as a child? Maybe it was the hatred for what Pharaoh put him through, or it could have been the fact that he had trouble speaking?
- Whatever caused his anger outburst when he smote the rock against God's will, led to him not seeing the promise land that he had journeyed so many years to achieve. This is what anger does if not managed. Though I believe Moses was used tremendously by God, I also see areas in Moses' life that if he had worked them out, he would not have been punished.

Matt. 21:12 *And Jesus entered into the temple of God, and cast out all them that sold and bought in the temple, and overthrew the tables of the money-changers, and the seats of them that sold the doves; and he saith unto them, It is written, My house shall be called a house of prayer: but ye make it a den of robbers. And the blind and the lame came to him in the temple; and he healed them.*

- Jesus was angry when he saw the people selling goods in the temple. They were changing money and making huge profits off the people's desire for blood atonement. This angered Christ and he ran them out without sinning. He was indeed angry and spoke words that condemned the guilty as the truth always does. But it was his love and compassion that caused him to shed his own blood for their atonement.
- When we are angry, we must watch our mouths. When we say things, our words weigh heavy in anger. Saying I'm sorry doesn't erase it and it's hard to build relationships with people that speak death instead of life. **Prov. 29:11** *A fool uttereth all his anger; But a wise man keepeth it back and stilleth it.*
- Though Jesus was angry, his words were specific and not hateful. He spoke of the effects the moneychanging business had on the temple. He did not call them names, or try to purposely hurt them with his words. This is our example of how we should handle our anger.



When we get upset we should always:

A) Calm down and wait a while before we speak.

Proverbs 14:29 *He who is slow to wrath has great understanding, But he who is impulsive exalts folly.*

B) Let it go and not dwell in the anger.

Ephesians 4:26 *"Be angry, and do not sin": do not let the sun go down on your wrath,*

C) Forgive and remember how you have hurt others in your past. **1Corinthians 13:4** *Love suffers long and is kind; love does not envy; love does not parade itself, is not puffed up;*

Summary: No one is perfect in anger, so we must be willing to forgive things that are said during times of wrath or purposefully hurtful things said in anger. But we also must count the cost before we speak such things if we desire to

be pleasing to God. We should never curse people, put them down, or try to hurt them with our words in anger. This is sin and should not be happening with believers. Our suppressed anger needs an outlet and we should talk to someone about it before it causes us to lose those that love us. Wrath from our past can be uncontrollable at times, so if we plan to get control, we must pray and ask God for temperance. This comes by forgiving those that hurt you, listening to those that love you, and trusting those that depend on you. If we ever plan to be used by God, we must get to a place where God can trust us.

Prov. 15:1 *A soft answer turneth away wrath; But a grievous word stirreth up anger.*