

Anger



Art Linkletter, born in Moose Jaw, his TV program “House Party” ran 1945 – 1969 – & featured a segment called **Kids say the Darnest Things**

“Highlight of the day” for my granddaughter Sylvia after a day at the pool with a giant waterslide and diving board...

I liked it when the boy said “Sorry” to me.

Anger (Cambridge Dictionary) - a strong feeling that makes you want to hurt someone or be unpleasant because of something unfair or unkind that has happened. (... it Can impact marriage, family, Church& workplace)

Scripture says a lot about anger! In the New King James Bible:

- Anger – 228 times
- Angry – 42 times
- Wrath – 194 times

Scripture clearly shows **God gets angry**... yet can be reached!

Golden calf

Exo 32:10-14 So now do not stop me. I am **so angry** with them that I am going to destroy them. Then I will make you and your descendants a great nation." But Moses begged the Lord his God and said, "Lord, don't let your **anger** destroy your people, whom you brought out of Egypt with your great power and strength. Don't let the people of Egypt say, 'The Lord brought the Israelites out of Egypt for an evil purpose. He planned to kill them in the mountains and destroy them from the earth.' So **stop being angry**, and don't destroy your people. Remember the men who served you -- Abraham, Isaac, and Israel. You promised with an oath to them and said, 'I will make your descendants as many as the stars in the sky. I will give your descendants all this land that I have promised them, and it will be theirs forever.'"

So the Lord **changed his mind** and did not destroy the people as he had said he might.

Anger is not a sin!

It is a **reaction or emotion** we have in common with God!

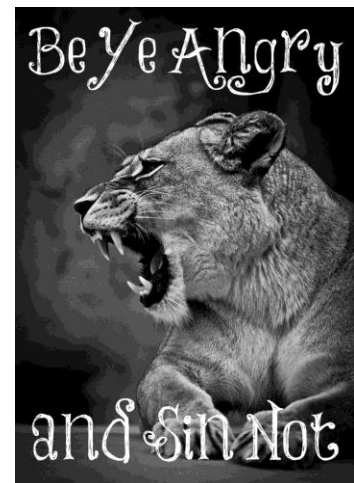
Eph 4:26 Be ye angry, and sin not.

This topic is important because:

- We get angry
- Those around us (in our lives) get angry

... and there can be consequences!

How do we **Understand & Help** ourselves & others with Anger?





Gen 4:3 And in the process of time it came to pass that Cain brought an offering of the fruit of the ground to the LORD.

Gen 4:4 Abel also brought of the firstborn of his flock and of their fat. And the LORD respected Abel and his offering,

Gen 4:5 but He did not respect Cain and his offering. And Cain was **very angry**, and his countenance fell.

Gen 4:6 So the LORD said to Cain, "Why are you **angry**? And why has your countenance fallen?"

Gen 4:7 If you **do well**, will you not be accepted? And if you do not do well, sin lies at the door. & its desire *is* for you, but you should rule over it."

Gen 31:36 Then Jacob was **angry** and rebuked Laban, and Jacob answered and said to Laban: "What *is* my trespass? What *is* my sin, that you have so hotly pursued me?"

Gen 31:37 Although you have searched all my things, what part of your household things have you found? Set *it* here before my brethren and your brethren, that they may judge between us both!

Gen 31:38 These twenty years I *have been* with you; your ewes and your female goats have not miscarried their young, and I have not eaten the rams of your flock.

Gen 31:39 That which was torn *by beasts* I did not bring to you; I bore the loss of it. You required it from my hand, *whether* stolen by day or stolen by night.

Gen 31:40 There I was! In the day the drought consumed me, and the frost by night, and my sleep departed from my eyes.

Gen 31:41 Thus I have been in your house twenty years; I served you fourteen years for your two daughters, and six years for your flock, and you have changed my wages ten times.

Gen 31:42 Unless the God of my father, the God of Abraham and the Fear of Isaac, had been with me, surely now you would have sent me away empty-handed. God has seen my affliction and the labor of my hands, and rebuked *you* last night."

Reasons for getting angry include:

- | | |
|----------------------------------------------------------------|--------------------------------------------------|
| <input type="checkbox"/> Grief - losing a loved one. | <input type="checkbox"/> Injustice |
| <input type="checkbox"/> Sexual frustration | <input type="checkbox"/> Being teased or bullied |
| <input type="checkbox"/> Rudeness | <input type="checkbox"/> Humiliation |
| <input type="checkbox"/> Tiredness | <input type="checkbox"/> Embarrassment |
| <input type="checkbox"/> Hunger | <input type="checkbox"/> Deadlines |
| <input type="checkbox"/> Pain | <input type="checkbox"/> Traffic jams |
| <input type="checkbox"/> Physical illness | <input type="checkbox"/> Disappointment |
| <input type="checkbox"/> Mental illness | <input type="checkbox"/> Sloppy service |
| <input type="checkbox"/> Financial problems | <input type="checkbox"/> Failure |
| <input type="checkbox"/> Being told you have a serious illness | <input type="checkbox"/> Infidelity |
| | <input type="checkbox"/> Burglary |

1Ch 13:8 Then David and all Israel played *music* before God with all *their* might, with singing, on harps, on stringed instruments, on tambourines, on cymbals, and with trumpets.

1Ch 13:9 And when they came to Chidon's threshing floor, Uzza put out his hand to hold the ark, for the oxen stumbled.

1Ch 13:10 Then the **anger** of the LORD was aroused against Uzza, and He struck him because he put his hand to the ark; & he died there before God.

1Ch 13:11 And David became **angry** because of the LORD's outbreak against Uzza; therefore that place is called Perez Uzza to this day.

1Ch 13:12 David was afraid of God that day, saying, "How can I bring the ark of God to me?"

Anger is not always wrong. Sometimes it's absolutely necessary. There is evil in the world and sometimes in our own lives.

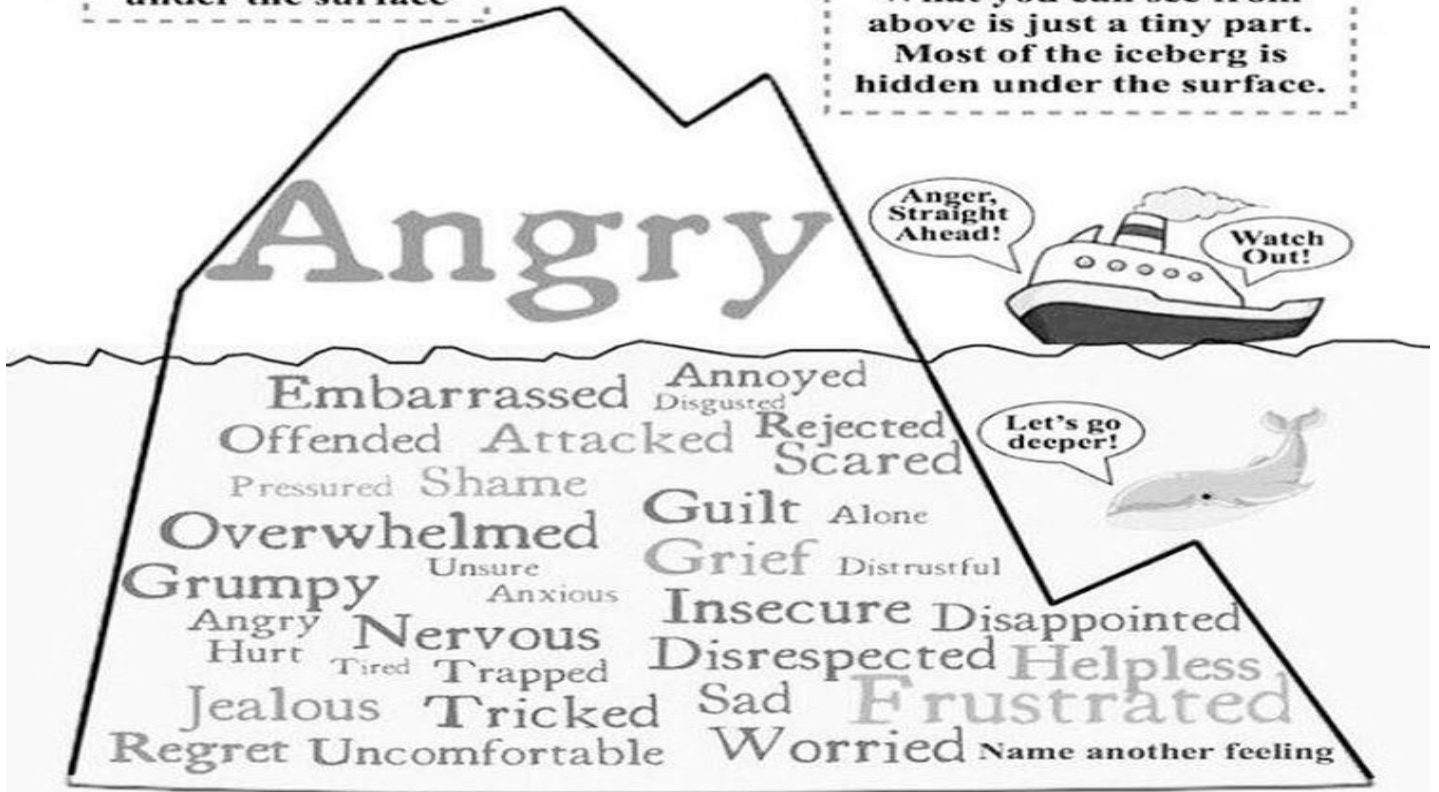
The Seven Most Important Anger Questions to Ask Yourself:

1. "What am I really angry about?"
2. "What is the problem, and whose problem is it?"
3. "How can I sort out who is responsible for what?"
4. "How can I learn to express my anger in a way that will not leave me feeling helpless and powerless?"
5. "When I'm angry, how can I clearly communicate my position without becoming defensive or attacking?"
6. "What risks and losses might I face if I become clearer and more assertive?"
7. "If getting angry is not working for me, what can I do differently?"

Anger Iceberg

Sometimes when we are angry, there are other emotions under the surface

Icebergs are giant floating pieces of ice found in the coldest parts of the ocean. What you can see from above is just a tiny part. Most of the iceberg is hidden under the surface.

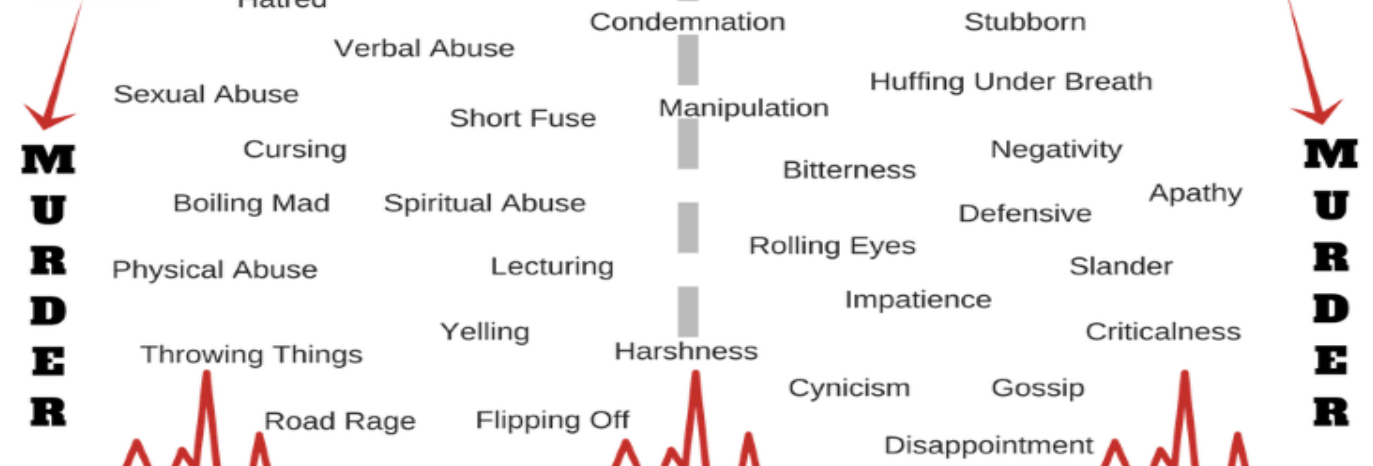


LOUD ANGER

SUBTLE ANGER

PHYSICAL DEATH

SILENT TREATMENT



MURDER

MURDER

The Anger Spectrum

Truisms: We cannot control how we **Feel** ... BUT ... we can control how we **Act**

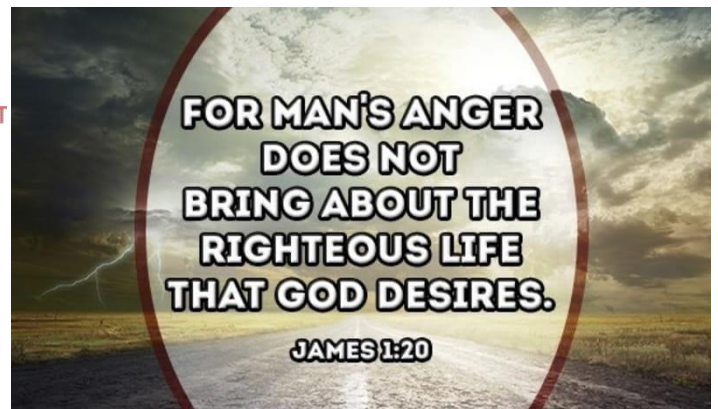
One Rule: that will enable you to control your anger and almost guarantee that you will never say something that will lead to an irrevocable break or a permanent hurt in your relationship with another person:

- No matter how angry you get, restrict the expression of your anger to the incident that provoked it.

This means when someone has done something wrong and has hurt you, express anger for what they did – but only concerning that incident. Don't use words like “always,” or “never.”



Jas 1:19 So then, my beloved brethren,
let every man be swift to hear, slow to speak,
slow to wrath;



10 most common Types/Styles of Anger (which describes you?)

- The direction of anger (internal vs external)
- The anger reaction (retaliatory vs resistant)
- The mode of anger (physical vs verbal)
- Anger impulsivity (controlled vs uncontrolled)
- Objective of anger (restorative vs punitive)

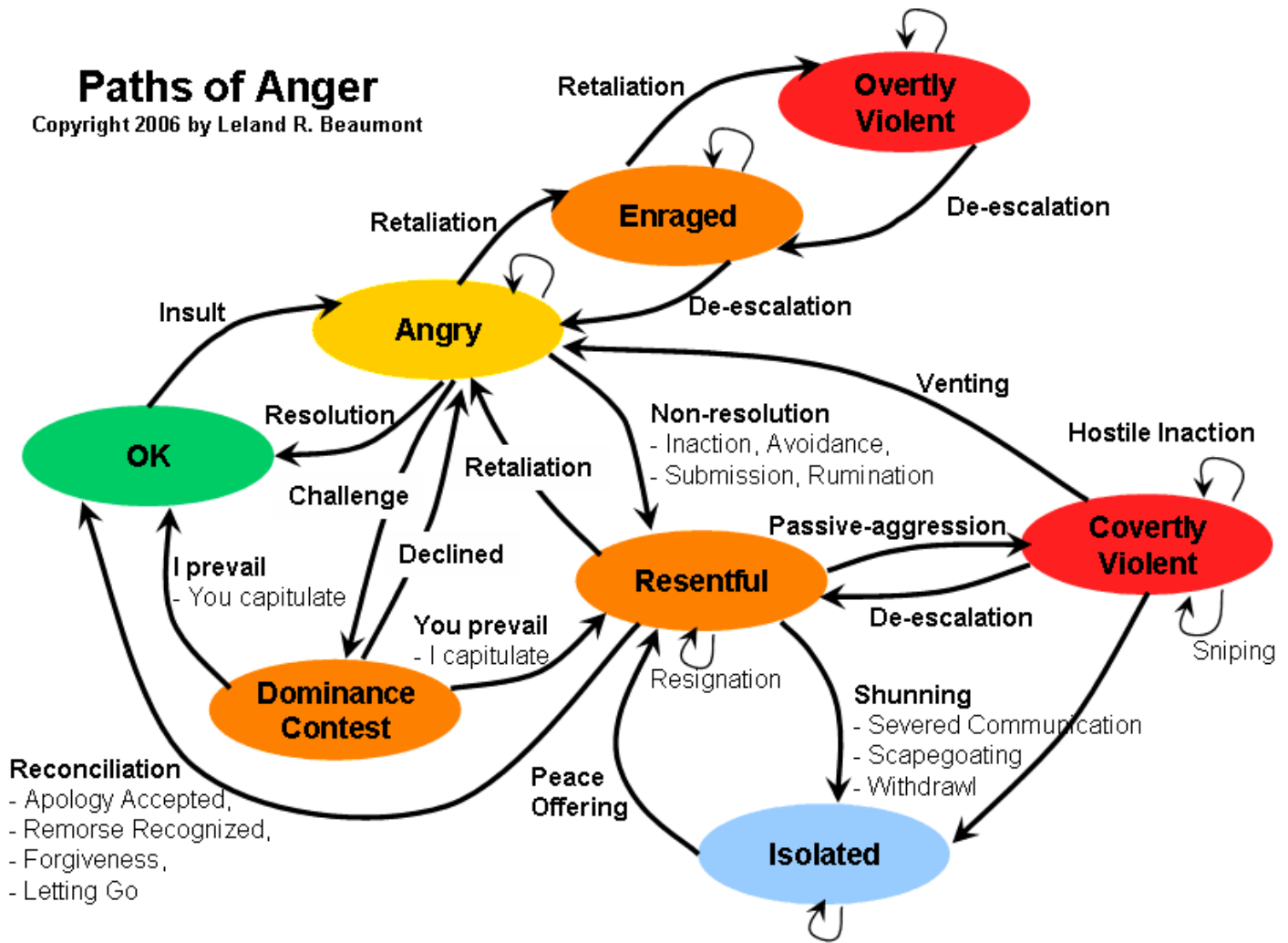
Psa 7:11 God *is* a just judge, And God is **angry** *with the wicked* every day.

Pro 22:24-25 Make no friendship with an **angry** man, And with a **furious** man do not go, Lest you learn his ways And set a snare for your soul.

Col 3:8 But now you yourselves are to put off all these: **anger, wrath,** malice, blasphemy, filthy language out of your mouth. (*... we are new man*)

Paths of Anger

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Christians need to get anger under control!

Mat 5:21 "You have heard that it was said to those of old, 'YOU SHALL NOT MURDER, and whoever murders will be in danger of the judgment.'

Mat 5:22 But I say to you that whoever is **angry** with his brother without a cause shall be in danger of the **judgment**. And whoever says to his brother, 'Raca!' shall be in danger of the **council**. But whoever says, 'You fool!' shall be in danger of **hell fire**.

Pro 15:1 A soft answer turns away wrath, But a harsh word stirs up anger.

Pro 16:32 *He who is slow to **anger** is better than the mighty, And he who rules his spirit than he who takes a city.*

The goal isn't to never feel **ANGRY**

The goal is to **UNDERSTAND** your anger and to choose **HEALTHY** ways to respond to it

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