

REDISCOVERING BIBLICAL COMMUNITY

PT 9: Dealing With Anger (I)

Ps Andrew Foo (26/8/18)



1. The Problem Of Anger

- a) Increasing displays of anger
- b) Why is anger problematic?

- Psa 37:8 (Voice) – It's a potential doorway to other problems

⁸ *So turn from anger. Don't rage, and don't worry—these ways frame the doorway to evil.*

- Pro 22:24-25 (TLB) – It can hinder relationships
²⁴⁻²⁵ *Keep away from angry, short-tempered men, lest you learn to be like them and endanger your soul.*

- It's self-reinforcing

- James 1:19-20 (TPT) – It can't fulfil God's purpose

¹⁹ *My dearest brothers and sisters, take this to heart: Be quick to listen,^[a] but slow to speak. And be slow to become angry,²⁰ for human anger is never a legitimate tool to promote God's righteous purpose.*

Anger is
one letter
short of
danger.

Quoteistan.com

*“Speak when you are
angry and you will
make the best speech
you will ever regret.”*

~Ambrose Bierce

2. The Nature Of Anger

a) Definition: A strong emotion of irritation and displeasure, when we feel that a need or expectation is not met



**Anger
is a feeling that
makes your
mouth
work faster
than your
mind**

b) Righteous vs sinful anger – Eph 4:26-27

²⁶ “Be angry, and do not sin”: do not let the sun go down on your wrath, ²⁷ nor give ^[a]place to the devil.

➔ Righteous – Example of Jesus

➔ Unrighteous – 5 types

- Grumbling – 1 Kings 21:4 (NIRV)

⁴ So Ahab went home. He was angry. He was in a bad mood because of what Naboth from Jezreel had said. He had told Ahab, “I won’t give you the land my family handed down to me.” So Ahab lay on his bed. He was in a very bad mood. He wouldn’t even eat anything.

- Active aggression
- Distance
- Control
- Passive aggression

Dear Lord,

*I am so sorry for my anger.
I know that I need to control my angry
emotions and I pray that You would
help me not to sin in my anger.
I pray for others who struggle with their
anger. May Your Holy Spirit transform our
hearts and help us heal from anger, in
Jesus’ name, Amen!*