

# DEALING WITH ANGER

## Introduction

- 1) **Psalm 37:1-8** – “Cease from anger, and forsake wrath; do not fret – it only causes harm” (v. 8)
- 2) Many are angry and fretful today due to racial and social conflict, moral decline, and government incompetence; this has led to violent protests, the rejection of political and party establishments, and an increase in boisterous calls for change and revolution
- 3) Many are frustrated today about the conditions caused by the COVID-19 pandemic – fear, distancing, staying-at-home, lack of worship services, loss of jobs and income
- 4) How should the Christian respond to a rising social tide of frustration, anger, and protest?

## I) **THE DANGER OF ANGER/WRATH**

- A) Anger is a natural human emotion – we become annoyed or upset when we are frustrated, hurt, offended, or afraid
  - 1) One can be angry without sinning – controlled, righteous, temporary (Eph. 4:26; Mk. 3:5)
- B) We are warned about the chronic temperament of seething and persistent anger, wrath, fury
  - 1) Gk. *orge* – swelling emotion of anger; Gk. *thumos* – wrath, rage (Col. 3:8)
- C) Will adversely affect our lives (Eccl. 7:9; Prov. 14:17)
  - 1) Should avoid those who are filled with this temperament (Prov. 29:22; 22:24-25)
- D) Unrestrained, continual, seething anger provides opportunities for Satan (Eph. 4:26-27)
  - 1) Will settle into our character and define our outlook and reactions
  - 2) Destroys the joy and peace of a Christian, causing one to prejudge and treat others badly
- E) Attitudes that accompany anger show its dangerous and destructive nature (Eph. 4:31)
  - 1) Increases bitterness, quarreling, malice, unkindness – can have tragic ends (Matt. 15:19)
    - a) Consider *Cain* (Gen. 4:5-8); *Saul* (1 Sam. 18:8); *Ahab* (1 Kgs. 21:4); *Nebuchadnezzar* (Dan. 3:19); *Jonah* (4:1); *Herod* (Matt. 2:16); *Ephesians* (Acts 19:28-29)
  - 2) Does not seek to be compassionate, understanding, and forgiving – encourages gossip, slander, strife, evil suspicions, etc. (Prov. 15:18; 2 Cor. 12:20; 1 Tim. 6:4)
- F) The life characterized by anger/wrath will never bear the good fruit of righteousness (Gal. 5:20, 22; Matt. 12:35; Jas. 1:20)
  - 1) Who would say, “Some of the best times happened when I was really angry and mad!”

## II) **DEALING WITH OUR FRUSTRATION AND ANGER**

- A) Must restrain and dampen anger when it starts to “swell up”
  - 1) Meditate calmly on the Lord and trust in Him (Psa. 4:4-5)
  - 2) Even if anger justified, let it be temporary (Eph. 4:26); seek resolution or give it to God
- B) Pray to God (1 Pet. 5:6-7)
  - 1) Remember that He cares and wants us to cast our cares on Him
  - 2) Let the righteous Judge deal with matters that are beyond our understanding or help
  - 3) Let the perfect peace and love of God drive away our fears (Phil. 4:6-7; 1 Jn. 4:18)
- C) Develop an attitude seeking understanding, compassion, humility, love, and peace (Prov. 19:11; Matt. 5:38-48; Rom. 12:16-21; Eph. 4:32; Jas. 3:17-18)
  - 1) Self-control, sober-mindedness, sound judgment, self-discipline (Prov. 16:32; Titus 2:12)
- D) Seek out calm, wise, and thoughtful advice (Prov. 15:1; 2 Kgs. 5:11-14)

## Conclusion

Jesus came to bring joy to His disciples (Jn. 15:11). Our life should be characterized by rejoicing, not wrath (Phil. 4:4). Worldly anger will not help us at times of turmoil and uncertainty. Humility, gentleness, and trust in God is the godly life. Don't let anger rule your life and ruin your eternal inheritance! Obey God today.