

Anger Management (Biblically Speaking)

The devastation of unbiblical anger

More church splits have come because of **sinful anger** than over **theological issues**

Romans 12:3-4 – Do not think too highly of yourself

Sinful anger **shatters** husband / wife communication and their relationship

Colossians 3:19 – Husbands don't be bitter towards your wives

Sinful anger causes parents to **miss** the goal of child rearing.

Ephesians 6:4 – Don't provoke children to anger

Sinful anger can affect your **attitude** and even your **health**

Blood Pressure, Ulcers, Colitis

James 5:14-16 – Some were sick because of sin

The world's answer for this problem usually deals with the **results** rather than the **reasons**

Example: Ways to Express your anger without abusing your children

Is all anger a sin?

God is angry right now!

Psalms 7:6-11 – God is angry with the wicked

Mark 3:1-5 – Jesus in the synagogue with the man who had a withered hand

Is anger uncontrollable?

Not for a **Christian**!

Proverbs 29:11 – A wise man holds his anger back quietly

Philippians 4:13 – I can do all things through Christ

Example: The mother / child / phone scenario

What is anger?

Etymologically in the Greek

Orgē: **passion, energy**

Thumos: **agitated boiling within (has to do with the effects of anger)**

Webster's – **"Excessive emotion or passion aroused by a sense of injury or wrong"**

What is bad anger?

1. Anger that is **selfishly** motivated

- Angry people are **manipulative** people
- Angry people are **vulnerable** people

Proverbs 25:28 – Like a city without walls

2. When God's goal in the matter is **distorted**

Romans 8:28-29 – All things work to our good, to help us conform to Christ

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3. When anger is allowed to **linger**

Ephesians 4:25-27 – Don't let the sun go down on your anger

4. When it attacks the **person** instead of the **problem**

Matthew 7:1-5 – Judge not

We cannot judge people, only actions. We don't have all the facts

Our anger must be directed toward the problem, not a person or an object

What are some examples of sinful manifestation of anger?

Yelling, Hitting, Overreacting, "the silent treatment"

How does anger become sinful?

By blowing up



By clamming up



What is good anger?

Biblical Definition – **God-given energy or emotion intended to help me solve problems**

Ecclesiastes 3:8 – "A time to love, and a time to hate; a time of war, and a time of peace."

Examples of right use:

Galatians 2:11 – Paul withstood Peter to the face

2 Samuel 12 – The prophet Nathan confronts David about his sin

Mark 3:5 – Jesus and the man with the withered hand

John 2:13-18 – Jesus drives out the money changers (He does this twice)

What are characteristics of Good Anger (Righteous Indignation)

1. It is not focused on harm to **self**, but rather **on insult** to God or **disobedience** to His Word
2. It does not manifest itself in a **sinful** way
3. It is not **destructive**, but is **controlled** and **focused** on the problem

Steps to evaluating and dealing with anger

1. Determine whether your anger is sinful or justified
2. If it is sinful anger ...
 - a. Recognize it, Confess it, Repent of it
 - b. See God in the trial – realize that He is in control (Romans 8:28-29)

Example: The Silversmith analogy – God is refining us.
 - c. Make room for God's wrath – we cannot righteously judge
 - d. Return good for what your think is evil (through prayer and action)
 - e. Communicate to solve the problem
 - f. Act to solve your part of the problem