

Part 1

Understanding Anger

I. What is anger?

Eh. 4.26-31

Anger is a strong feeling of displeasure or hostility caused by a real or perceived offense, injury, or unmet desire to oneself or other, usually accompanied by a desire to retaliate or seek revenge.

The New Testament has three words for anger:

1. **Ogre** - A long-lasting attitude of anger which is slower in its onset but more enduring. This kind of anger is similar to coals on a barbecue slowly warming up to red and then white hot and holding this temperature until the cooking is done. It often includes revenge. (Ephesians. 4:31 "anger")

2. **Thumos** - Describes anger as a turbulent commotion or a boiling agitation of feelings. This type of anger blazes up into a sudden explosion. It is an outburst from inner indignation and is similar to a match which quickly ignites into a blaze but then burns out rapidly. (Ephesians. 4:31 "wrath")

3. **Parorgismos**---anger mingled with irritability, and /or embitterment. (Ephesians 4:26 "anger"; Ephesians. 6:4 "provoke... to anger")

Anger has an object , a target human or nonhuman.

Anger is often a means of coercing, manipulating, and intimidating--

A weapon used to get what we want or used to punish someone when we don't get what we want.

3 Facts about Anger

Eh. 4.26

1. Anger is an emotion.

a. Ecc.7.9

2. Anger must be resolved - Don't let it linger...

a. Mt. 21-12-14

3. Anger unaddressed is an invitation for the devil.

a. 2 Corinthians 2.9-11

b. Ps. 37.7 - Stop being angry! Turn from your rage! Do not lose your temper - it only leads to harm. (NLT)

4 types of Anger

1. **Sudden Anger** (quick-temper) (Controlled)

a. Proverbs 14.17

b. Proverbs 15.18

2. **Sinful Anger** (Condemned)

a. Mt.5.21-22

b. Test of Sinful Anger

i. Blame others

1. Chron. 26.16-21

OVERCOMING ANGER OVERCOMING ANGER

ii. Without justification

iii. Seeks vengeance

1. Proverbs 20.22

iv. Nurtured

v. Unwilling to forgive

3. **Stubborn Anger** (Conquered)

a. Genesis 4..4-8

4. **Sanctified Anger**

a. Mk. 3.1-5

b. 2 Samuel 20.30,34

i. Counterpart of Love

ii. Doesn't last Long

1. Proverbs 30.5 Gary Smalley: Anger does the most damage in any relationship that we have. Unresolved anger is the leading cause of divorce and the single greatest thief of one's love for life.

Anger – an acid that can do more harm to the vessel in which it is stored than to anything which it is poured.

- God is the only cure for anger: Rom 2:7-8

To those who by persistence in doing good seek glory, honor and immortality, he will give eternal life. But for those who are self-seeking and who reject the truth and follow evil, there will be wrath and anger.

- Emotions make fantastic servants, but cruel masters.
- Anger in Latin is *angere* meaning to strangle.

II. What are the different types of angry people?

1. Exploders – a volcano about to erupt

Frankie Flash has a short fuse. It doesn't take much to set him off. Because he has such a low flash point, he loses his temper too often. His anger problem is a frequency problem. Some of his friends have been heard to say, "Frankie is mad at the world." In fact, though hip hop is not his favourite musical genre, Frankie addictively listens to 2Pac's hit single "me against the world." Minor irritations blow way out of proportion to Frankie. He is an angry man looking for a place to be angry, exploding at the slightest provocation, though his anger subsides just as quickly. He thinks the harm he does is inconsequential. It hasn't dawned on him that it's not the single occurrence but the frequency which has branded him as someone to avoid.

2. Imploders

3. Exploitive anger – cunning to control

Carlos Control doesn't become angry every day. But, boy-oh-boy, when Carlos's long fuse finally burns down, the dynamite explodes! He loses control and strikes out with a verbal tirade that makes his wife's knees wobble and his children flinch in terror. His anger problem is an intensity problem. When first married, he would strike his wife, though he tried to pull up at the moment of contact. He would immediately break down in tears and plead for forgiveness. Carlos's bitterness about his situation in life consumes him every waking moment, and sometimes the pressures of life just overwhelm him. The intensity of his anger frightens him, but he just can't seem to keep the lid on it all the time – sometimes he just has to let off steam.

4. Calculating anger

'I don't get mad, I get even' e.g. Absalom waited 2 years after his half brother Amnon raped his sister Tamar to carry out his plan of revenge on him. 2 Samuel 15 & 16

E.g. Esau's grudge - Romans 12 v 17 –21

Griselda Grudge never has an outburst of anger. Instead, Griselda seethes with anger and plots her revenge. Her counterattacks are designed to discredit the men and women she hates. Griselda often wakes in the middle of the night, a cold sweat reminding her of the one who has done his wrong. Her problem is a problem of duration. As a grudge-holder, the toxic juices of anger burn on the lining of her stomach wall like rust-remover on an old, corroded hinge. Frankie Flash, Carlos

Control and Griselda Grudge show us three main symptoms of our anger: a frequency problem, an intensity problem and a duration problem.

5. The Grump

Annoying anger style. Lots of complaints rational argument does not keep him quiet. Angry griping pessimism has become his shield against further pain. Years of functioning in this self-protective mode tend to produce a cynical, sarcastic, bitter person.

6. Critical Perfectionist Whiner

Struggling to live up to unrealistic and unkind personal standards and expectations this person feels like a failure. To everyone else they look a success. They battle with shame and self-loathing ever as they are driven to do things better, faster, harder, smarter. Unable to quiet the angry taskmaster inside them they pour out venom on those around them.

'Since I feel bad at least I can drag others down with me.' They are capable of uttering cruel, cutting and destructive words, motives are judged, behaviour exaltingly continued, successes demeaned and failures magnified.

7. The Passive – Aggressive

'Anger sneaks' never attack directly. Cannot be accused of aggression. They despise being told what to do. But have not washed kids, proposed, moved the grass etc.

Passive aggression is caused by a need to have control with the least amount of vulnerability. (They are aware of their anger but it is too risky to be open) therefore subtle sabotage engaged in a battle for superiority. Need to control reflects a need to wish (competitive spirit) fear and pride at work. Fear of confrontation and rejection.

8. Anger towards God

What type of anger are you prone to?

Malachy McCourt said 'Resentment is like taking poison and waiting for the other person to die'

III. What are the main causes of anger?

Root Causes of Anger:

Anger makes us do things we later regret.

Prov 29:22 An angry man stirs up dissension, and a hot-tempered one commits many sins.

Benjamin Franklin

"Whatever is begun in anger ends in shame."

On her release from prison, a woman who had killed her husband after years of being physically abused said: "Remorse is so bitter. I would give everything just to turn the clock back."

Anger is not only destructive, but very addictive. Like other addictions, it feels good but it's ultimately self-destructing.

The guy who went before at the stop sign is not the reason why you are so angry. What is?

- Some of these causes may have started with you, whilst some of them started as things were done to you.
- Either way, you must now take responsibility.
- Other areas may just be the spark, but these causes are the engine room of people who are perpetually angry, and can easily fly off the handle. Outlined below are some examples from the Bible:

1. Selfishness

Selfish Ambition; James 4:1-3 1 What causes fights and quarrels among you? Don't they come from your desires that battle within you? 2 You want something but don't get it. You kill and covet, but you cannot have what you want. You quarrel and fight.

2. Playing God

3. Blocked goals and unfulfilled expectations

This is where we expect to have everlasting pleasure in things that can never provide that.

These may or may not be inherently sinful, but we sell our soul to them and come off disappointed and bitter with life.

- . The anti-climax of illicit sin

Amnon raping Tamar 2 Sam 13:15 Then Amnon hated her with intense hatred. In fact, he hated her more than he had loved her. Amnon said to her, "Get up and get out!"

- The anti-climax of a life of pleasure

Ecc 5:15-17 15 Naked a man comes from his mother's womb, and as he comes, so he departs. He takes nothing from his labour that he can carry in his hand. 16 This too is a grievous evil: As a man comes, so he departs, and what does he gain, since he toils for the wind? 17 All his days he eats in darkness, with great frustration, affliction and anger.

4. Habitual control mechanisms

5. Progressive frustration

6. Mental strongholds

6. Hostility

- High levels of cynicism, anger and aggression.
- Higher risks of developing life threatening diseases than their less hostile counterparts.
- By driving others away or by not perceiving the support they could be deriving from their social contacts, hostile people may be depriving themselves of the health-enhancing, stress-buffering benefits of social support.
- A quicker activation of their flight or fight response, in combination with a relatively weak calming response from the parasympathetic nervous system, is a biological mechanism that probably contributes to the health problems that afflict hostile people.

- Hostile people are more prone to engage in a number of risky behaviours – eating more, drinking more alcohol, smoking – that could damage their health.

7. Anticipation of pain

‘Do unto others before they do unto you ‘

They sabotage relationships before they become too close.

“Using their anger like a shield of protection they are unaware that their shield is becoming a coffin around their own heart, clocking off the flow of life - giving love from God and others.’

8. Authoritarianism and abuse

This is when you feel rejected or undermined resulting in a crushed spirit. You often feel helpless.

Prov 30:21,23 21 "Under three things the earth trembles, under four it cannot bear up: 23 an unloved woman who is married..

Ephesians 6:4 "And, fathers, do not provoke your children to anger; but bring them up in the discipline and instruction of the Lord."

9. Righteous Anger

Part 2

How to Overcome Anger

1. Acknowledge that you are angry

- Don't use euphemisms
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2. See anger for what it is

Recognize unrighteous anger as a flesh pattern

Galatians 5:19-22

Now the works of the flesh are evident: sexual immorality, impurity, sensuality, idolatry, sorcery, enmity, strife, jealousy, fits of anger, rivalries, dissensions, divisions,

Unfortunately many people are angry but they like it.

3. Embrace self-control as a value

Prov 16:32

Whoever is slow to anger is better than the mighty, and he who rules his spirit than he who takes a city.

4. Repent of the anger and its impact

Eph 4:26-27

26 "In your anger do not sin"[d]: Do not let the sun go down while you are still angry, 27 and do not give the devil a foothold.

Anger opens the door to demonic activity.

Mt 5:22

But I say to you that everyone who is angry with his brother will be liable to judgment; whoever insults his brother will be liable to the council; and whoever says, 'You fool!' will be liable to the hell of fire.

James 1:19-20

Know this, my beloved brothers: let every person be quick to hear, slow to speak, slow to anger; for the anger of man does not produce the righteousness of God.

Proverbs 16:18

A hot-tempered man stirs up strife, but he who is slow to anger quiets contention

Ps 37:8-9

Refrain from anger, and forsake wrath! Fret not yourself; it tends only to evil. For the evildoers shall be cut off, but those who wait for the Lord shall inherit the land

Prov 29:22

A man of wrath stirs up strife, and one given to anger causes much transgression.

Prov 14:29

Whoever is slow to anger has great understanding, but he who has a hasty temper exalts folly.

What has been the impact of your anger? What evil has it led to?

5. Get to the root of the type of anger

- Injustice
- Abuse
- Frustration
- Personal Violation

- Unforgiveness
- Irritability
- Fear of rejection
- Blocked goals
- Unfulfilled expectations
- Selfishness

Your maturity is seen in your ability to handle someone else's immaturity.

James 4:1-2

What causes quarrels and what causes fights among you? Is it not this, that your passions are at war within you? You desire and do not have, so you murder. You covet and cannot obtain, so you fight and quarrel. You do not have, because you do not ask.

So the issue isn't just how anger manifests but the root sin.

6. Do not entertain anger for long

Eph 4:26

Be angry and do not sin; do not let the sun go down on your anger, and give no opportunity to the devil.

- Don't let the sun go down in your anger
- Engage in necessary difficult conversations

7. Forgive

Col 3:13

Bearing with one another and, if one has a complaint against another, forgiving each other; as the Lord has forgiven you, so you also must forgive.

Prov 19:11

Good sense makes one slow to anger, and it is his glory to overlook an offense.

Prov 12:16

The vexation of a fool is known at once, but the prudent ignores an insult.

8. Mind your language

Prov 15:1

A soft answer turns away wrath, but a harsh word stirs up anger.

Col 3:8

But now you must put them all away: anger, wrath, malice, slander, and obscene talk from your mouth.

What you say when you are angry can stir up more anger in you and in others.

9. Develop useful rules of engagement

- a. Learning to breathe
- b. Taking time out
- c. Ask questions to seek clarity
- d. Seek to understand
- e. Learn to listen

James 1:19 ESV

Know this, my beloved brothers: let every person be quick to hear, slow to speak, slow to anger

10. Watch your company

Prov 22:24

Make no friendship with a man given to anger, nor go with a wrathful man

11. Fill yourself with the Word of God

Fill yourself with scriptures about peace, humility, grace and patience.

Matthew 7:1-5

“Judge not, that you be not judged. For with the judgment you pronounce you will be judged, and with the measure you use it will be measured to you. Why do you see the speck that is in your brother's eye, but do not notice the log that is in your own eye? Or how can you say to your

brother, 'Let me take the speck out of your eye,' when there is the log in your own eye? You hypocrite, first take the log out of your own eye, and then you will see clearly to take the speck out of your brother's eye.

12. Pray

- a. Praying for yourself
- b. Receiving ministry from someone else