

# ANGER

Is it always bad to be mad? Is it ever right to fight?

"Be angry..." - Eph. 4:26

"Cease from anger..." - Ps. 37:8; Eph. 4:31; Col. 3:8

Anger is referred to by so many other words:

annoyed, frustrated, on edge, sore, griped, fed-up, irritated, irked, provoked, disgusted, dissatisfied, disturbed, distraught, indignant, impatient, exasperated, cross, troubled, upset, mad, bitter, vexed, ticked off, uptight, aggravated, excited, envious, resentful, wrought up, hurt, hot under collar, lost temper...

Key verse for this study:

James 1:20 - "the anger of man does not work the righteousness of God."

## I. Anger of Man.

The "anger of man" is usually a reaction to non-personal and inter-personal experiences.

### A. Four wrong ways to deal with anger.

1. Repress. Hold it in, ignore, deny, push it under, stuff it.
  - a. Internally. Seethe with bitterness, jealousy, etc.
  - b. Externally. The "silent treatment." - Eph. 4:26
2. Express. "Dump it;" "get it off your chest."
  - a. Direct expression. Explode. Blow up.  
Gal. 5:20; Prov. 12:16; Prov. 14:29; Prov. 29:11; Prov. 29:22;  
Eccl. 7:9
  - b. Indirect expression. "I'll get even." - Lev. 19:18; Rom. 12:19
  - c. Substitutionary expression. "Ventilation."
3. Digress. Turn aside. Get your mind off of it.
4. Profess to be powerless. Make excuses. Disclaim responsibility.

### B. Five correct ways to deal with anger.

1. Suppress. Restrain; subdue the negative expression.  
Prov. 29:11; Prov. 17:14; Prov. 20:3
2. Assess. Evaluate the situation objectively.
  - a. Consider the other person's perspective.
  - b. Consider your contribution to the problem. - Matt. 7:3-5;  
James 1:19
3. Confess. "Say the same thing as God." - I John 1:9
4. Process. Proceed to make it right.
  - a. "Turn the other cheek." - Matt. 5:39
  - b. Gentle answer. - Prov. 15:1
  - c. Meekness. - Eph. 4:2; I Peter 3:15
  - d. Forgiveness. - Matt. 18:22; Col. 3:13
  - e. Give a blessing. - I Peter 3:9
5. Access. In computer terminology this means "to connect with," "to communicate with." The foregoing behavioral expressions must be a result of the Christian having "accessed" with God. - I Peter 2:23

## II. Anger of God in a man.

Throughout the Scriptures God is referred to as "an angry God."  
Ps. 7:6-11; I Sam. 11:6; Rom. 1:18

### A. Four wrong ways to deal with the anger of God in man.

1. **Repress.** Hold in, ignore, refuse to admit, push under.  
When Christians have been taught that ALL anger is sin, they will often repress legitimate expressions of God's anger.
  - a. Internally. Seethe. "Burns us up."
  - b. Externally. Sin of omission.
2. **Express.** Emotional outburst, apart from love.
  - a. Direct expression. "Rant and rave."
  - b. Indirect expression. Revenge and obstructionism.
3. **Digress.** Avoid. Escape. Take flight.  
"Maybe it will go away." Maybe it won't!
4. **Profess to be powerless.** Disclaim responsibility.
  - a. "I'm no reformer." - Exod. 4:10-12
  - b. Alleged inability. - II Cor. 3:5; II Cor. 9:8; Phil. 4:13

### B. Five correct ways to deal with anger of God in man.

1. **Suppress.** Restrain; subdue improper expression.
  - a. Restrain emotional reaction.  
Prov. 14:29; Prov. 15:18; Prov. 16:32; Prov. 19:11;  
James 1:19
  - b. Restrain unloving expressions. - Eph. 4:27; Eph. 4:30
  - c. Jesus suppressed wrong expression. - Matt. 26:53
2. **Assess.** Evaluate the situation objectively and spiritually.
  - a. Do we have godly attitude?
  - b. In what manner can I express God's love? - Eph. 4:29
3. **Confess.** "Say the same thing as God" about sin.  
Exod. 32:30; Ps. 119:53; John 2:16; Eph. 4:15; Phil. 1:14
4. **Process.** Proceed to make it right.
  - a. May require being confrontational.  
Matt. 18:15; Matt. 29:18-39; Gal. 2:11-14
  - b. Deal with situation and be done with it.  
Ps. 30:5; Eph. 4:26,27
5. **Access.** Foregoing expressions must be result of having "accessed" with God, that His grace might empower our behavior.  
Luke 22:42; Phil. 2:13; Rom. 14:23