



thinking & feeling with God

Engaging Anger

“Anger exposes what we value and expresses our willingness to do what is required to reach that value.” – Chip Dodd



Engaging Anger

Anger becomes sinful when we get angry for the wrong reasons or express anger in the wrong way.



Engaging Anger

1. David cries out to God – 4:1



Engaging Anger

1. David cries out to God – 4:1
2. David instructs God's people – 4:2-5
 - *Turn from falsehood* – 4:2-3
 - *Turn from sinful anger* – 4:4
 - *Restore relationships* – 4:5
 - *Trust in the Lord* – 4:5



Engaging Anger

1. David cries out to God – 4:1
2. David instructs God's people – 4:2-5
 - *Turn from falsehood* – 4:2-3
 - *Turn from sinful anger* – 4:4
 - *Restore relationships* – 4:5
 - *Trust in the Lord* – 4:5
3. David rejoices and trusts in God – 4:6-8



Questioning Your Anger

1. Why am I angry?



Questioning Your Anger

Here's a principle to remember: the 'biblical acceptability' of your anger depends upon the law which you're angrily defending. Think about it this way: how much of your anger last week was a result of you angrily defending the law of God? [Were you angered by sin in your life and around you?] Were you angered by injustice and corruption? Were you angered by Christians being persecuted? Were you angered by the weak being exploited?



Questioning Your Anger

Sadly, that anger doesn't last very long. Frequently my anger is a result of me angrily defending another law - the law of me. I get angry when someone changes the channel, when they add something to my schedule, or when they request I give up something to serve them." – Paul Tripp



Questioning Your Anger

1. Why am I angry?
2. What is my anger revealing?



What is my anger revealing?

- *It may be revealing your need to address sin in your life.*
- *It may be revealing you need to deal with other emotions.*
- *Your lack of anger in the face of sin or injustice, may also be revealing your need to align your heart and mind with God and His Word.*



Questioning Your Anger

1. Why am I angry?
2. What is my anger revealing?
3. How am I responding to my anger?



Slow to Anger

- Proverbs 14:29, "Whoever is slow to anger has great understanding, but he who has a hasty temper exalts folly."
- Proverbs 15:18 – "A hot-tempered man stirs up strife, but he who is slow to anger quiets contention."
- Proverbs 16:32 – "Whoever is slow to anger is better than the mighty, and he who rules his spirit than he who takes a city."
- Proverbs 19:11 – "Good sense makes one slow to anger, and it is his glory to overlook an offense."
- James 1:19-20, "Know this, my beloved brothers, let every person be quick to hear, slow to speak, and slow to anger, for the anger of man does not produce the righteousness of God."



Slow to Anger

- Proverbs 14:29, "Whoever is slow to anger has great understanding, but he who has a hasty temper exalts folly."
- Proverbs 15:18 – "A hot-tempered man stirs up strife, but he who is slow to anger quiets contention."
- Proverbs 16:32 – "Whoever is slow to anger is better than the mighty, and he who rules his spirit than he who takes a city."
- Proverbs 19:11 – "Good sense makes one slow to anger, and it is his glory to overlook an offense."
- James 1:19-20, "Know this, my beloved brothers, let every person be quick to hear, slow to speak, and slow to anger, for the anger of man does not produce the righteousness of God."



Slow to Anger

The Bible envisions slow anger, not no anger or blowing up in anger. Slow anger allows us to identify why we are angry and how to respond with wisdom.



Slow to Anger

Is my response to anger helping to accomplish God's purpose and reflecting God's character?



Antidote to Anger: Humility

- Humility speaks honestly about what it knows and what it doesn't
- Humility says, "It seems to me..." and "My concern is..." rather than "You always" or "I can't believe you would..."
- Humility asks real questions and listens to the answers rather than just seizing the opportunity to respond/refute
- Humility assumes others have good reasons for doing something that has bothered us
- Humility recognizes personal limitations and recognizes the possibility of fault on our part
- Humility extends grace to offenders



Antidote to Anger: Humility

Know this, my beloved brothers, let every person be quick to hear, slow to speak, and slow to anger, for the anger of man does not produce the righteousness of God. Therefore, put away all filthiness and rampant wickedness and *receive with meekness the implanted word, which is able to save your souls.* - James 1:19-21

