

# Wisdom of Self-Control - Dealing with Anger

Sunday, January 23, 2011

Introduction:

Of all the problems life has to offer, there are things that most of us would consider to be a horrible reality, a definite, "please don't give me that...". Out of all the issues that we think of being horrible, we often leave out our sin.

Out of our sin, we might see the blatant things, the lying, stealing, adultery, idolatry. But we often overlook issues in our lives that seem to be normal, especially in regard to what goes on in our hearts.

Today, I prayerfully want us to look at one of the most grievous and heinous sins known to man. This sin creeps into our lives and destroys us from the inside out. It destroys relationships and cars. It breaks down walls and ruins lawns. It kills animals and causes depression. It reveals war and eliminates nations. This sin is the sin that causes most of the violence we see today around the world, it grieves and belittles, it judges and condemns. This sin provokes and retaliates and instigates. This sin is the one sin that if the world could avoid, it would live longer and avoid strife.

This sin is the sin of anger. It has a root in all of us. A bitter seed that has been planted by our father Adam and it is always there, waiting to sprout and for some it just germinates, for others, it produces a large crop with wild weeds and a trunk that invades the very space in which we occupy.

Anger is the deadliest of sin and is more destructive than many things. It is more dangerous than addiction to drugs and more seductive than illicit images and thoughts. Anger is controlling and devises ways for us to go, it redeems itself and paves over the bodies of its victims with apathy.

Anger is the frustration in us all that comes to life when our flesh becomes blind to the gospel of Jesus Christ.

CAVEAT: Understand that many of you might want to jump right into working this out for yourselves. LISTEN: God alone can work in you the answer against anger. FAITH in God to move this sin out of the foundations of your heart is required. Do not think that mere human diligence and selfreliance can motivate and remove sin. WE must believe in Christ ALONE for salvation, even as a believer, HE IS OUR HOPE.

***25 There is a way that seems right to a man, but its end is the way to death...32 Whoever is slow to anger is better than the mighty, and he who rules his spirit than he who takes a city. Proverbs 16:25-32 (ESV)***

Way that Seems Right Seems Wise

This is the wisdom of man. This is the folly of the mind, thinking that we have the right way, the right answer.

I start here today because many of us in the room feel we have anger in check, and some might, but I caution us to be careful not to get comfortable in our view of our own hearts and be sure that we understand that anger is waiting to knock.

Scripture teaches that acting in anger is a lack of self control, and many things in life cause one to "lose" control, but there is really only one foundation: UNBELIEF.

The WAY that seems right to man.

This way can become a struggle for us. We have been so long in the habits we have that we are unable to even consider another way.

Sometimes the way that seems RIGHT is the way that is HABITUAL  
Sometimes the way that seems RIGHT is the way that is TRADITIONAL  
Sometimes the way that seems RIGHT is the way that is JUSTIFIED

But it always ends in death. In this section of Proverbs, we see DEATH as the end of anger. It is the destroyer of all things and it is rooted in SELF EXALTATION and FLESHLY WISDOM and it is the FRUIT of having NO FEAR OF THE LORD.

#### The Wisdom of the World Ends in Death

This means that all your THOUGHTS and WISDOM that we communicate to ourselves each day are a path to death. A dying fools game that will not produce life.

When we justify our ANGER, we foolishly try to prepare our own minds and this is a SCHEME of the enemy. He is sharper than us, smarter than us but he is not wiser than the children of God, but a fools fool. Why so often do we play right into his hands?

#### ANGER

Of course the ROOT of anger is SIN, the FLESH, but what part? What part of our hearts produce anger?

Before I go there, some of us are already thinking about the scripture on anger, "Be angry and sin not."

OK - Jesus produced righteous anger at the Pharisees and in the temple. He scourged the money changers and ruined their tables and destroyed their livelihood, so that gives us the right to ACT like Jesus did... right?

WELL, It depends on WHY we act and where we PLACE OUR ANGER.

Anger begins in the heart. The TEMPER brews in the mind and for some people it flows from our mouths or hands. No matter what we say or do, the sin has been born.

Anger and sin not? What was Jesus angry over? His was furious with SIN. His anger toward SIN is unquenchable, if you want to see the ANGER OF GOD Then look at the CROSS!

God's WRATH toward SIN was taken out on His Son for all who believe. God is angry over sin because He is right and just. However, our actions are not warranted, Jesus was sinless... but we are to respond in the CONFINES of the GOSPEL, even when we are angry at sin.

But really, how often does sin anger us? What usually gets us motivated to anger? Not getting our way, or thinking that we know best (which leads to death.)

ANGER SEEMS to be POWERFUL and MANLY and STRONG but it is actually weak and sissified and pathetic. Anyone who is big and loud and boisterous can make a fuss like a bull in a pen, but in the end, the owner of the bull puts him down and makes boots. He is nothing but leather in a pen. Such is the angry man.

PLACES OUR ANGER drives us:

Our Homes - With our children, with our wives, our husbands. We are angered when WE

are bothered.

A soft answer turns away wrath, but a harsh word stirs up anger. Proverbs 15:1 (ESV)

1 Children, obey your parents in the Lord, for this is right. 2 "Honor your father and mother" (this is the first commandment with a promise), 3 "that it may go well with you and that you may live long in the land." 4 Fathers, do not provoke your children to anger, but bring them up in the discipline and instruction of the Lord. Ephesians 6:1-4 (ESV)

Our Hearts - Our affections drive us to anger. When what we love is not what we love. When what we want is not what we have. Anger over our desires is antichrist. Make no friendship with a man given to anger, nor go with a wrathful man, Proverbs 22:24 (ESV)

Our Heads - We think highly of ourselves, we feel that we are more important than others, we are better than they, we should not have to subject ourselves to them. Whoever is slow to anger has great understanding, but he who has a hasty temper exalts folly. Proverbs 14:29 (ESV)

Our Hands - The might of our anger is moving and strong, we can get our point across and show the world around us just what they will receive if they do not submit to our desires.

Wrath is cruel, anger is overwhelming, but who can stand before jealousy? Proverbs 27:4 (ESV)

Our Holiness - We stand right with God and therefore have the power to charge angrily through this life, we can do all that we do because we are GOD.

A man of wrath stirs up strife, and one given to anger causes much transgression. Proverbs 29:22 (ESV)

Our Humility - I'll submit and be kind when THESE people hear what I have to say. My words and thoughts and feelings matter and they will hear them, see them and feel them.

Our Hope

For pressing milk produces curds, pressing the nose produces blood, and pressing anger produces strife. Proverbs 30:33 (ESV)

Our Hell

Good sense makes one slow to anger, and it is his glory to overlook an offense. Proverbs 19:11 (ESV)

RELATIONSHIPS - As believers, anger is a killer.

Spouse  
Children  
CoWorker  
Authority  
Government  
Friend

Disqualifies us from many things:

Being a Godly influence over others.

Being a Teacher of the Word of God.

Being a Godly Wife or Husband

Being a Christlike Parent.

Being a Pastor.

Being a Servant.

Being Respected.

Being Loved.

**32 Whoever is slow to anger is better than the mighty, and he who rules his spirit than he who takes a city. Proverbs 16:25-32 (ESV)**

The SLOW and HUMBLE are more powerful than the quick and strong. They overcome.

Rules His Spirit - Has SELF CONTROL.

John deals with this. And everyone who thus hopes in him purifies himself as he is pure. 1 John 3:3 (ESV)

24 Make no friendship with a man given to anger, nor go with a wrathful man, 25 lest you learn his ways and entangle yourself in a snare. Proverbs 22:24-25 (ESV)

The ANGRY person should be left alone. Because he will rub off on you.

OUR EFFORT is not of the flesh, but of FAITH through the GRACE OF GOD.

See, we have a tricky situation at times when we read the word. We are so eager to change ourselves that we forget just what it means to be a person of faith. We put on our diligence which gets us into sin in the first place.

16 But I say, walk by the Spirit, and you will not gratify the desires of the flesh. 17 For the desires of the flesh are against the Spirit, and the desires of the Spirit are against the flesh, for these are opposed to each other, to keep you from doing the things you want to do. 18 But if you are led by the Spirit, you are not under the law. 19 Now the works of the flesh are evident: sexual immorality, impurity, sensuality, 20 idolatry, sorcery, enmity, strife, jealousy, fits of anger, rivalries, dissensions, divisions, 21 envy, drunkenness, orgies, and things like these. I warn you, as I warned you before, that those who do such things will not inherit the kingdom of God. 22 But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, 23 gentleness, selfcontrol; against such things there is no law. 24 And those who belong to Christ Jesus have crucified the flesh with its passions and desires. Galatians 5:16-24 (ESV)

God's LOVE is the answer for your anger today. You are bound by sin and wrath, God has LOVED YOU MORE THAN YOU LOVE YOU. He has become SIN so you could be free.

God's love for you FORGIVES YOU.  
So... You can forgive others.

God's love for you FREES YOU.  
So... you can lay down your life and your affections are now His.

25 Therefore, having put away falsehood, let each one of you speak the truth with his neighbor, for we are members one of another. 26 Be angry and do not sin; do not let the sun go down on your anger, 27 and give no opportunity to the devil. 28 Let the thief no longer steal, but rather let him labor, doing honest work with his own hands, so that he may have something to share with anyone in need. 29 Let no corrupting talk come out of your mouths, but only such as is good for building up, as fits the occasion, that it may give grace to those who hear. 30 And do not grieve the Holy Spirit of God, by whom you were sealed for the day of redemption. 31 Let all bitterness and wrath and

anger and clamor and slander be put away from you, along with all malice. 32 Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you. Ephesians 4:25-32 (ESV)

1 Therefore be imitators of God, as beloved children. 2 And walk in love, as Christ loved us and gave himself up for us, a fragrant offering and sacrifice to God. Ephesians 5:12 (ESV)