

Anger - 2/28/21

A. Biblical Definition of Anger (Robert Jones, p 15)

"Anger is our whole-personed active response of negative moral judgment against perceived evil."

B. Categories of Anger

1. _____ Anger (Exodus 32:7-10; Psalm 2:4-5; John 3:36; Romans 1:18)

2. _____ Human Anger

- a. It reacts against _____ sin.
- b. It focuses on _____ and His kingdom, rights, and concerns and not on _____ and my kingdom, rights, and concerns.
- c. It is accompanied by other Godly _____ and expresses itself in Godly ways—not _____ ways.

(Exodus 32:19-20; I Samuel 20:30-34; Mark 3:1-6; Mark 10:13-16; John 2:13-17)

3. _____ Human Anger

C. Source of Anger (James 4:1-3)

"Desires rule you if they _____ your thoughts, if you _____ to get them, or if you sin when you don't get them." (Jones, Appendix A). (Proverbs 4:23, Matthew 12:33-37).

D. What to Do About Sinful Anger

It needs to be pulled out by the _____. Trying to be more self-controlled or change our behaviors will not produce lasting results. As with all sin, we must get to the _____ of the matter. We must examine our key _____ and _____ that produce the fruit of sinful anger.

As we examine our own heart and motives, we may learn that much of our sinful anger is tied to our beliefs about what we think we have a "right" to, such as: privacy, hold and express personal opinions, have money to use as you choose, plan your daily schedule, be respected/appreciated/considered important, friends/close relationships, be loved and accepted, be understood/listened to, be supported and cared for, make my own decisions, plan my future, good health, date or marry, loving/caring/committed spouse, children, children who obey/respect/appreciate you, children who work hard and succeed, be successful in job/family/church, satisfying employment, day off from work, coworkers respect/appreciation, personal hopes fulfilled, be treated fairly, have fun in life. (adapted from Jones, Appendix A).

These are not necessarily bad things, but when we are willing to sin against others in anger in order to get or keep them, we are sinning against God. As with any sin, once the Lord shows us our sin, we must confess our sin to Him and to those we have sinned against, humbly ask their forgiveness, and seek to grow and change in this area of our lives, putting off/putting on as Paul says in Eph. 4:17-32.