

Ephesians 4:26-27

Anger



Kicking the Cat

Anger's Nature

Anger is a God Given Powerful Emotion...

...Response to an Injustice or Pain or Threat...

...a Person Makes the Conscious Choice

...to Take Action to Immediately Stop the

...Threatening Behavior of

...Another Outside Force.

- Moses Got Angry
- David Got Angry
- God Got Angry
- Jesus Got Angry



What Are the Four Sources of Anger?



- Hurt
 - Your Heart Is Wounded.
- Injustice
 - Your Right Is Violated.
- Fear
 - Your Future Is Threatened.
- Frustration
 - Your Effort Is Unsuccessful.

Anger's Nurture

A person in a white shirt and striped tie is shown from the chest up. Instead of a head, there is a lit firecracker with a red top and a black band. Bright orange and yellow sparks are erupting from the top of the firecracker, and a plume of white smoke rises from it. The background is a dark, smoky grey.

Anger is Fed by Feelings of...

- **Disappointment**
- **Rejection**
- **Embarrassment**

Anger Pits You Against Whatever Sparked the Emotion.

- **It Is The Opposite of the Feeling of Love.**
- **Love Draws You Toward the Person...**

...Anger Sets You Against the Person.

Anger Is Never Neutral

It Always has Consequences...

- **Challenge**
(healthy)
- **Compound**
(unhealthy)
- **Collapse**
(unhealthy)
- **Contagious**
(unhealthy)
- **Contaminates**
(unhealthy)

...Confrontation

...Explode

...Implode

...Rubs Off

...Changes Atmosphere

Anger's Negatives

- **Psalms 37:8** *Refrain from anger, and forsake wrath! Fret not yourself; it tends only to evil.*
 - **Psa 37:8 HCSB** Refrain from anger and give up your rage; do not be agitated—it can only bring harm
 - **Proverbs 29:22** *A man of wrath stirs up strife, and one given to anger causes much transgression.*
 - **Prov 29:22 Message** Angry people stir up a lot of discord; the intemperate stir up trouble.
- Loss of...
- Confidence:
 - Energy
 - Faith
 - Freedom
 - Identity
 - Perspective
 - Sensitivity
 - Vision

Just a Thought

- Your Temper is like a fire. It gets very Destructive when it gets Out of Control.
- A Shut Mouth Gathers No Foot.
- He Who Throws Dirt Loses Ground.
- Swallowing Angry Words before you say them is Better Than having to Eat Them Afterwards.
- Anger is a Stone Thrown at a Wasp's Nest.
- People who Fly Into Rage ALWAYS make a Bad Landing.

A fool gives full vent
to his anger

but

a wise man
keeps himself
under control

(Proverbs 29:11)