

# Anger

Pt 1



Edward Church

**Ephesians 4:26-27**

# Anger

Pt 1



August 16, 2020

## Kicking the Cat

# Anger's Nature



# 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**





# There Are 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



# Anger's Nurture

A person in a white shirt and tie is shown from the chest up. Instead of a head, there is a red gift box with a black band around its middle. The gift box is exploding, with bright orange and yellow sparks radiating from the top and a plume of white smoke rising into the air. The person's hands are clenched into fists, suggesting anger or aggression.

**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...**



# Anger Is Never Neutral

It Always has Consequences...

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

...Confrontation

...Explode

...Implode

...Rubs Off

...Nasty Environment



# Anger's Negatives



# 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.

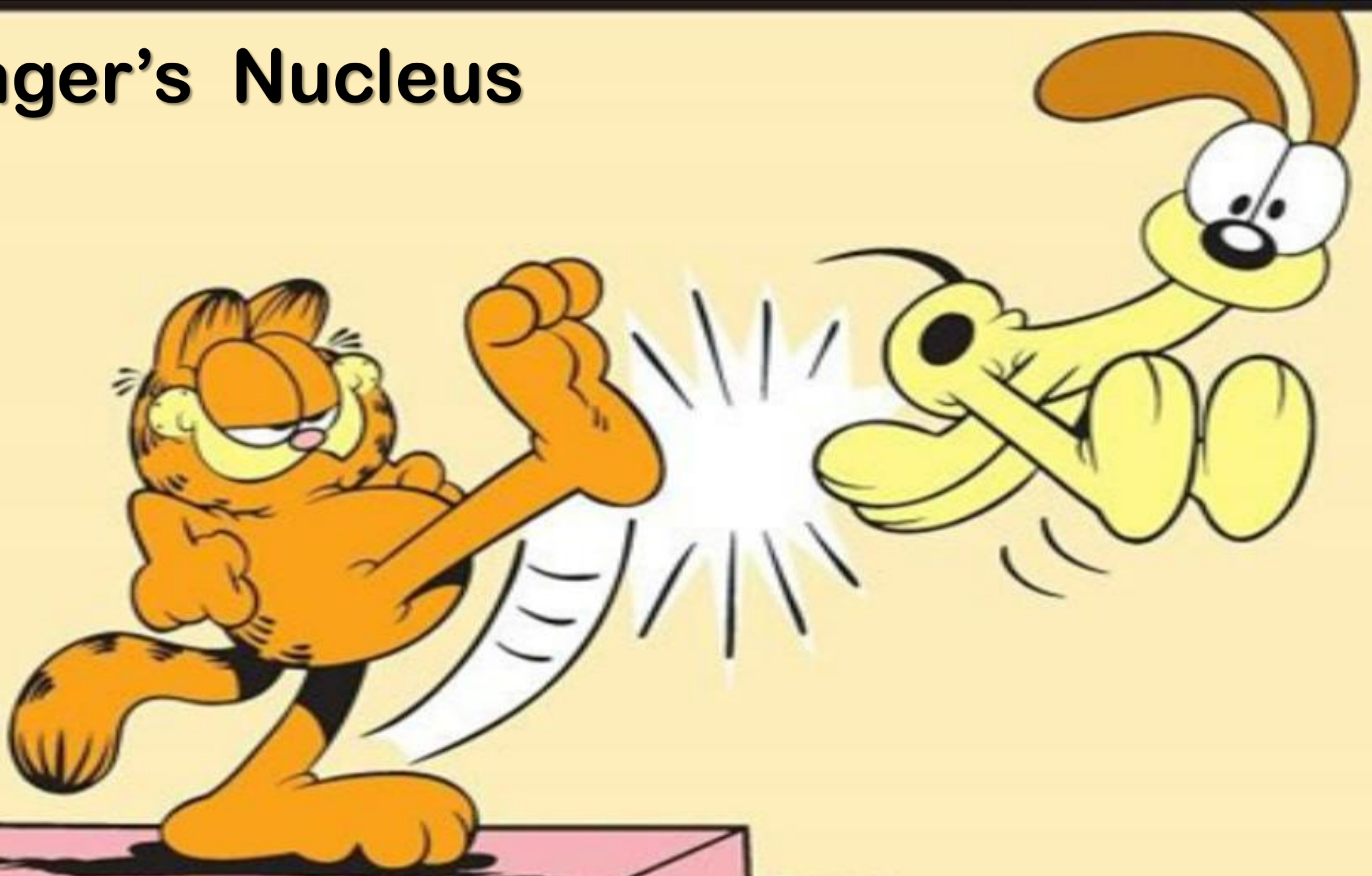
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## Loss of...

- **Confidence:**
- **Energy**
- **Faith**
- **Freedom**
- **Identity**
- **Perspective**
- **Sensitivity**
- **Vision**

# Anger's Nucleus



# Anger's Nucleus

## Loss of

- **Confidence:** Feeling insecure about your relationship with God and your ability to respond wisely to difficulties
- **Energy:** Lacking strength for your service to God and others
- **Faith:** Failing to believe that God is working in your life
- **Freedom:** Becoming a prisoner of your emotions and unable to serve God freely
- **Identity:** Becoming like the person toward whom you are bitter rather than becoming like Christ
- **Perspective:** Allowing your emotions to distort your thinking
- **Sensitivity:** Failing to hear the Spirit of God speaking to your heart
- **Vision:** Losing a sense of God's purpose for your life

**Just a Thought**





## **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)