

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?



What Are the Four Sources of Anger?

- Hurt

- Your Heart Is Wounded

- **3 Jacob^[a] loved Joseph more than any of his other children because Joseph had been born to him in his old age. So one day Jacob had a special gift made for Joseph—a beautiful robe.^[b] 4 But his brothers hated Joseph because their father loved him more than the rest of them. They couldn't say a kind word to him. Genesis 37:3-4 NLT**

- Injustice

- Your Rights Is Violated

- **32 “But why should he be put to death?” Jonathan asked his father. “What has he done?” 33 Then Saul hurled his spear at Jonathan, intending to kill him. So at last Jonathan realized that his father was really determined to kill David.**
- **34 Jonathan left the table in fierce anger and refused to eat on that second day of the festival, for he was crushed by his father’s shameful behavior toward David. 1 Sam 20:32-34 NLT**

What Are the Four Sources of Anger?

**Do not be
eager in your
heart to be angry**

Ecclesiastes 7:9



What Are the Four Sources of Anger?

Do not be

eager in your anger

- **Fear**

○Your Future Is Threatened

- **8** This made Saul very angry. “What’s this?” he said. “They credit David with ten thousands and me with only thousands. Next they’ll be making him their king!” **1 Samuel 18:8 NLT**

- **Frustration**

○Your Effort Is Unsuccessful

- **6** “Why are you so angry?” the LORD asked Cain. “Why do you look so dejected?”
Genesis 4:6 NLT

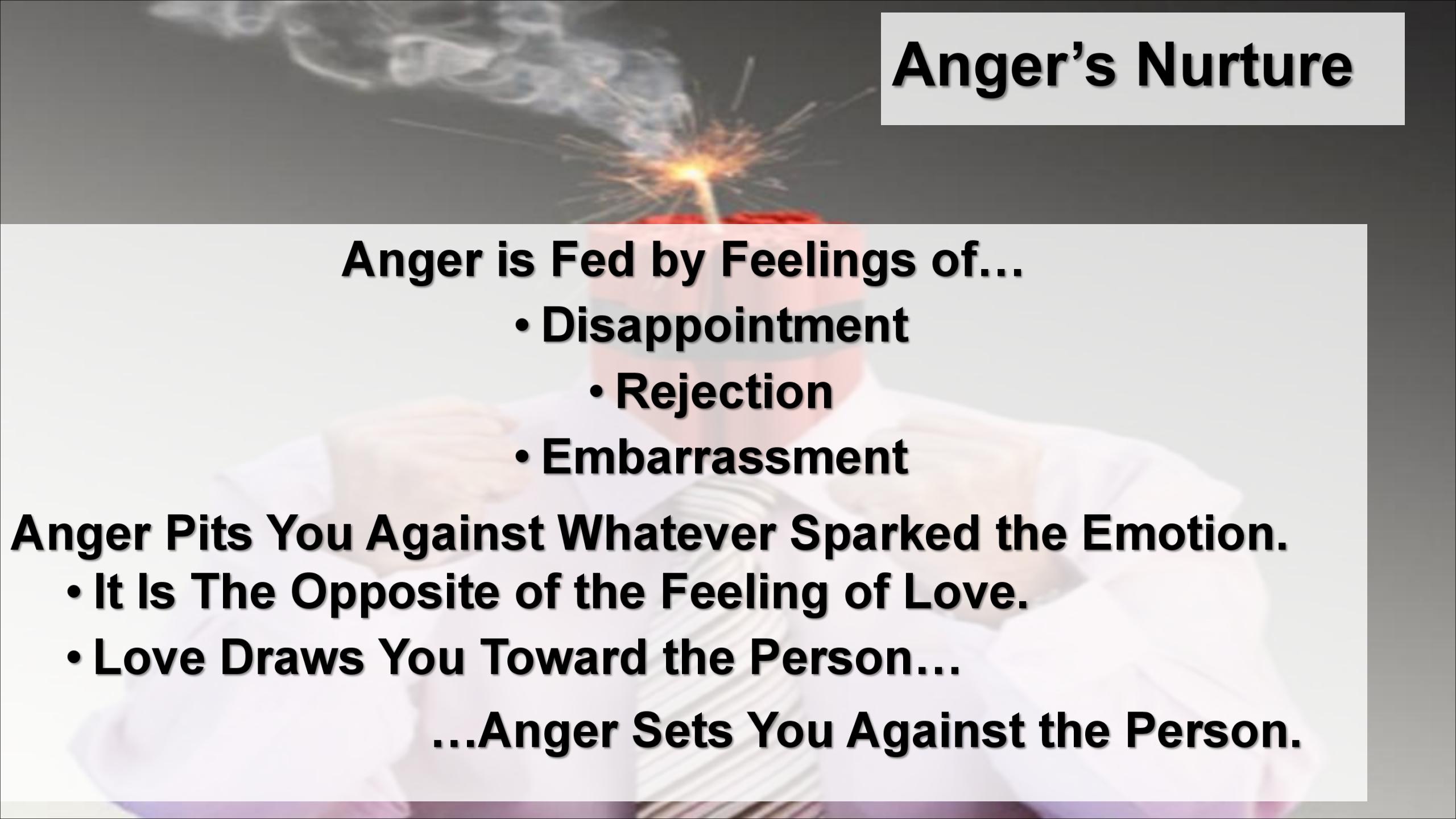


Anger's Nurture



Anger is Fed by Feelings of...

- Disappointment
- Rejection
- Embarrassment



Anger's Nurture

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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



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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



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- **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**



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)

**WHEN YOU LET ANGER
GET THE BEST OF YOU
IT BRINGS OUT THE
WORST IN YOU.**

PictureQuotes.com

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Short Prayer for Anger

In this moment of anger, I seek your guidance, heavenly father. Quell the fiery tide within me, replace it with compassion and patience. Help me to react with love, not wrath.