

Ephesians 4:26-27

Anger



April 27, 2025

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?



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- Hurt

- Your Heart Is Wounded

- <sup>3</sup> Jacob<sup>[a]</sup> 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.<sup>[b]</sup> <sup>4</sup> 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

- <sup>32</sup> “But why should he be put to death?” Jonathan asked his father. “What has he done?” <sup>33</sup> 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.
- <sup>34</sup> 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

A large, expressive red ink splatter or brushstroke graphic is located on the right side of the image, extending from the top right towards the bottom right. It has a dynamic, almost abstract shape with various shades of red and some white highlights, suggesting movement and intensity.

Ecclesiastes 7:9

# What Are the Four Sources of Anger?

## Do not be

### • Fear

#### ○ Your Future Is Threatened

- <sup>8</sup> 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

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

Ecclesiastes 7:9





# Anger's Nurture

**Anger is Fed by Feelings of...**

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



A person wearing a white shirt is shown from the chest up. On their head, a sparkler is lit, with bright orange sparks and white smoke emanating from it. The background is dark and out of focus.

# **Anger's Nurture**

**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



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## It Always has Consequences...

- 
- **Challenge**  
(healthy) ...**Confrontation**
  - **Compound**  
(unhealthy) ...**Explode**
  - **Collapse**  
(unhealthy) ...**Implode**
  - **Contagious**  
(unhealthy) ...**Rubs Off**
  - **Contaminates**  
(unhealthy) ...**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  
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*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.

**(Proverbs 29:11)**