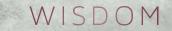


## Transforming Our Anger

# Proverbs 10:12; 19:11; 14:29; 15:1,18; 25:21



Hatred stirs up strife, but love covers all offenses. (10:12)

Whoever is slow to anger has great understanding, but he who has a hasty temper exalts folly. (14:29)

A soft answer turns away wrath, but a harsh word stirs up anger. (15:1) A hot-tempered man stirs up strife, but he who is slow to anger quiets contention. (15:18)

Good sense makes one slow to anger, and it is his glory to overlook an offense. (19:11)



### If your enemy is hungry, give him bread to eat, and if he is thirsty, give him water to drink. (25:21)

### Anger is an expression of judgment against a wrong.

### Anger is an expression of judgment against a wrong.

## God designed us to experience anger.





## Whoever is slow to anger has great understanding... Prov. 14:29

### Good sense makes one slow to anger... Prov. 19:11



## Whoever is slow to anger has great understanding... Prov. 14:29

### Good sense makes one slow to anger... Prov. 19:11

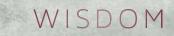
### Be angry and do not sin... Eph. 4:26

# "Be angry" is a command. We should be angry sometimes.



# "Be angry" is a command. We should be angry sometimes.

## Sometimes, it is a sin not to get angry.



### "He that is angry without cause, sins. But he that is not angry when there is cause, sins. For unreasonable patience is the hotbed of many vices."

### **John Chrysostom**





### • Jesus regularly got angry.



# Jesus regularly got angry. Anger reflects the heart of God.



### • Jesus regularly got angry.

#### • Anger reflects the heart of God.

The Lord, the Lord, a God merciful and gracious, slow to anger, and abounding in steadfast love and faithfulness. Exodus 34:6

# • The ideal is not no anger or blow up anger, but slow to anger.

# • The ideal is not no anger or blow up anger, but slow to anger.

## Slow to anger is a mark of wisdom because it reflects the heart of God.



## • A God who never gets angry is a God who cannot love.

### A God who never gets angry is a God who cannot love.

### "In its purest form, anger is love in motion toward a threat to that which you love." Tim Keller



### I. Good Anger II. Bad Anger

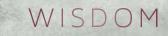


### • Anger is a dangerous emotion.



### • Anger is a dangerous emotion.

### Anger can destroy your body.





### Anger is a dangerous emotion.

#### • Anger can destroy your body.

### Anger can destroy relationships.



#### **II. Bad Anger**

## • Anger destroys your ability to make wise choices.

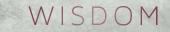
#### **II. Bad Anger**

### Anger destroys your ability to make wise choices.

#### • Anger leads to a destructive cycle.



### I. Good Anger II. Bad Anger III. The Problem with Anger



## • The fundamental problem with our anger is that it is disordered.

## • The fundamental problem with our anger is that it is disordered.

## Augustine said our biggest problem is "disordered love."



• The fundamental problem with our anger is that it is disordered.

Augustine said our biggest problem is "disordered love."

When good things become god things – that's disordered love.wisdom

### Ask yourself: What makes you angry?

# Ask yourself: What makes you angry?

## Whatever you get angry about most is what you love most.

# Ask yourself: What makes you angry?

## • Whatever you get angry about most is what you love most.

Because of our disordered love, we put self before God.

#### Be angry and do not sin; do not let the sun go down on your anger; and give no opportunity for the devil. Ephesians 4:26



Be angry and do not sin; do not let the sun go down on your anger; and give no opportunity for the devil. Ephesians 4:26

 In sinful anger, you become an expert on others' weaknesses, and blind to their strengths.

I. Good Anger **II. Bad Anger III. The Problem with Anger IV. Transforming our Anger** 

# • First, we must admit our anger.

• First, we must admit our anger.

 If we don't admit our anger, it will create a root of bitterness in our hearts.



# Second, we must analyze our anger.

Second, we must analyze our anger.

• The root of our anger is not in *what* a person has done, but how we *interpret* what that person has done.



 We must go deeper. What is making me angry? What am I defending or protecting?

WISDOM

- We must go deeper. What is making me angry? What am I defending or protecting?
- Your honor? Your independence? Your point of view?



# • Third, we must repent of our anger.

• Third, we must repent of our anger.

• Ask forgiveness from the person with whom you are angry.



- Third, we must repent of our anger.
- Ask forgiveness from the person with whom you are angry.
- Take responsibility for what you have done toward someone who is angry with you.

Good sense makes one slow to anger, and it is his glory to overlook an offense. Proverbs 19:11

If your enemy is hungry, give him bread to eat, and if he is thirsty, give him water to drink. Proverbs 25:21

# Jesus had to die because God he had just anger against our sin.

- Jesus had to die because God he had just anger against our sin.
  - Jesus willingly died because God's love drove him to destroy sin without destroying us.



- Jesus had to die because God he had just anger against our sin.
  - Jesus willingly died because God's love drove him to destroy sin without destroying us.
- The gospel of Jesus Christ transforms our anger.