

Dealing with Anger **Ephesians 4:26, Matthew 5:21-22**

Emotions can be so complicated.

Embarrassment, shame, regret, disappointment, joy, happiness, anger,

Respect your emotions

Real - powerful

Study your emotions

Reveal what is inside - better indicator of the inside

Troubled emotions come from the inside and not the outside
sometimes it takes trouble to reveal these emotions

Anyone can become angry. That is easy. But to be angry with the right person, to the right degree, at the right time, for the right purpose and in the right way - that is not easy.

- Aristotle¹

Harvard study predicting marital future based upon the expression of emotions

Constructive anger

Anger is not only inevitable, it is necessary. Its absence means indifference, the most disastrous of all human failings.

- Arthur Ponsonby²

Dan Allender's book, *The Cry of My Soul*, The power of explaining the nature and purpose of emotions to be our soul's cry helped me to see that my ups and downs, rages and joys are not mere feelings to be controlled, managed, ignored, or denied. Rather, my "insides" are constantly telling me what I am believing about God, myself, and the world. Accordingly, if I can learn to patiently listen to my heart instead of running from it, drowning its voice, or deadening its promptings, I will be more fully able to glimpse God's glory of how He is redeeming the whole of me (inside and out), giving me back my dignity, allowing me to become fully human (delighting in God's truth both in my inner world and my outer context).

Matthew 5:21-22: "You have heard that it was said to those of old, 'You shall not murder, and whoever murders will be in danger of the judgment.'²² But I say to you that whoever is angry with his brother without a cause shall be in danger of the judgment. And whoever says to his brother, 'Raca!' shall be in danger of the council. But whoever says, 'You fool!' shall be in danger of hell fire."

1 John 3:15: "Whoever hates his brother is a murderer, and you know that no murderer has eternal life abiding in him."

1. Origin & Occasions of Anger

¹Deborah Deford, *Quotable Quotes* (Pleasantville, NY: The Reader's Digest Association, Inc., 1997), p. 87.

²Deborah Deford, *Quotable Quotes* (Pleasantville, NY: The Reader's Digest Association, Inc., 1997), p. 86.

A. Fear - take something from me.

Craig Grossel: "One of the enemy's greatest tools is fear. You might ask, "How do I overcome this fear of failure?" I like what my friend Mark Batterson says about fear: "The antidote for the fear of failure is not success but small doses of failure." Think about it. To keep you from getting the flu, what kind of shot does the doctor give you? He gives you a small dose of the flu. You get just enough to train your body to reject it. The same is true with failure. Once you fail and realize it's not the end of the world, you're not as afraid to fail again. Leo F. Buscaglia said it well: "We seem to gain wisdom more readily through our failures than through our successes. We always think of failure as the antithesis of success, but it isn't. Success often lies just the other side of failure."⁶⁶⁶

Anger is a symptom, a way of cloaking and expressing feelings too awful to experience directly - hurt, bitterness, grief and, most of all, fear.

- Joan Rivers
*Still Talking*⁶⁶⁶⁶

B. Frustration

- put something together
- TV remote universal
- marriage

C. Hurt feelings

- grief gets out of hand
- grief gone too far
- wounded spirit

Anger is a wind which blows out the lamp of the mind.

- Robert G. Ingersoll⁶⁶⁶⁶⁶

Anger is a bad counselor

- French Proverb⁶⁶⁶⁶⁶⁶

2. Objects of Anger

***the people we have the most invested in it**

- Dad
- Son
- Wife

⁶⁶⁶ Ibid, p. 115.

⁶⁶⁶⁶Deborah Deford, *Quotable Quotes* (Pleasantville, NY: The Reader's Digest Association, Inc., 1997), p. 87.

⁶⁶⁶⁶⁶Deborah Deford, *Quotable Quotes* (Pleasantville, NY: The Reader's Digest Association, Inc., 1997), p. 86.

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- God
- Self

***the people we have hard conversations with**

***the people who have access to hurt us the most**

3. Objectives of Anger

-Can't hold it

- Control

Three kinds of circumstances in life:

- 1) those I can control and I do**
- 2) those I can control and I don't**
- 3) those I can't control**

My life is in the hands of any fool who makes me lose my temper.

- Joseph Hunter66666666

- Condemnation

Vengeance = pride

- feel my pain

- justice

If a small thing has the power to make you angry, does that not indicate something about your size?

- Sydney J. Harris66666666

Difference between Saul and David

- Correction

You are going to fix someone else

4. Opportunity for Anger

- Acknowledge it

- Accountability

- Apology

- Attitude shift

⁶⁶⁶⁶⁶⁶⁶⁶Deborah Deford, *Quotable Quotes* (Pleasantville, NY: The Reader's Digest Association, Inc., 1997), p. 87.

⁶⁶⁶⁶⁶⁶⁶⁶Deborah Deford, *Quotable Quotes* (Pleasantville, NY: The Reader's Digest Association, Inc., 1997), p. 88.