

# Foundations

## Lesson 11 Anger & Bitterness Part 2

### Outline

- The Need to Control Sinful Anger
- Scriptural Reasons Why Anger is not Always Sinful
- How to Control and Channel Anger

### 1. The Need to Control Sinful Anger

Question: Why is it important for Christians to control Anger? Turn to **Matt 5: 21-28**

- Sinful anger left unchecked has the potential to destroy our marriages and relationships between family and friends. **Proverb 21:19**
- Sinful anger can cause others to live in fear and breed hypocrisy. **Luke 12: 1-3**
- Unchecked anger leads to murder, war, and road rage. **James 4:1-2**
- Anger when governed by the Flesh will lead to loneliness. **Proverb 25:24**
- Anger is contagious and works like leaven. **Proverb 22:24**

Point: Churches cannot maintain a healthy thriving environment when sinful anger is tolerated.

### 2. Scriptural Reasons Why Anger is not Always Sinful

Question: Are you intimidated by your struggle to control anger?

- Anger is not an illness or a disease we cannot control. Anger is a God given emotion that reflects our image bearing capacity as people made in his image and likeness. Its where every human derives their sense of Justice.  
Gen

- Anger is a Character attribute of God, by which he displays His Justice in the earth. **Exodus 34:6-7**
- The Greek word for anger, *orge*, can be good or bad. **Eph 4: 31**, Eph 4: 26 Paul uses the same word for anger. Col 3:8, Mk 3:5 same word is used for anger.
- Why would Paul tell us to be angry and not sin? **Eph 4:26**
- James also encourages us to be slow to anger. **James 1:19**
- Pastors are encouraged to be slow to anger **Titus 1:7**
- God the father and Jesus the Son manifest anger. **Exodus 22: 22-27, Lk 14:21**
- God has given us exceedingly great and precious promises to help us overcome the flesh. **Philip 4:11**

Point: Your anger can be controlled and channeled. Don't let anyone convince you that you cannot master or bring your anger under the control of the Spirit!

### **3. How to bring sinful anger under the control of the Holy Spirit**

A fool gives vent to his anger, but a wise man keeps himself under control. **Proverb 29:11**

Question: Why is sinful anger so difficult to control?

First of all, because of Jesus we can control our anger brethren! Controlling anger is like breaking a bad habit. It will take time,

According to the manual there are 4 factors for overcoming any habit of the Flesh.

- Biblical understanding
- Biblical hope
- Biblical change
- Biblical practice

How do we overcome sinful anger? Illustration **1 Sam 25 1-39**

- You must be a Christian. This qualifies us to deal with anger.
- You must practice being swift to hear, slow to speak and slow to get angry.  
James 1:19
- It's not just about taming anger or learning to be slow to it. We must use it the way God intended. That means we must learn to be a just people if we are to control anger!!
- Anger is to be exerted for justice. Anger controlled by the flesh will tempt us to pervert justice

### **Attitudes we must put off controlling anger**

- Taking the sins of those who sin against us personally
- Desiring to punish those who cross us
- Unwillingness to forgive those who hurt us
- Self-willed: unwillingness to submit to the sovereignty of God
- Refusing to relinquish control to the sovereignty of God
- Expectations

### **Christlike attitudes we must put on to control anger**

- Humility: not taking sin personally **Philip 2:7**
- Submitting our sense of justice to the will and sovereignty of God
- Make sinners need for Jesus more important than **Rom 13:10-20**
- Be willing to give up your rights for gospel opportunities **Matt 5:38-42**

