

Secret Anger

-Cynthia Cooley

Ephesians 4:25-27

Therefore, each of you must put off falsehood and speak truthfully to your neighbor, for we are all members of one body “In your anger do not sin”: Do not let the sun go down while you are still angry and do not give the devil a foothold.

I. What is Anger?

Definition: Anger is a strong feeling of intense displeasure, hostility, or indignation as a result of a real or imagined threat, insult, frustration or injustice toward yourself or others.

- Anger is a God given emotion
- Anger is not sin but rather what we do with anger can be sinful.

II. What causes anger?

1. unmet needs
2. unrealistic expectations or unrealized
 - *Just because we have a reasonable expectation it does not mean it's realistic or will be realized.
3. betrayals of injustice to us or others

III. Anger Mountain

- If we don't detour off anger mountain we either explode irrationally and tear down others or implode irrationally and tear down ourselves
- Respond to signs of anger of instead of reacting

James 1:19

My dear brothers and sisters, take note of this: Everyone should be quick to listen, slow to speak and slow to become angry.

IV. Practical Help

- What we think and believe is key to what we feel and to the intensity in which we feel.

Philippians 4:8

Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable – if anything is excellent or praiseworthy – think about such things.