Stewarding Anger

What is happening in my heart, brain, and body?

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Do not edit
How to change the design



Do you get angry?

The Slido app must be installed on every computer you're presenting from

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How to change the design



Do you express or display Anger?

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Do not edit
How to change the design



What are 2 situation that cause you anger?

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Psalm 7:11

God is a **righteous judge**, and a God who **feels indignation** every day.

Ephesians 4:26–27

Be angry and **do not sin**…

James 1:19–20

…**human anger does not produce** the righteousness that God desires.

James 4:1–3

What causes quarrels and what causes fights among you?

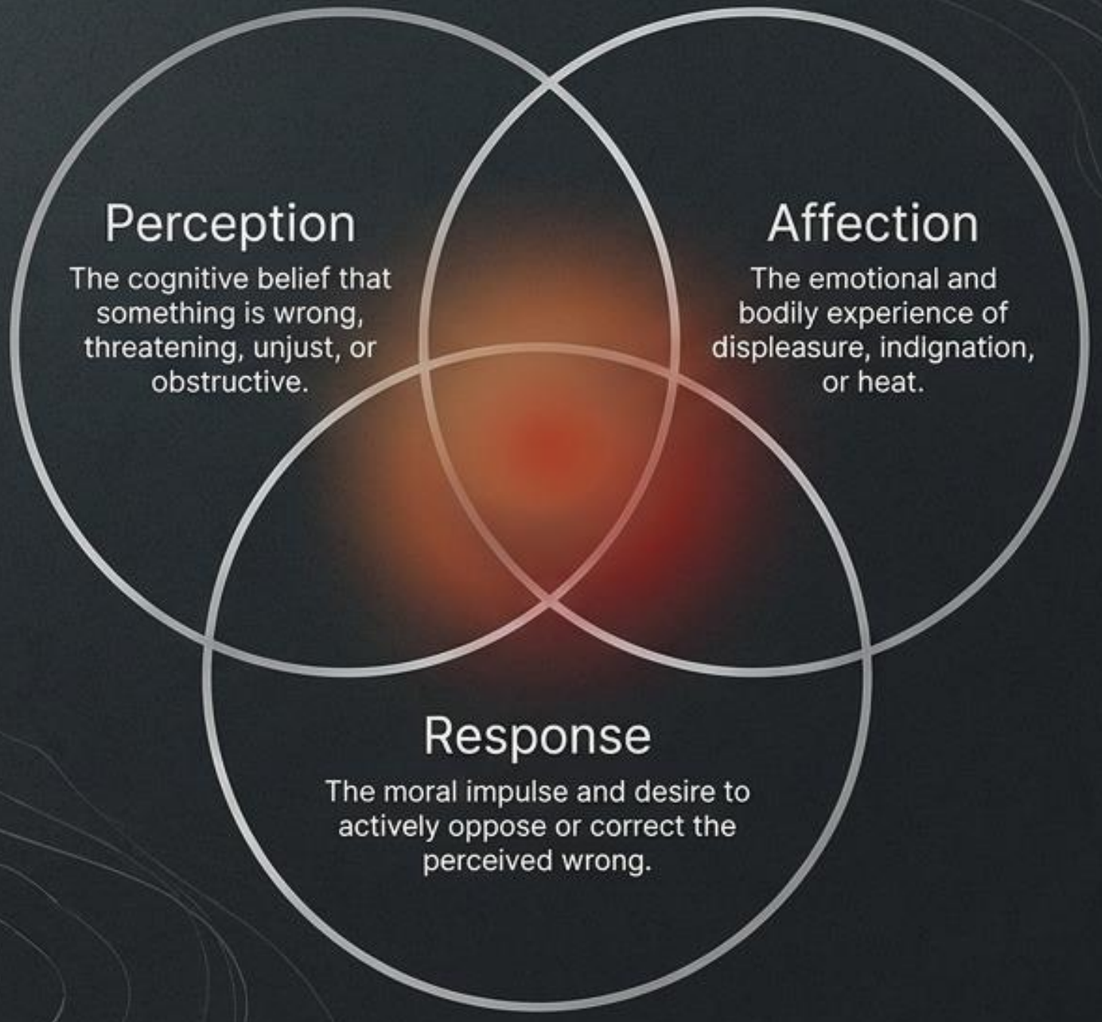
Proverbs 4:23

Keep your heart with all vigilance…

Anger is not inherently evil—God feels it—but human anger is fraught with danger. We must understand it to steward it.

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The Three Dimensions of Anger



A true anger response requires all three dimensions. It is an emotional, bodily, and moral response functioning together.

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Divine Anger (Holy & Just)



Perfectly holy, just, patient, and never selfish (Exodus 34:6–7, Romans 1:18).

Human Anger (The Fractured Lens)



Sin distorts our judgments, our desires, and our responses. Even justified concern for a legitimate wrong can be expressed sinfully.

Diagnostic Question: Can I be strictly correct about a wrongdoing, but entirely sinful in the way I confront it?

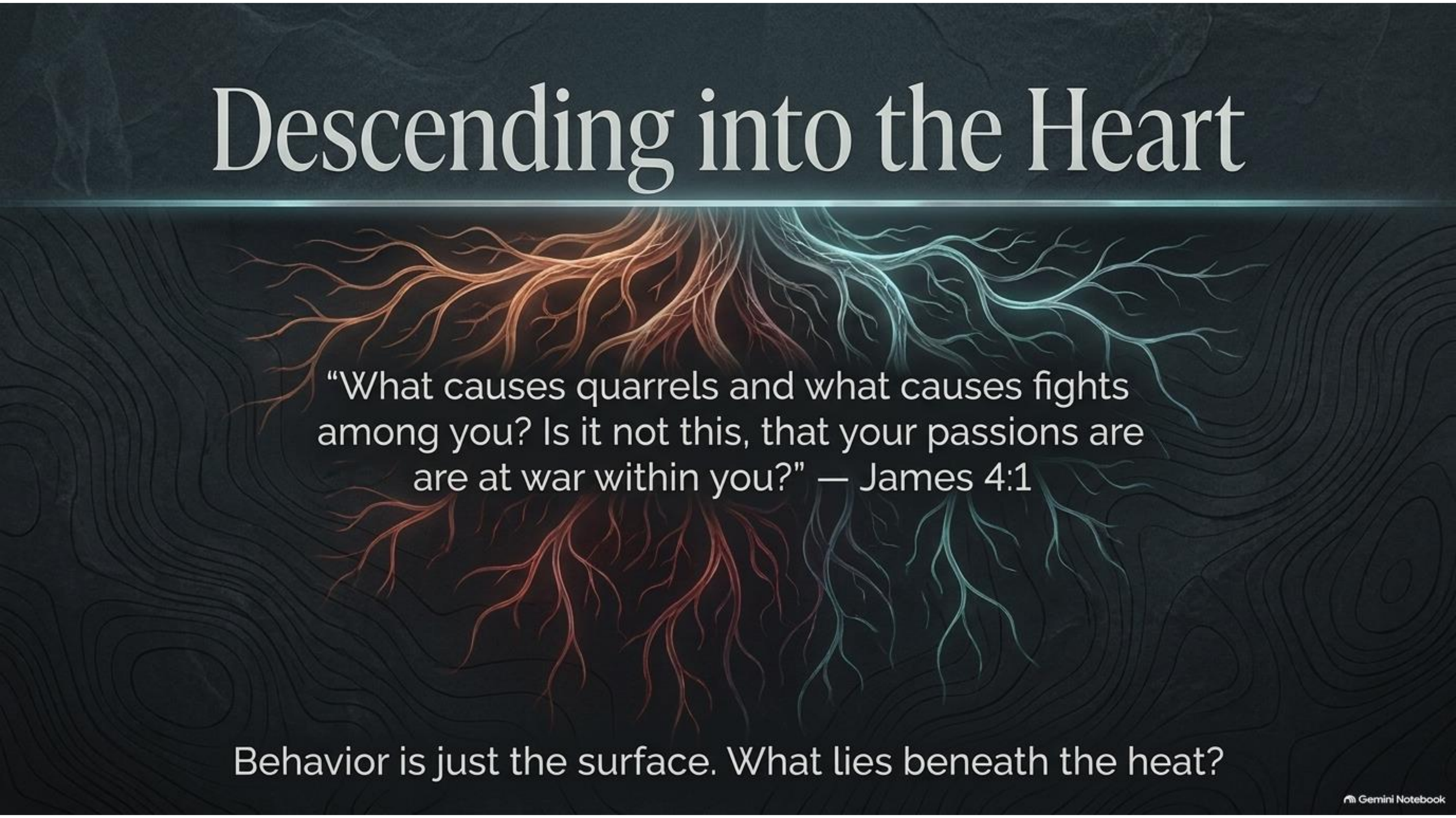
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Biblical Portraits of Anger

Portrait	Trigger	Root & Outcome	Self-Reflection
Jesus (Mark 3:1–6)	Hardness of heart.	Root: Compassion and grief. Outcome: Healing.	Does my indignation include compassion?
Moses (Exodus 32:19–20)	Covenant-breaking idolatry.	Root: God’s honor vs. personal inconvenience. Outcome: Confrontation paired with intercession.	What offends me more—God’s dishonor or my inconvenience?
Cain (Genesis 4:3–8)	Rejected offering.	Root: Jealousy and resentment. Outcome: Murder.	What happens when my anger is nursed rather than confessed?
Jonah (Jonah 4:1–11)	God’s mercy to enemies.	Root: Unmet expectations. Outcome: Furious isolation.	Am I angry because God (or others) won’t meet my expectations?

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Descending into the Heart

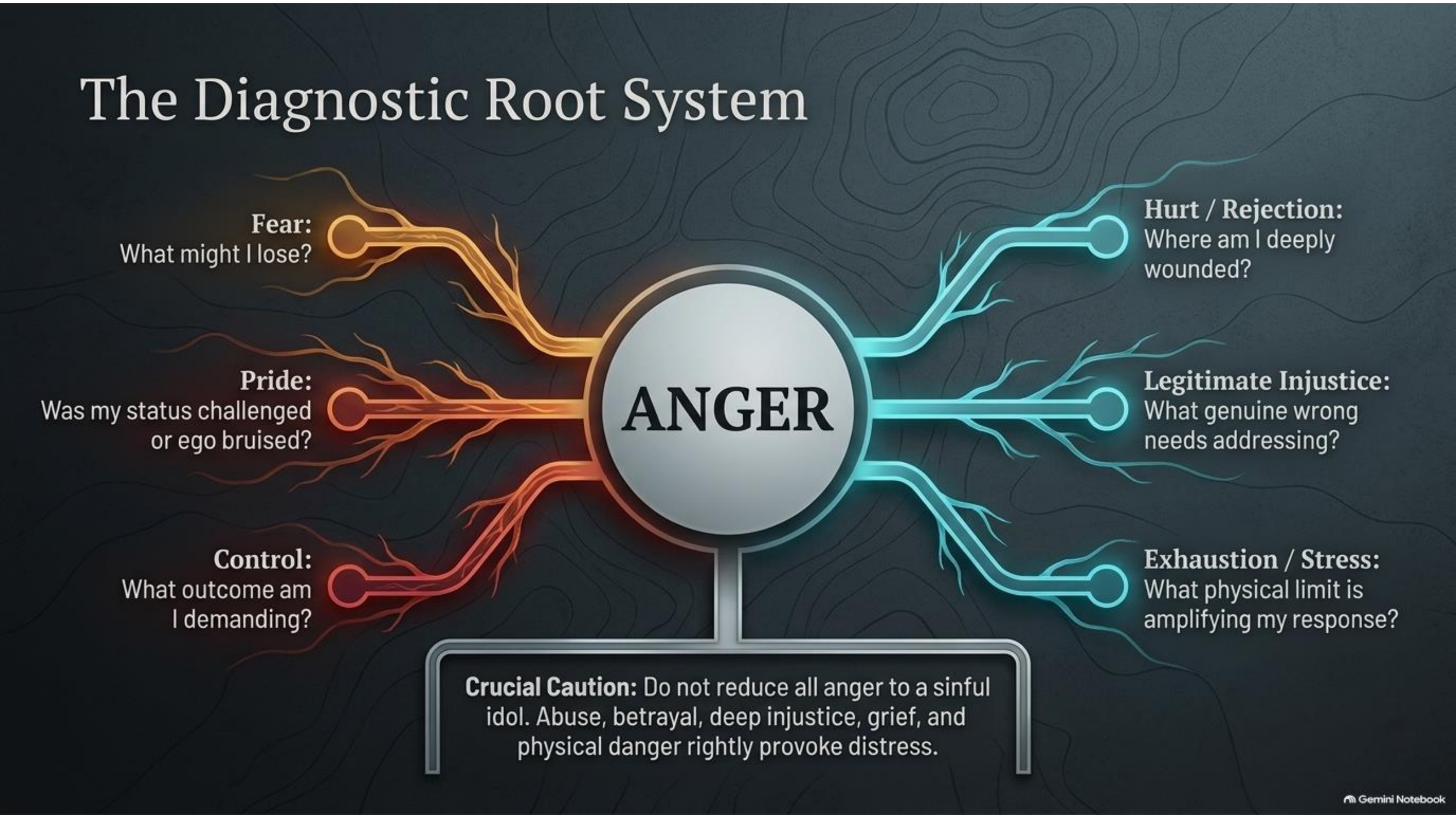


"What causes quarrels and what causes fights among you? Is it not this, that your passions are are at war within you?" — James 4:1

Behavior is just the surface. What lies beneath the heat?

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The Diagnostic Root System



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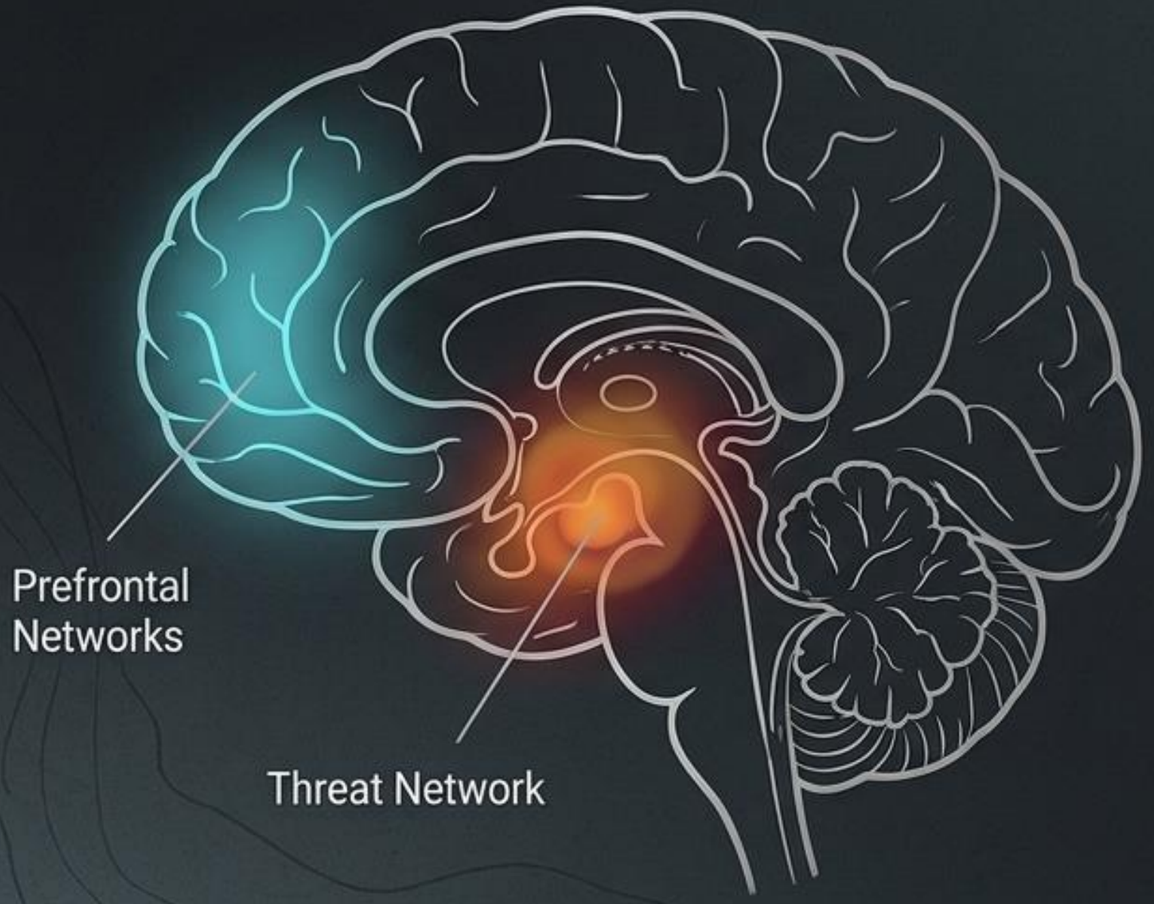
The Anatomy of a Reaction

Intervention Point — What must I have to be content? Am I seeking justice or protecting my ego? What does this reveal about my trust in God?



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Biology Part I: The Neurological Spark



The Spark (Threat Network): The amygdala and salience networks evaluate emotional significance instantly.

The Regulator (Prefrontal Networks): Support flexible thinking, logical appraisal, and impulse inhibition.

The Conflict: Under high arousal, the threat networks override the prefrontal networks. Flexible thinking and impulse inhibition become significantly harder.

Note: Biological arousal is the machinery functioning under stress, not an automatic moral failure.

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Biology Part II: The Physiological Flood

- **The Flood:** The hypothalamus coordinates sympathetic arousal, releasing adrenaline, noradrenaline, and cortisol during sustained stress.

- **Warning Signs:** Tight jaw, clenched fists, raised voice, rapid speech, narrowed attention, rehearsed accusations.
- **The Physical Toll:** A 2024 NIH randomized study of 280 adults found that simply recalling an anger event caused temporary impairment in vascular dilation lasting ~40 minutes.



Clinical Point: Calming the body is necessary to regain access to wise moral decision-making, but physiological regulation does not replace spiritual repentance.

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The Stewardship Cycle

Phase 2: Examine the Root (Psychology)

Identify the underlying fear, hurt, pride, or demand driving the heat.



Phase 3: Align with Truth (Theology)

Evaluate the interpretation via the Biblical framework. Is this righteous indignation or fractured human anger?

Phase 1: Acknowledge the Body (Biology)

Recognize the warning signs and pause the sympathetic physiological flood.

Phase 4: Choose Wise Action (Response)

Move forward with necessary repentance, confession of sin, or wise, righteous confrontation of injustice.

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Application: The Stewardship Audit

Record your next two episodes of anger using this framework:

1. The Event:
What actually happened? (Separate facts from assumptions).

2. Bodily Signals:
What did my body do first? (Heart rate, jaw, voice).

3. Thoughts & Desires:
What underlying fear, hurt, or expectation was activated? What was I demanding?

4. Chosen Response:
How did I react outwardly or inwardly?

5. Christlike Alternative:
Where do I need to confess sin, and where must I address an injustice wisely?

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Search me, O God, and know my heart!
Try me and know my thoughts!
And see if there be any grievous way in me,
and lead me in the way everlasting.

— Psalm 139:23–24

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