

Psalms of the Summer
Blessed are the Angry
7/18/26 – Pastor Zach

Connect: How do you handle anger How have you experienced anger?

Engage: Reread Psalm 137

What stands out to you?

Zach mentioned 3 movements with anger

1. Bring to God what lies beneath your anger.
 - a. Anger can be a gift.
 - b. Anger is a secondary emotion to all the other emotions
 - c. We have hurts, expectations and needs
 1. Which one of these 3 above brings you to anger?

A. There are more emotions with anger

- a. Fear – something I love is threatened
- b. Grief- something precious has been taken – powerless
- c. shame – I feel exposed dismissed, humiliated
- d. frustration – I feel powerless,

B. Do you ever say you are fine, when you are not?

Is hard for you to sit in quiet and ask the Lord what is going on in your heart?

2. Let Anger Reveal what you Love

“When start paying attention to what stirs our Righteous Anger, what breaks our hearts or lights our fire, we often find clues to our purpose. Anger tells us what we care about.”

Charlie Dodd – What do you think of this quote?

- a. What does this reveal that I love? Is this something that God loves? Has a good decision become an ultimate demand?
- b. Am I protecting someone vulnerable or am I protecting my pride?
- c. What would love require of you now?

3. Let God direct the energy of Anger.

- a. We always have a choice? Do you suppress it, unleash it, or aim it in revenge?
- b. Anger gives us a way to pull back the curtain of our lives.

1. Can you take your arrow and aim it back to God – if you can’t what is the Lord saying to you?

2. If you believe there is no ultimate cosmic justice, you will feel extremely responsible for the balancing the scales yourself. Do you feel responsible for your justice?

Apply: There are several invitations this week. – Jesus, what do I do with my anger?

What is underneath my anger? How has my anger become destructive to myself or to others? Pray this week that the Lord will show you what is behind your anger?

