



Reconciling Love & Anger



April 7, 2024

The Moral High Ground



Do I have the ability to interpret and define God?
Or can I trust Him to be who He defines Himself
as?

Questioning God's Motives



Have you ever heard or said-

If God is a loving God, then why would He allow...?

Why would a loving God allow murder, rape, or abuse? If God loves everyone and paid for everything on the cross, why am I not getting healed?

Isaiah 55:8-9

For my thoughts are not your thoughts, neither are your ways my ways,' declares the LORD.



1 Corinthians 1:20-25



Where is the wise man? Where is the scholar?
Where is the philosopher of this age? Has not
God made foolish the wisdom of the world? For
since in the wisdom of God the world through its
wisdom did not know him, God was pleased
through the foolishness of what was preached to
save those who believe.

1 Corinthians

1:22-25



Jews demand miraculous signs and Greeks look for wisdom, but we preach Christ crucified: a stumbling block to Jews and foolishness to Gentiles... For the foolishness of God is wiser than man's wisdom, and the weakness of God is stronger than man's strength.

God is Love

Dear friends, let us love one another, for love comes from God. Everyone who loves has been born of God and knows God. Whoever does not love does not know God, because **God is love.**

1 John 4:7-8

The Human Experience of

ANGER

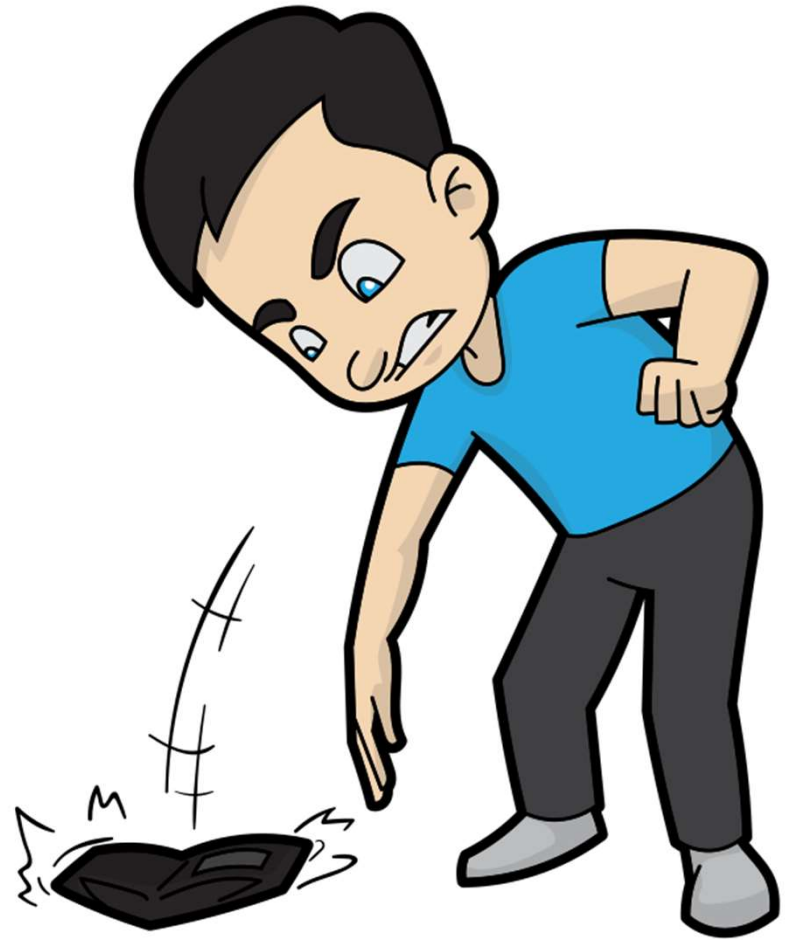
An emotion with a lifespan of
90 seconds.

Dr. Jill Bolte Taylor



Have I Been Angry?

What was the outcome?



What is Anger?

A core emotion

A physical response

A signal that something is wrong

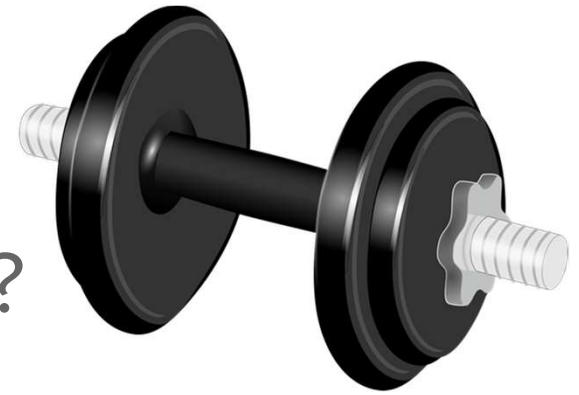
Natural and almost automatic

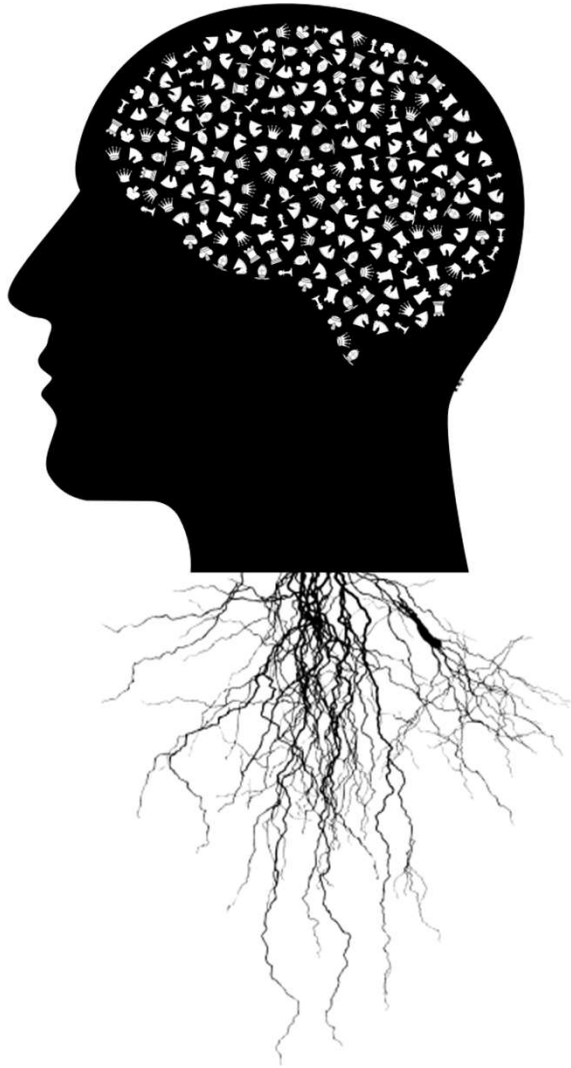
A protective device



Why Is it So Heavy?

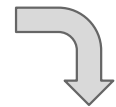
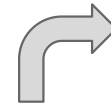
Why do some emotions last so long?





Rumination

Repetitive thinking on
negative feelings and
distress and their causes
and consequences.



Symptoms of Rumination



Excessive thinking about a painful topic or behavior



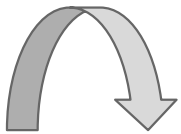
Excessive talking about a painful topic



Concentration problems



Loss of interest in usual activities



Loss of energy or motivation



Excess fatigue or excess sleeping

What Does Anger Look Like?

OUTSIDE

Yelling
Frown
Clenching
Animated Movements
Throwing
Crying

INSIDE

Blood pressure up
Breathing Deepens
Headache
Cortisol Released
Temperature Rises
Mind Races

What is Anger Responding to?

- Pain alone is not enough to cause anger.
- Anger happens when pain is combined with another triggering thought.
- Rejection, Fear of Harm, Inadequacy, Powerlessness, Emotional Hurts...



Separating the Branches from the Roots

The object of anger isn't always the source.



Benefits and Costs of Anger

BENEFITS

Protection
Righteousness
Boost to Self-Esteem
Control
Power

COSTS

Temporary
Not a resolution
Create social or Health
issues

Are There Different Types of Anger?



Passive Aggression

Open Aggression

Assertive Anger

Passive Aggression

Not admitting you are angry to avoid confrontation.

Looks like: Being silent, sulking, procrastinating, pretending everything is fine.

Root: A need to be in control.



Open Aggression

Lashing out in anger or rage with physical or verbal abuse.

Looks like: Fighting, bullying, blackmail, accusing, shouting, sarcasm and criticism.

Root: A need to be in control.



Assertive Anger



Controlled and confidently listening and engaging to actively deal with the situation.

Looks like: Keeping control, not raising your voice, share how you are feeling emotionally.

Root: Mature care about your relationships.

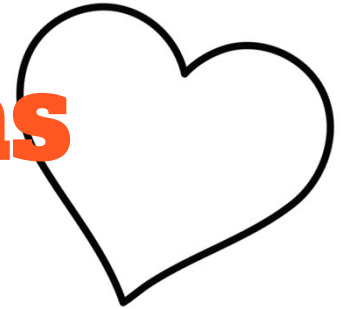
Is Anger Tied to Sin?

The anger of man can be.

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.

Ephesians 4:25-27

Is Man's Anger the same as God's Anger (Wrath)?



A precursor to that question might be “Is man’s love the same as God’s love?”

Gk. Orge- movement or agitation of the soul. Very strong passion.

I love my wife.



I love pizza.



What About Wrath?

“God’s wrath is his love in action against sin.”

“The wrath of God is not an emotion or angry frame of mind, but instead the settled opposition of his holiness to evil.”

(Evangelical Dictionary of Theology)

Uzzah- 2 Samuel 6:6-7

When they came to the threshing floor of Nacon, Uzzah reached out and took hold of the ark of God, because the oxen stumbled. The LORD's anger burned against Uzzah because of his irreverent act; therefore God struck him down and he died there beside the ark of God.

The Great Flood- Gen. 6:5-7

The Lord saw how great the wickedness of the human race had become on the earth, and that every inclination of the thoughts of the human heart was only evil all the time. The Lord regretted that he had made human beings on the earth, and his heart was deeply troubled. So the Lord said, “I will wipe from the face of the earth the human race I have created—and with them the animals, the birds and the creatures that move along the ground—for I regret that I have made them.

2 Chronicles 36:15-16

The Lord... sent word to them through his messengers again and again, because he had pity on his people and on his dwelling place. But they mocked God's messengers, despised his words and scoffed at his prophets until the wrath of the Lord was aroused against his people and there was no remedy.

Hebrews 10:31

It is a dreadful thing to fall into the hands of the living God.

Terrifying, Fearful, Frightful, Seized with alarm.

Origin: Phobeo- to withdraw from or avoid

Romans 1:18

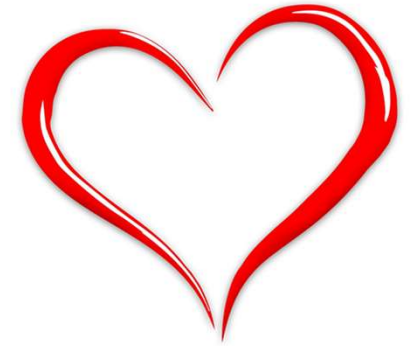
For the wrath of God is revealed from heaven against all ungodliness and unrighteousness of men, who by their unrighteousness suppress the truth.

What is Love

For God so loved the world that He gave (up) His only son so that we would not perish, but have everlasting life. For God did not send His son into the world to condemn the world but the world might be saved through Him.

John 3:16-17

Conclusions



1. God is purely love in his DNA
2. Anything that comes from God is motivated only by his DNA- Love
3. I may not understand His character and wisdom. That's OK- It doesn't change his love
4. God's anger is a violent representation of His love against sin... not against his me.