

ANGER: THE WORM IN MY APPLE

Destroying the Rotten Fruit of Anger Harvesting the Tasty Fruit of the Spirit

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Introduction: Anger: The Fruit-Destroyer

I. ROTTEN TO THE CORE

II. THE ABCs OF HARVESTING ANGER

1. The emotion of anger was created by Almighty God (Gen. 1:3-4; Ps. 139:14)
2. The emotion of anger was created by Almighty God for a purpose (Prov. 25:28; Eph. 4:26-27; Ecc. 7:9)
Latin: emotio = move out = energy plus motion = emotion
3. The emotion of anger is neither right nor wrong; good nor bad (Jas. 1:20)

Righteous vs. Unrighteous Anger? How do we know the difference?

James 1:20 "...for the anger of man does not achieve the righteousness of God."

- Regarding the righteous anger of God (Rev. 19:15; Mk. 3:5; Jn. 2:13-17; Jn. 3:36; Mk. 11:15-18; Heb. 3:11; 4:3; 1 Thess. 2:16; Rev. 6:15-17; 19:6)
- Regarding the righteous anger of people (Eph. 4:26, 30) like governments (Rom. 13:14), parents (Eph. 6:1, 4; Co. 3:20; Heb. 12:9-11), etc.

Righteous Anger:

1. Controlled (Jn. 2:13-17)
2. Exercised in love (Mk. 11:17; Jn. 2:16-17)
3. Restorative (Mk. 11:17-18)

Unrighteous Anger:

1. Uncontrolled (Mk. 11:17-18)
2. Selfish (Self-defensive, self-promoting and self-defeating)
3. Destructive (Lashes out to hurt)

III. GETTING TO THE ROOT OF MY ROTTEN ANGER: OUR BASIC NEEDS

1. We have physical needs (So did Jesus: Jn. 1:14; Phil. 2:6-8; Matt. 4:2; Jn. 19:28)
2. We have emotional needs (So did Jesus: Jn. 1:14; Phil. 2:6-8; Mt. 7:46; Mk. 15:34; Matt. 12:21; Jn. 2:17)
3. We have spiritual needs (So did Jesus. He desired fellowship and service: Matt. 14:23; Mk. 1:35; 10:45; Lk. 5:16 cf. Jn. 10:10; Heb. 10:24-25; Jn. 4:24; Eph. 2:10) It is not a sin to have needs?

IV. THE BASE OF THE TRUNK: OUR HUMAN EXPECTATIONS

"Why are you angry?" (Gen 4:6)

Who is it that meets our needs? (Ps. 23:1; Mt. 6:8; Phil. 4:19)

e.g. Biblical vs. unbiblical expectations

V. UP THE TRUNK WHERE THE REAL HURT AWAITS (Matt. 11:28; 1 Pet. 5:7)

Unrighteous anger is an inward or outward expression of an unresolved hurt, based on a frustrated expectation that comes out of a real or imagined need.

VI. THE MANY BRANCHES OF UNRIGHTEOUS ANGER

- Anger Branch #1. Scapegoating: “Picking on the Innocent Victim”
- Anger Branch #2. Stamp-saving: “Building Up and Blowing Up”
- Anger Branch #3. Stress Illness: “Getting Sick”
- Anger Branch #4. Withdrawal: “Running Outwardly; Retreating Inwardly.”
- Anger Branch #5. Passive Aggression: “Getting Even”
- Anger Branch #6. Expressed Anger: “Letting It Show”

When the branches collide...(Proverbs 17:17)

VII. THE FRUIT OF THE FLESH (Gal. 5:16-21; Jas. 4:1; Col. 3:8; Acts 8:13; Heb. 12:15)

- Fruit of the Flesh #1: Enmities
- Fruit of the Flesh #2: Strife
- Fruit of the Flesh #3. Jealousy
- Fruit of the Flesh #4. Outbursts of Anger
- Fruit of the Flesh #5. Disputes
- Fruit of the Flesh #6. Dissensions
- Fruit of the Flesh #7. Factions
- Fruit of the Flesh #8. Envy
- Fruit of the Flesh #9. Anger
- Fruit of the Flesh #10. Malice
- Fruit of the Flesh #11. Slander
- Fruit of the Flesh #12. Abusive Speech
- Fruit of the Flesh #13. Clamor
- Fruit of the Flesh #14. Bitterness
- etc. “...things like these...” (Gal. 5:21)

VIII. THE ROTTEN HARVEST OF SINFUL ANGER

1. The Stench of Ungodly Anger — Emotionally (Prov. 30:33)
2. The Stench of Ungodly Anger — Socially (Prov. 26:21; 17:1; 21:9; 25:24; 21:19)
3. The Stench of Ungodly Anger — Physically
4. The Stench of Ungodly Anger — Spiritually (Ephesians 4:26-27, 29-32)

The Four Consequences of Unrighteous and Unresolved Anger

1. It gives the devil an open door in our lives.
2. It does not extend grace to others.
3. It grieves the Holy Spirit.
4. It mocks the very kindness and forgiveness we have received from God in Christ

IX. PRUNING THE DISEASED ANGER TREE

Pruning Step #1. Admit it - TODAY (Ps. 32:5; etc.)

Greek: metanoeo = bringing it to the fore-front of my mind in sincere admission

Pruning Step #2. Trace it - TODAY (Jas. 1:14-16; Ps. 19:12; 2 Sam. 12:13; Ps. 51:3; Ps. 32:1-5; 51:1-6)

Pruning Step #3. Confess it - TODAY (Ps. 32:5; Ps. 38:18; 1 Jn. 1:9; Rom. 10:9)

Greek: homologeo = express it out my mouth in words of confession (agreement) with God

Pruning Step #4. Turn from it - TODAY (Ps. 51:16-17; Lk. 22:31-32; Ps. 51:5-17)

Greek: epistrepho = change my manner in a spirit of true repentance that shows.

Pruning Step # 5. Handle it - TODAY (Eph, 4:26-27; 1 Cor. 13:4-5)

Learning to deal with my anger on a daily basis before it becomes tomorrow's resentments.

X. GARDENING TIPS FOR DEALING WITH MY ANGER

Gardening Tip #1. Be more tolerant of other's shortcomings (Prov. 19:11; 1 Pet. 4:8).
“Lighten up!”

Gardening Tip #2. Do not provoke others to anger (Jas. 1:19; Prov. 20:2; Eph. 6:4; Col. 3:21)
“Don’t push each other’s anger button!”

Gardening Tip #3. Do not knowingly put yourself in a situation where you know you'll get angry (Prov. 20:3; 22:24-25; 26:17; Rom. 12:18).
“Don’t grab the dog by the ear!”

Gardening Tip #4. Stop a quarrel before it gets out of control (Prov. 17:14).
“Don’t let the water out of the dam!”

Gardening Tip #5. Do not talk behind another's back (Prov. 26:20).
“Don’t rally troops!”

Gardening Tip #6. Think before you talk (Eph. 4:29).
“Engage your brain before opening your mouth!”

Gardening Tip #7. Lower your voice (Prov. 15:1).
“Talk to the other person as if you are talking to God!”

Gardening Tip #8. Forgive and seek forgiveness (Matt. 5:21-24; Eph. 4:31-32).
“Be the first to ask forgiveness!”

Gardening Tip #9. Consider the other person's needs as more important than your own (Phil. 2:3-4; Eph. 5:21).
“Act like a mountain goat!”

Gardening Tip #10. Love in word and deed (Prov. 10:12; 21:14; Gen. 27:40-41; 32:13; 33:10-11)
“Bribe the other person with a gift in secret!”
e.g. love languages: gifts, quality time, words of affirmation, acts of service and physical touch

XI. HARVESTING THE TASTY FRUIT OF THE SPIRIT

Spiritual Pomology: Growing Healthy Fruit

Principle #1. The fruit of the Spirit is not automatic.

Fruit production Step 1. The right seed must be planted in our hearts.

Fruit production Step 2. The soil of our hearts must be properly cared for.

Principle #2. The fruit of the Spirit is not limited.

Principle #3. The fruit of the Spirit is not fully produced in us immediately.

Principle #4. The fruit of the Spirit is all one harvest of the heart.

Principle #5. The fruit of the Spirit represents the life of Christ in us.

Principle #6. The fruit of the Spirit is a sweet harvest.

Principle #7. The fruit of the Spirit attracts others to Christ.

Principle #8. The fruit of the Spirit is the evidence of victory over sin.

The fruit of the Spirit is the abundant harvest of Christ-like qualities that the indwelling Holy Spirit produces in the regenerate and obedient heart.

The Tasty Fruit of the Spirit-filled Life (Galatians 5:22-23)

agape — love
chara — joy
eirene — peace
makrothumia — patience
chrestotes — kindness
agathosune — goodness
pistos — faithfulness
prautes — gentleness
enkrateia — self-control
etc. “such things” (Gal. 5:23)

e.g. the windfall fruit...of conviction, transformation, comfort, instruction, equipping, empowerment and leading

XII. A TALE OF TWO ORCHARDS

*The Godly Anger Orchard
Owned by the Master Gardener
Under the Management of the Holy Spirit*

vs.

*The Ungodly Anger Orchard
Owned by our Sinful Flesh
In Partnership with the Devil and the World*

CONCLUSION:

THE AMAZING HARVEST OF GENERATIONAL PEACE

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This material is adapted from the book: *Anger: The Worm in My Apple—Destroying the Rotten Fruit of Anger; Harvesting the Tasty Fruit of the Spirit.*

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