

ANGER

THE GOOD, THE BAD
AND THE UGLY



What is anger?

Eph 4:26-27

Be angry and yet do not sin; do not let the sun go down on your anger, and do not give the devil an opportunity.

Eph 4:31

Let all bitterness and wrath and anger and
clamor and slander **be put away from you,**
along with all malice.

"I'm against that!"
"That's not right!"

Anger...

happens too often, appears too quickly,
causes fractured relationships, last too long,
inflicts a lot of pain, hides very well and feels
too good many times.

Anger is an active displeasure toward something that's important enough to an individual to care about (it matters)

Anger is judgmental by nature.

Anger always makes a value judgment

Anger is an active displeasure toward something that's important enough to an individual to care about (**it matters**)

Matt 12:34-37

For the mouth speaks out of that which **fills the heart**. "The good man brings out of his good treasure what is good; and the evil man brings out of his evil treasure what is evil.

Matt 12:34-37

"But I tell you that every careless word that people speak, they shall give an accounting for it in the day of judgment. "For by your words you will be justified, and by your words you will be condemned."

Luke 6:45

"The good man out of the good treasure of his heart brings forth what is good; and the evil man out of the evil treasure brings forth what is evil; for his mouth speaks **from that which fills his heart.**

Anger reveals what we value

Anger involves the whole person

People use anger to get what they want
and to defeat other people.

When angry...underlying desires and beliefs are
at work - always...

**Motives are the goals around which you
organize your life.**

James 4:1

What is the source of quarrels and conflicts among you? Is not the source **your pleasures** that wage war in your members?

Ps 139:23-24

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

Gal 5:22-23a

But the fruit of the Spirit is love, joy, peace,
patience, kindness, goodness, faithfulness,
gentleness, self-control;