

Introduction

I. Story

1. ~~Novels~~ High & The Horveth.
2. TLTS Event
3. Personal Sermon (HRF)

II. Epidemic

1. Amer. Psyc. Assoc. - Surprised to find that anger most common mental health disorder.
 - (1) 1 in 12 adolescents
 - (2) 1 in 4 adults
2. Road Rage
 - (1) 50% become aggressors
 - (2) 5% take revenge

III. Suppress

1. Yet, overwhelming cultural pressure to suppress anger in "real world" settings
 - (1) Micro-aggressions - subtle, indirect, even unintentional.

IV. Implications

Prov. 14:17 Prov. 29:22 Prov. 30:33
Prov. 22:24 Prov. 16:29

I. Defining Anger

1. Anger in the Bible

- (1) God experiences Anger (NK 3:5)
- (2) God " " " " regularly (B.F. 11)
- (3) God's anger is never disproportionate
- (4) God's anger is always in defense of
 - + 2 Samuel 12 (People)
 - + Jn 2:13-18 (Principle)

2. Distinctions:

- (1) **Helpful Anger** = the proportionate and restrained emotional response to injustice against God, others or self which motivate us to helpful action

Isaiah 1:17 - Learn to do good; seek justice, correct oppression; bring justice to the fatherless, plead the widow's cause.

- (2) **Prideful Anger** = the disproportionate and unrestrained emotional response to perceived injustice against God, others, or self which motivate us to prideful reactions

+ Bitterness + Unforgiveness + Harshness
+ Violence (words, etc.)

Ja. 1:20 - For the anger of man does not produce the righteousness of God.

3. Anger in us

- (1) Helpful when motivated by injustice
- (2) Sinful when motivated by pride

II. Deferring Pideful Anger

Ja. 4:1-2 - What causes quarrels and what causes fights among you? Is it not this, that your passions are at war within you? You desire and do not have, so you murder. You covet and cannot obtain, so you fight and quarrel. You do not have, because you do not ask.

1. Sources

- (1) Trauma
 - + Abused
 - + Abandoned
 - + Absent

} It's become sinful because it fails to motivate you to helpful
- (2) People
 - + Modeled (w/ trauma)
 - + Manipulated (victims)
- (3) Environment
 - + New York
 - + Boston
 - + L.A. → traffic

} Culture

2. Safeguards

- (1) We deny it
- (2) We defend it
- (3) We gratify it

3. Sum

(1) Anger is rooted over time of neglect

Ecc. 7:9 - Be not quick in your spirit to become angry, for anger lodges in the bosom of fools.

- (1) Anger doesn't always manifest on the surface
 - + Or in identical ways

III. Defeating Prideful Anger (2 Cor. 10)

1. Spiritual Awareness

Ephesians 4:15, 25-32 - 15 Rather, speaking the truth in love, we are to grow up in every way into him who is the head, into Christ...Therefore, having put away falsehood, let each one of you speak the truth with his neighbor, for we are members one of another. 26 Be angry and do not sin; do not let the sun go down on your anger, 27 and give no opportunity to the devil. 28 Let the thief no longer steal, but rather let him labor, doing honest work with his own hands, so that he may have something to share with anyone in need. 29 Let no corrupting talk come out of your mouths, but only such as is good for building up, as fits the occasion, that it may give grace to those who hear. 30 And do not grieve the Holy Spirit of God, by whom you were sealed for the day of redemption. 31 Let all bitterness and wrath and anger and clamor and slander be put away from you, along with all malice. 32 Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you.

(1) Satan uses prideful anger (Eph. 4:27)

2. Take Thoughts Captive

(1) Be honest & speak (Eph. 4:15, 25)

(2) Timing is important (Eph. 4:26)

(3) Attack problems, not persons (Eph. 4:29, 31)

(4) Act, don't react (Eph. 4:31-32)

3. Destroy Arguments & Opinions

(1) Who told you and why did you tell yourself it's ok to be pridefully angry?

(2) Who told you or where did you learn that it's not ok to be helpfully angry?

Conclusion

I. Questions to ask yourself:

1. Have any imaginary conversations w/ anyone?
2. I think a lot about wrongs committed that affected me?
3. There are people I haven't forgiven?
4. People step clear of you or watch their words
5. I use sarcasm to mask real feelings.

Psalm 37:27-28 - Turn away from evil and do good; so shall you dwell forever. For the Lord loves justice; he will not forsake his saints.

It's time to let God do his job.

In the Gospel:

- (1) All wrong is made right
- (2) All loss is made whole

So you are free to turn your anger loose & allow God to be God.