

## Attacking Your Anger

James 1:19-25

58,500,000 hits on "anger" in Google

We live in an angry world where anger often turns to rage

- road rage, cell phone rage, check out line rage, waiting in line, can't find my wife in Walmart rage!

No matter what the reason for the rage, in a few seconds we can

- say or do something that can destroy a relationship that took years to build

- we need to protect relationships because:

Pr 18:19 *An offended brother is more unyielding than a fortified city, and disputes are like the barred gates of a citadel.*

It's harder to patch up a broken relationship than to capture a fortified city

and that arguments separate friends like a gate locked with iron bars.

Nothing hurts or destroys more relationships than anger.

### 1. The Categories Of Anger

First type - let anger loose; 2<sup>nd</sup> type - hold on to it.

Eph 4:31 *Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice.*

**a. Rage (wrath) (THUMOS)** - hot anger; anger let loose

Nick name: Harry Hothead (you may know him or be him)

"I blew my stack", "I have a short fuse", "I just got ticked off",

"I really told him off", "I just lost my temper"

Pr 29:22 *An angry man stirs up dissension, and a hot-tempered one commits many sins.*

This kind of anger is dangerous - when we lose temper, we lose jobs, friends, spouse

Anger/rage has destroyed more relationships and families than anything else

80% of all counseling has to do with anger

Bible says/commands: *"Get rid of all...rage"* = don't lose your temper

If Bible commands it, it means that it is possible.

**b. Anger (ORGAY)** - controlled anger - seek revenge; more lasting

Is this a better type of anger? No. The Bible says, get rid of all of it.

Men - THUMOS; Women - ORGAY, don't blow up immediately, builds up and smolders,

Nick name: Peggy Pouter - she doesn't blow up, she clams up, gives husband the silent treatment.

Eph 4:26 *Do not let the sun go down while you are still angry.* (Both kinds of anger)

Phyllis Diller: "Never go to bed angry. Stay up and fight." NOT

Paul wants us to deal with it, work it out, ask forgiveness

Allowing anger to smolder gives the devil a foothold. Deal w/it before the sun goes down.

### 2. The Causes of Anger

Anger - warning light on dashboard something's wrong - must ask: What caused me to be angry?

3 basic causes of anger

**a. Hurt** causes us to get angry

ie: hammer thumb ("Praise the Lord" -no) choice words, throw something

Hurt - physical,

Hurt - words/actions of others (last week's msg)

**b. Insecurity** causes us to get angry

Good self image is essential to attacking our anger

If we easily get angry by what people say - sign of insecurity

Ec 7:21 *Do not pay attention to every word people say, or you may hear your servant cursing you--*

Don't depend on opinions of others for self-esteem

- sometimes people say critical, negative, hurtful things.

- The more insecure we are, more angry we will be about these kind of remarks

**c. Frustration**

- failing to accomplish an objective can frustrate us to the point of anger

- H.S. typing class

- Language school - Bob Quarterman

- Red/green light - car in front not going quick enough

Frustration is lack of patience

Pr 14:29 *A patient man has great understanding, but a quick-tempered man displays folly.*

We need to cultivate understanding - work on it

We should practice "understanding" people & situations

Maybe even read instructions before starting a project rather than getting frustrated and angry

**SO WHAT?**

**3. The Cure for Anger**

To attack our anger - we must understand that anger is a choice

i.e. heated argument with spouse - phone rings, kind & gentle voice

We can control our anger if we do 3 things:

**a. Constrain our words** - Usually we express anger by words

Pr 12:18 *Reckless words pierce like a sword, but the tongue of the wise brings healing.*

Quote: "The quickest way to cut your own throat is with a sharp tongue."

*Reckless words* can hurt worse than physical blows.

"Sticks and stones may break my bones, but words will never harm me." - Hogwash!

**b. Consider the consequences**

"Is it worth hurting someone else?"

"What kind of example is this to my children?"

Consider Christian testimony. -

"Do I want to act foolish?"

Pr 29:11 *A fool gives full vent to his anger, but a wise man keeps himself under control.*

Simple - we're dumb if we lose our tempers.

More advice - don't try to reason with someone who is angry.

We can't reason with a fool. When angry - acting like a fool.

Pr 23:9 *Do not speak to a fool, for he will scorn the wisdom of your words.*

Pride kicks in, get's more stubborn when angry.

More advice: Ps 37:8 *Refrain from anger and turn from wrath; do not fret-- it leads only to evil.*

It's possible w/power of H.S.

**c. Control our responses -**

Angry responses don't solve problems, they make things worse

When angry - words and actions move faster than our minds.

"Be sure brain is engaged before putting mouth in gear."

Anger is temporary insanity.

We need to stop and think before responding (count to 10, take a deep breath)

Have you ever done something in anger, the 5 min. later wondered why?

James 1:19 *Everyone should be quick to listen, slow to speak and slow to become angry.*

Anger is a choice - we choose to, not because we have to.

It's our not parents', our spouses', our kids', or our bosses' fault.

It's not the circumstance

It's not the event that is causing our anger.

- it's our reaction that cause anger.

These are all practical human things we can do - there is one more thing - perhaps most important.

**d. Corner Satan**

Spiritual battle - Satan uses anger -

Eph 4:26 "*Do not let the sun go down while you are still angry, and do not give the devil a foothold.*"

1Pe 5:8,9 *Be self-controlled and alert. Your enemy the devil prowls around like a roaring lion looking for someone to devour. Resist him, standing firm in the faith,*

James 4:7 *Submit yourselves, then, to God. Resist the devil, and he will flee from you.*

**Ro 8:37 In all these things we are more than conquerors through him who loved us.**

Next week: "Defeating Discouragement"