

ANGER

I. ANGER AS A ROADBLOCK TO COMMUNICATION

- A. Strong emotion of displeasure
- B. Result from frustration of not having way

II. ANGER NEED NOT BE SIN

- A. Eph. 4:26 - *"Be ye angry and sin not."*
- B. Mark 3:5 - Healing of withered hand
- C. Drove out money changers

III. JUSTIFIED ANGER

- A. Aware you are angry (repression)
- B. You're in control of anger - temperance - self control
- C. Can control when have to--set priorities up
 - 1. Pr. 14:29 - *"He that is slow to wrath is of great understanding: but he that is hasty of spirit exalteth folly."*
 - 2. Pr. 15:1 - *"A soft answer turneth away wrath: but grievous words stir up anger."*
 - 3. Pr. 16:32 - *"He that is slow to anger is better than the mighty; and he that ruleth his spirit than he that taketh a city."*
- D. Angry against sin and sinful things
 - 1. Not directed toward persons
 - 2. Solution-oriented
 - a. Size up problem
 - b. Try to fix responsibilities
 - c. Turn as quickly as possible toward solving the problem
 - Biblically
 - 3. Problem-oriented
 - a. Talk about problem
 - b. Feel sorry for self
 - c. Blameshifting - who's at fault

IV. ANGER MAY BE SINFUL

- A. Ventilation
 - 1. Quick-tempered
 - a. Pr. 29:11 - *"A fool uttereth all his mind: but a wise man keepeth it in till afterwards."*
 - b. Pr. 25:28 - *"He that hath no rule over his own spirit is like a city that is broken down, and without walls."*
 - c. Pr. 19:11 - *"The discretion of a man deferreth his anger; and it is his glory to pass over a transgression."*
 - d. Pr. 29:20 - *"A fool uttereth all his mind: but a wise man keepeth it in till afterwards."*
 - e. Pr. 29:22 - *"An angry man stirreth up strife, and a furious man aboundeth in transgression."*

f. Pr. 14:17 - *"He that is soon angry dealeth foolishly: and a man of wicked devices is hated."*

g. Pr. 15:18 - *"A wrathful man stirreth up strife: but he that is slow to anger appeaseth strife."*

B. Internalization

1. Let not sun go down on wrath
2. Nursing grudge grows into hatred
3. Bitterness
4. Conflict
 - a. Value of conflict

V. DIRTY FIGHTING

VI. CONFLICT RESOLUTIONS

- A. To begin, should point to self
- B. Issues vs. attitudes

VII. NEED FOR FORGIVENESS - RECONCILIATION

A. Mt. 5:23 - *"Therefore if thou bring thy gift to the altar, and thee rememberest that thy brother hath ought against thee; leave thee thy gift before the altar, and go thy way; first be reconciled to thy brother, and then come and offer thy gift."*

VIII. LOVE SHOULD TAKE PLACE OF ANGER

- A. Spirit of giving