



## What Are We So Angry About?

**Ephesians 4:26-27: (NASB) <sup>26</sup>Be angry, and yet do not sin; do not let the sun go down on your anger, <sup>27</sup>and do not give the devil an opportunity.**



Anger and rage - these are two emotions that are all too familiar in our present day. How often do we hear of random acts of violence? Think about what that means - it is something done that causes hurt to others who just happen to be in the way. Where does all of this anger come from? How can we better control our anger? Can anger ever be a good thing?

 Introduction, *Fox News 2 (February, 2014)*

- (News anchor) Well, did you ever notice how often people get angry these days? We wanted to find out why people are flipping out. Fox 2's Shawndrea Thomas has some interesting insight for us. Shawndrea?
- (Shawndrea) You know, Sandy, this was a very interesting story to do; very insightful - let's just put it that way. We're talking road rage, girl fights, vandalism. We can go on and on about what people do when they get angry and it seems like more and more people are lashing out these days, so we hit the streets of St. Louis to find out why.

**Merriam Webster Online Dictionary:** Anger (noun) A strong feeling of being upset or annoyed because of something wrong or bad. The feeling that makes someone want to hurt other people, to shout, etc. The feeling of being angry.

Let's start by looking at the way anger is described in the Old Testament...what do the following verses all have in common?

**Genesis 2:7: (KJV)** And the LORD God formed man of the dust of the ground, and breathed into his **nostrils <639>** the breath of life; and man became a living soul.

**Proverbs 11:22: (KJV)** As a jewel of gold in a swine's **snout <639>**, so is a fair woman, which is without discretion.

**1 Samuel 24:8: (KJV)** David also arose afterward, and went out of the cave, and cried after Saul, saying, My lord the king. And when Saul looked behind him, David stooped with his **face <639>** to the earth, and bowed himself.

**Psalms 10:4: (KJV)** The wicked, through the pride of his **countenance <639>**, will not seek after God: God is not in all his thoughts.

**Job 4:9: (KJV)** By the blast of God they perish, and by the breath of his **nostrils <639>** are they consumed.

We are starting to see a common theme of a "face," specifically the nose.





**Exodus 4:14:** (KJV) *And the **anger <639>** of the LORD was kindled against Moses, and he said, Is not Aaron the Levite thy brother? I know that he can speak well. And also, behold, he cometh forth to meet thee: and when he seeth thee, he will be glad in his heart.*

**Psalms 106:39-40:** (KJV) *<sup>39</sup>Thus were they defiled with their own works, and went a whoring with their own inventions. <sup>40</sup>Therefore was the **wrath <639>** of the Lord kindled against his people, insomuch that he abhorred his own inheritance.*

**Anger:** Strongs #639 properly, the nose or nostril; hence, the face, and occasionally a person; also (from the rapid breathing in passion) ire

AV-anger 172, wrath 42, face 22, nostrils 13, nose 12, angry 4, longsuffering 4, countenance 1, forbearing 1, forehead 1, snout 1, worthy 1

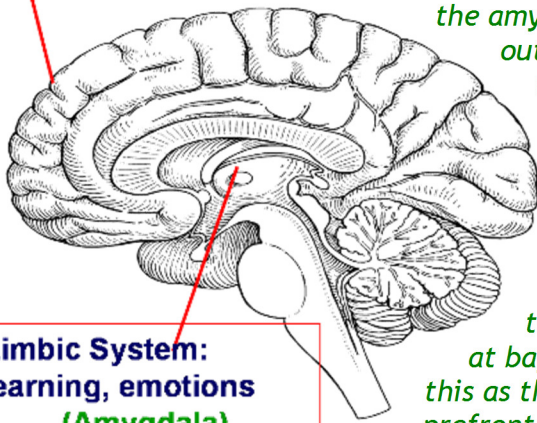
The same word translated **wrath** or **anger** in the Old Testament is also translated **face, nostrils, nose** and **countenance**.

 **Chemical responses, The Science of Anger, Life Noggin**

- *Have you ever been so angry that you start to relate to those cartoon characters who have steam coming out their ears? Or maybe you feel like your blood is boiling beneath your skin. Even though you may know what the external cause of your anger is, what's actually going on inside your body when you're angry? That's what we're going to find out. Imagine that you are driving on a freeway and somebody suddenly cuts you off. You almost likely get angry and either honk your horn or possibly give them a not-so-nice hand gesture. Inside your brain, the amygdala which responds to outside stimuli, processes*



**Frontal Cortex:**  
decision-making, self-control



**Limbic System:**  
learning, emotions  
(Amygdala)

*the car cutting you off and coordinates the release of neurotransmitters called catecholamines. These cause you to feel a burst of energy preparing you for physical action. The hormones epinephrine and norepinephrine are also released increasing your blood pressure. Your heart rate increases and your face may flush as the blood rushes to your extremities. If you've ever seen someone so angry that they turn red as a lobster, this is why. If you want to keep this anger at bay, you'll have to use your prefrontal cortex. You can think of this as the area that controls your judgment, and if you don't use your prefrontal cortex you may act aggressively towards others.*

Chemical responses create the physical responses - the outward appearance of anger - which in turn is the reason the Old Testament uses a word describing the face for anger - you can "read" anger in someone's face!

The word used here is primarily related to God's anger:

**Psalms 85:5:** (KJV) *Wilt thou be **angry <599>** with us forever? Wilt thou draw out thine **anger <639>** to all generations?*



**Angry:** Strongs #599 'anaph (aw-naf)'; to breathe hard, i.e. be enraged  
AV-angry 13, displeased 1

### What did Jesus teach us about our use of anger?

**Psalm 85:4-7:** (NASB) <sup>4</sup>Restore us, O God of our salvation, and cause Your indignation toward us to cease. <sup>5</sup>Will You be **angry <599>** with us forever? Will You prolong Your **anger <639>** to all generations? <sup>6</sup>Will You not Yourself revive us again, that Your people may rejoice in You? <sup>7</sup>Show us Your loving-kindness, O LORD, and grant us Your salvation.

Do we have a right to be angry?

 **More opportunities and outlets, Fox News 2, (February 2014)**



- (Shawndrea) *Let's face it; we all get frustrated. We see it every day - people flying off the handle. Is it the economy, bad drivers, the government shut down? Sometimes it feels like we're living in an angry society, so I went to Saint Louis University sociology professor, Dr. Dan Monti, for answers.*
- (Dr. Monti) *We have more opportunities for being angry and there are seemingly more objective reasons to be upset: Income inequality, continuing racial, ethnic and gender disparities.*
- (Interviewer) *Dr. Monti says violence has dropped in the last 100 years when it comes to severe mob attacks in the U.S., but Americans are still lashing out.*
- (Dr. Monti) *In actuality, we have more outlets to express our bigger little pieces of anger.*

We have so many different ways of expressing anger today that become very public very quickly!



New Testament portrayal of anger:

**Anger:** Strongs #3710 orgizo (or-gid'-zo); to provoke or enrage  
i.e. (passively) become exasperated  
AV-be angry 5, be wroth 3

Jesus in Matthew 5 set groundwork for his higher teachings by referring back to the Old Testament Law or some interpretation of it. When he says, *you have heard it said*, he is preparing to elevate the standard from what was to his new standard of Christ-likeness. In other words, "Think about what you have always been taught; now hear what I say to you in order to live a higher way."





### Jesus deals with anger in this context:

Matthew 5:21-22: (Phillips) <sup>21</sup>You have heard that it was said to the people in the old days, Thou shalt not murder, and anyone who does so must stand his trial.



To murder was a cause to stand trial - same as today.



### Jesus would then elevate this standard:

<sup>22</sup>But I say to you that anyone who is **angry <3710>** with his brother must stand his trial...

In other words, you should be put in check much sooner because anger leads down a devious road. For the followers of Jesus, being angry is a cause to stand trial. Back in biblical times there were judges, a court of seven (some say 23) men empowered to judge certain classes of crimes.

Anger is an internal sin (unless it is obviously shown on your face!) in which you have not necessarily done anything against your brother except within your own heart.

Jesus meant that if you are "living angry," you are not truly following his example.

What about righteous indignation? Jesus DID get angry several times.

<sup>22</sup>...anyone who contemptuously calls his brother a fool must face the supreme court...

*Of the council* - The High Council of Sanhedrin made up of 71 men; the highest court of the Jews reserved to judge the gravest offenses.

*...and anyone who looks down on his brother as a lost soul is himself heading straight for the fire of destruction.*

Jesus really caused them (and us!) to stop and consider. We need to stop and ask forgiveness when we start heading down that wrong path of thought to make our hearts right. Easier said than done, but that is the exercise he is teaching us.

The root word for *anger* expressed above:

**Anger:** Strongs #3709 orge (or-gay'); properly, desire (as a reaching forth or excitement of the mind), i.e. (by analogy) violent passion (ire, or [justifiable] abhorrence);  
by implication punishment  
AV-wrath 31, anger 3, vengeance 1, indignation 1

*I shall allow no man to belittle my soul by making me hate him. — Booker T. Washington*

**Jesus applies this anger in his own actions, but nowhere gives us the right to do the same:**

Mark 3:5: (KJV) And when he had looked round about on them with **anger <3709>**, being grieved for the hardness of their hearts, he saith unto the man, stretch forth thine hand. And he stretched it out: and his hand was restored whole as the other.

Jesus was not afraid to cause controversy, because he stood for something pure and right.



*Being grieved* - like Jesus, we should not sympathize with that which is out of harmony with God. This is the key to "correct" anger - being in harmony with God. More on this to follow.

This next audio clip is a six-year old lecturing her mom about improving the relationship of her divorced parents.

 **Not high up meanies, Six-year old girl asking her divorced parents to be friends**  
[www.youtube.com/watch?v=0oelgh3lemc](http://www.youtube.com/watch?v=0oelgh3lemc)

- (Tiana) Mom, are you ready to be his friend?
- (Mother) Yes.
- (Tiana) Try not to be that high up to be friends. I want everything to be low. Okay? Just try your best. I don't want you and my dad to be replaced and meanies again. I want you and my dad to be placed and settled and be friends. I'm not trying to be mean, I just want everyone to be friends.



In other words, do not let your emotions run you.

**The Golden Rule is one of the most simple and profound sayings ever uttered at any time anywhere:**

**Matthew 7:12:** (NASB) *In everything, therefore, treat people the same way you want them to treat you, for this is the Law and the Prophets.*

**Today we have "road rage."**

**Back in the Apostles' time, what did "religion rage" look like?**

 **Hurt, fear and injustice, Anger Management - Real Causes, DriveThru-Therapy**

- *Something occurs before you or anyone else feels angry. What really feels first is the feelings of hurt, fear and injustice. These are the primary emotions that trigger feelings of anger. Very simple. Anger is a secondary emotion triggered by a primary emotion. Most of all the other emotions are secondary emotions that we feel, such as anxious, disgusted, feeling sad, feeling frustrated, just to name a few of the secondary emotions.*

**FEAR (and one can argue a feeling of injustice was present as well):**

**Acts 6:9-11:** (NASB) <sup>9</sup>*But some men from what was called the Synagogue of the Freedmen, including both Cyrenians and Alexandrians, and some from Cilicia and Asia, rose up and argued with Stephen. <sup>10</sup>But they were unable to cope with the wisdom and the Spirit with which he was speaking. <sup>11</sup>Then they secretly induced men to say, we have heard him speak blasphemous words against Moses and against God.*

They got mad because they could not make their point. They induced others to start speaking lies about Stephen, because if they could not get him through debate, they would get him through false accusations. Look at what anger from not getting our way can bring us to!

**Notice how they recruit the masses to their group:**

**Acts 6:12-15:** (NASB) <sup>12</sup>*And they stirred up the people, the elders and the scribes, and they came up to him and dragged him away and brought him before the Council. <sup>13</sup>They put forward false witnesses who said, this man incessantly speaks against this holy place and the Law; <sup>14</sup>for we have heard him say that this Nazarene, Jesus, will destroy this place and alter the customs*



which Moses handed down to us. <sup>15</sup>And fixing their gaze on him, all who were sitting in the Council saw his face like the face of an angel.

The frenzy led these “religious men” to act in very unreligious ways. That is what can happen with anger. Just because we call ourselves “Christians” does not mean we are above that or that all of our anger is “righteous anger.” We are emotional creatures and anger can be a very destructive emotion unless used merely as a tool.

**Speak when you are angry and you'll make the best speech you'll ever regret. — Laurence J. Peter**



A caller from Connecticut suggests: I am angry at my own anger! If you speak when you are angry, you will say things you will regret. I met a young, petite high school teacher and I asked her how she handles discipline. She responded, “I give them the death look.” That reminds me of the Scriptures you read about expressions and how much an expression can reveal. Why God permits evil is a constant question. Psalms 30:5: *For his anger endureth but a moment; in his favor is life: weeping may endure for a night, but joy cometh in the morning.* God’s anger only lasts for a moment. What a promise!

**Stephen spoke observational truth fearlessly - he tells them how it is! They become disgusted with him:**

Acts 7:52-58: (NASB) <sup>52</sup>Which one of the prophets did your fathers not persecute? They killed those who had previously announced the coming of the Righteous One, whose betrayers and murderers you have now become; <sup>53</sup>you who received the law as ordained by angels, and yet did not keep it. <sup>54</sup>Now when they heard this, they were cut to the quick, and they began gnashing their teeth at him. <sup>55</sup>But being full of the Holy Spirit, he gazed intently into heaven and saw the glory of God, and Jesus standing at the right hand of God; <sup>56</sup>and he said, Behold, I see the heavens opened up and the Son of Man standing at the right hand of God. <sup>57</sup>But they cried out with a loud voice, and covered their ears and rushed at him with one impulse. <sup>58</sup>When they had driven him out of the city, they began stoning him; and the witnesses laid aside their robes at the feet of a young man named Saul.

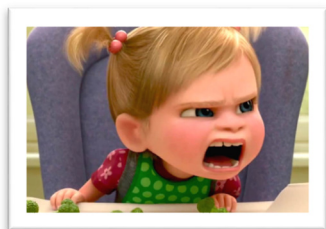
When adopted by the masses, disgust becomes an uncontrollable force of destruction and ruin.

Imagine the thoughts of justification that must have overwhelmed those who just committed murder. They would have said things like, “This had to be done.” “We had no choice.” “He was delusional.” “The glory of God was at stake.” This was all because anger was allowed to take hold and explode! We can justify overreaction. This is one of the tools used all too effectively by Satan.



**Trigger to explosion, What is a Trigger, Dr. Paul Hegstrom, [lifeskillsint.org](http://lifeskillsint.org)**

- See, most of the time when we trigger we go immediately to explosion, and our anger shows. But anger is never a primary emotion, ever. Never a primary emotion. Anger is always a secondary response to a primary emotion. When we have a background of explosion, then when I want to explode I take a time out and go in the back door and say that’s a feeling. I’m angry, but what’s the primary feeling? That’s a secondary feeling, but what’s primary? I identify the primary, and then I can stop right on the spot and I just traced it back. We speak at 130 words per minute. We think at 1,300 words per minute, so that gives us a lot of time in a fast way to dig deep.





### How *should* our mind be triggered?

Mark 12:29-31: (NASB) <sup>29</sup>Jesus answered, the foremost is, HEAR, O ISRAEL! THE LORD OUR GOD IS ONE LORD; <sup>30</sup>AND YOU SHALL LOVE THE LORD YOUR GOD WITH ALL YOUR HEART, AND WITH ALL YOUR SOUL, AND WITH ALL YOUR MIND, AND WITH ALL YOUR STRENGTH. <sup>31</sup>The second is this, YOU SHALL LOVE YOUR NEIGHBOR AS YOURSELF. There is no other commandment greater than these.

These two things take away all reason for unjustifiable anger: Love God, love your neighbor.

### Nutella incident, Los Angeles Times, September 20, 2015

- A 78-year old is recovering tonight after being punched in the face by another shopper at Burbank's Costco store. It apparently happened when the victim chastised the other guy for taking too many free Nutella samples from a sample cart yesterday morning. Police arrested a 24-year old suspect and charged him with elder abuse. The older man was hospitalized with a cut above his eye.



Anger is a justifiable response in so many hearts and minds and it gets us into trouble.



A caller from Connecticut suggests: I find myself being angry with my elderly neighbor's relatives who do not help him out. He is in the beginning stages of Alzheimer's. I find myself getting angry at his relatives who are not helping him. They just told me it would be fine if I could find a nursing home in my area. They do not want to see him and never send him any cards for his birthday or Christmas. He is getting more depressed. How do I control that anger?

Continue to help and provide him service and companionship that is needed. Perhaps firmly state to the relatives what they should be doing - without getting angry - you are at least telling them the truth of the matter without lashing out. There may not be anything more you can do. Perhaps the state can intervene?

There is a justifiable sense of anger. From a scriptural principle, we have to try to move things forward in a positive way as best as we can.

### How should we handle anger?

Romans 12:17-19: (NASB) <sup>17</sup>Never pay back evil for evil to anyone. Respect what is right in the sight of all men. <sup>18</sup>If possible, so far as it depends on you, be at peace with all men. <sup>19</sup>Never take your own **revenge** <3709>, beloved, but leave room for the wrath of God, for it is written, VENGEANCE IS MINE, I WILL REPAY, says the Lord.

### What did Jesus teach? What did Jesus do? First his words:

Matthew 5:43-48: (NASB) <sup>43</sup>You have heard that it was said; YOU SHALL LOVE YOUR NEIGHBOR and hate your enemy. <sup>44</sup>But I say to you, love your enemies and pray for those who persecute you, <sup>45</sup>so that you may be sons of your Father who is in heaven; for He causes His sun to rise on the evil and the good, and sends rain on the righteous and the unrighteous.





Jesus introduced a higher standard, telling us that it is not a preference but a **RESPONSIBILITY** for us to love those who would see us hurt or embarrassed, for God allows blessings to them as well.

<sup>46</sup>For if you love those who love you, what reward do you have? Do not even the tax collectors do the same? <sup>47</sup>If you greet only your brothers, what more are you doing than others? Do not even the Gentiles do the same? <sup>48</sup>Therefore you are to be perfect, as your heavenly Father is perfect.

## Anger Management

### HINT



We often tell our children to "use your words" when they are angry.

We as Christian adults should learn to "use His words" when we are angry!

 **Smile.** I think you can, *Six-year old girl asking her divorced parents to be friends*

- *(Tiana) And if I can be nice I think all of us can be nice too. I'm not trying to be mean but I'm trying to do my best in my heart. Nothing else than that. I want you mom, my dad, everyone to be friends. I want everyone to be smiling - not like being mad. I want everything to smile especially when I see someone, I want them to smile. Especially Nana, everyone, I want everyone to smile. And if that's for my dad and you mom, I think you can do it. I think you can settle your mean heights down a little to short heights.*

***In times of great stress or adversity, it's always best to keep busy, to plow your anger and your energy into something positive. — Lee Iacocca***



A caller from Virginia asks what do you do when someone is angry with you? How do you react specifically to a spouse who is very angry and threatening?

Proverbs 15:1: (KJV) *A soft answer turns away wrath...*

If we continue to live in a righteous, loving way as an example of Christ in our daily life, those who are angry eventually run out of things to yell about because you are doing the right things. Jesus gave his life for and let himself be the victim of those who were angry. He did that because he had a higher purpose.





(If there is violence involved, our caller needs to be strong enough to report it and get away from it. Absorbing abuse is not appropriate. Do not be afraid to seek help.) Living higher takes you out of reciprocating anger because anger provokes anger.

### What made Jesus angry?

John 2:12-17: (KJV) <sup>12</sup>After this he went down to Capernaum, he, and his mother, and his brethren, and his disciples: and they continued there not many days. <sup>13</sup>And the Jews Passover was at hand, and Jesus went up to Jerusalem, <sup>14</sup>And found in the temple those that sold oxen and sheep and doves, and the changers of money sitting: <sup>15</sup>And when he had made a scourge of small cords, he drove them all out of the temple, and the sheep, and the oxen; and poured out the changers' money, and overthrew the tables; <sup>16</sup>And said unto them that sold doves, Take these things hence; make not my Father's house an house of merchandise. <sup>17</sup>And his disciples remembered that it was written; the zeal of thine house hath eaten me up.



What was Jesus angry about, and what did he do about it?

### Observations:

- Jesus did not seek to do harm; he simply sought to stop the extortion because they were stealing from the people.
- Jesus drove out the animals that were easily recovered.
- Jesus did not set loose the doves because they would not have been easily recovered - they would have flown away.

His anger was not an out of control rage. It was with a purpose to stop the extortion. He was not trying to make himself feel better; he was stopping an injustice against his Father.

## Anger Management

### HINT



When action is necessary to restore order, be sure to only restore the order that needs restoring – anything beyond that is none of your business!



A caller from Connecticut asks how to separate being angry when you know a family member has used you when you have helped them but they do not want anything to do with you anymore?



What did Jesus do? He was used and abused by many. He rose above it and gave his life for them. As a Christian, our responsibility is to TRY to place ourselves in a position where we can say we have seen the injustice, we have talked about it and they do not want to change. I will let it be a part of my past, not part of my present and certainly not let it ruin my future.

### Where does the negative and positive potential for our anger come from?

James 4:1-4: (NASB) <sup>1</sup>What is the source of quarrels and conflicts among you? Is not the source your pleasures that wage war in your members? <sup>2</sup>You lust and do not have; so you commit murder. You are envious and cannot obtain; so you fight and quarrel. You do not have because you do not ask. <sup>3</sup>You ask and do not receive, because you ask with wrong motives, so that you may spend it on your pleasures. <sup>4</sup>You adulteresses, do you not know that friendship with the world is hostility toward God? Therefore whoever wishes to be a friend of the world makes himself an enemy of God.

Why do we have all of the quarrels and conflicts? Because of our flesh! When we do not get what we want, we get mad! Negative anger comes out of our sinful human minds. The devil smiles at this because he takes us off of our focus of being Christ-like and working together to serve God and each other. Who are you going to serve? Satan is served by feeding our emotions and reacting out of anger. God is served by rising above, rising higher, being different from everything around you.

Galatians 5:13-24: (NASB) <sup>13</sup>For you were called to freedom, brethren; only do not turn your freedom into an opportunity for the flesh, but through love serve one another. <sup>14</sup>For the whole Law is fulfilled in one word, in the statement, YOU SHALL LOVE YOUR NEIGHBOR AS YOURSELF.

The application to us now is that **love must override anger** as the chosen response of a Christian life! Anger might not totally go away, but we need to put love in front of it.

<sup>15</sup>But if you bite and devour one another, take care that you are not consumed by one another. <sup>16</sup>But I say walk by the Spirit, and you will not carry out the desire of the flesh. <sup>17</sup>For the flesh sets its desire against the Spirit, and the Spirit against the flesh; for these are in opposition to one another, so that you may not do the things that you please.

Every time Jesus got angry, it was for the betterment of those he was angry against.



A caller from California suggests: Thank you very much for putting the archived programs on your website. It is easier for me than listening live! Ephesians 4:26: *Be ye angry, and sin not: let not the sun go down upon your wrath.* It appears the Bible is saying you can be angry. I looked up the word "sin" and it means "to violate or trespass." This reminds me of the Nutella audio clip. The young man could have been angry but he violated the old man and took it too far. Next, *Let not the sun go down upon your wrath.* To me that means do not take it to the next morning. Clear it up the night of the problem. I think of married couples particularly. That is what this Scripture is telling me. As far as provoking people to anger, it is not *what* you say; often it is *how* you say it.



We received an email this week from a longtime listener: I love our time together. It seems as though your topics are meant just for me. I often get a word from God through you that I can take into my week to meditate on.

This is exactly our objective: To spread the Gospel to our listeners so you can take that Gospel and its application with you everywhere. If we can learn to do that collectively, we can battle anger in a whole different way.

**That small decision to choose your response leads to dramatically different end results! Look:**

*<sup>18</sup>But if you are led by the Spirit, you are not under the Law. <sup>19</sup>Now the deeds of the flesh are evident, which are: immorality, impurity, sensuality, <sup>20</sup>idolatry, sorcery, enmities, strife, jealousy, outbursts of anger, disputes, dissensions, factions, <sup>21</sup>envying, drunkenness, carousing, and things like these, of which I forewarn you, just as I have forewarned you, that those who practice such things will not inherit the kingdom of God. <sup>22</sup>But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, <sup>23</sup>gentleness, self-control; against such things there is no law. <sup>24</sup>Now those who belong to Christ Jesus have crucified the flesh with its passions and desires.*


## Anger Management



### HINT

To choose  
we must think  
and to think  
we must know  
what to think about

Our emotions will try to tell us what to think about but we must replace the reaction from the anger trigger with something positive like loving one another and provoking one another to good works.

 **Be steady and not a monster, Six-year old girl asking her divorced parents to be friends**

- (Tiana) I'm not trying to be mean. I'm not trying to be a bully. I'm trying to be steady on the floor. Not way down. On straight. On the middle where my heart is. My heart is something. Everyone else's heart is something too and if we live in a world where everyone's being mean everyone's going to be a monster in their future. What if there's just a little bit of persons and we will eat them then no one would ever be here. Only the monsters in our place.*

Anger eats people up! Be steady so we can deal with the difficulties of life.





### Another example (excerpt only) of Jesus showing positive anger:

Matthew 23:13-15: (KJV) *<sup>13</sup>But woe unto you, scribes and Pharisees, hypocrites! For ye shut up the kingdom of heaven against men: for ye neither go in yourselves, neither suffer ye them that are entering to go in. <sup>14</sup>Woe unto you, scribes and Pharisees, hypocrites! For ye devour widows' houses, and for a pretense make long prayer: therefore ye shall receive the greater damnation. <sup>15</sup>Woe unto you, scribes and Pharisees, hypocrites! For ye compass sea and land to make one proselyte, and when he is made, ye make him twofold more the child of hell than yourselves.*

What made Jesus angry? His love for God, his love for righteousness and his love for those who were hurting themselves in their own hypocrisy and unrighteousness. He was angry at them because they were hurting themselves. But remember, this anger came out only after trying to communicate with the Pharisees for three and a half years! He used anger as a last resort for their benefit. (Also note he did not publicly call out any individual, but he did call out the entire Pharisee class.)

## Anger Management

### HINT



Righteous anger is  
always focused  
on helping  
and never  
on venting!

If our anger is focused on venting our frustrations - our feelings - then our anger is not directed to others. Vent it out another way. Run. Swim. Get on the treadmill. Righteous anger is not to make "me" feel better.



A CQ App user suggests: When I am angry I continue to do things for the person I'm angry with as needed. I think in my mind I am doing it for the Lord, not the person I am mad at. I will do anything for the Lord.

That is a great way to subvert the emotion - replace it with something higher!

**How can we better recognize the birth of anger,  
so as to better avoid and replace it?**

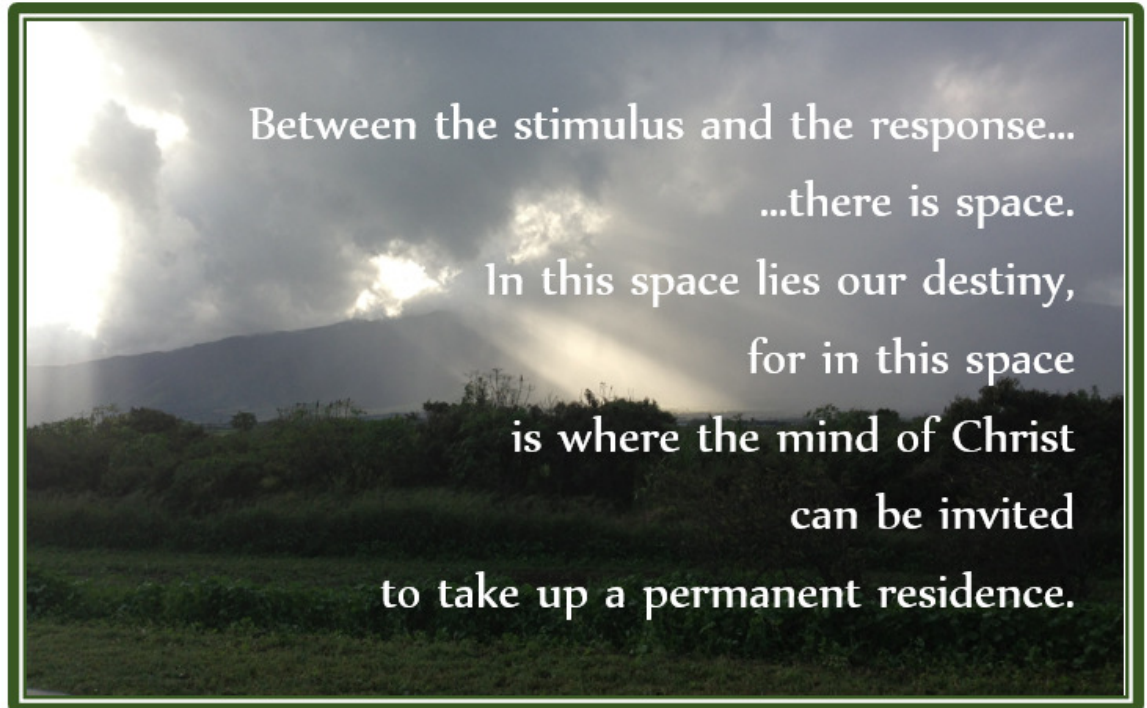
 **Physiological consequences, *The Science of Anger, Life Noggin***

- *Note that constant chronic anger can greatly increase a person's chance of getting a heart disease like high blood pressure or heart attacks. Anger and the heart are very connected. This is because epinephrine and norepinephrine constrict blood vessels making your heart pump harder. These two hormones*



*also increase the amount of glucose and fatty acids in the blood. The increased levels can lead to damage in artery walls and speed up the process of atherosclerosis. When the fatty plaque builds up in the arteries it narrows them and increases the flow of oxygen-rich blood to the body. This can lead to heart attack, stroke, or death but fear not! There are healthy ways to control your anger such as meditation, anger management therapy, exercise or even just relaxing and doing something fun.*

**James 1:19-20: (KJV)** <sup>19</sup>Wherefore, my beloved brethren, let every man be swift to hear, slow to speak, slow to **wrath <3709>**: <sup>20</sup>For the **wrath <3709>** of man worketh not the righteousness of God.



It really does work! If you allow the mind of Christ to live in the space between what happened and how you respond, it becomes the filter through which your response will come. That is the way to subvert the natural emotion of anger.

Oftentimes the Psalms end with the word *Selah*. This means stop, pause and consider what you have just read. We need to think, *Selah*! What would the Lord have me to say? How would the Lord have me react? This helps us understand that space really does exist between the stimulus and our response.

**Ephesians 4:25-27: (NASB)** <sup>25</sup>Therefore, laying aside falsehood, **SPEAK TRUTH EACH ONE of you WITH HIS NEIGHBOR**, for we are members of one another. <sup>26</sup>**BE ANGRY, AND yet DO NOT SIN**; do not let the sun go down on your anger, <sup>27</sup>and do not give the devil an opportunity.



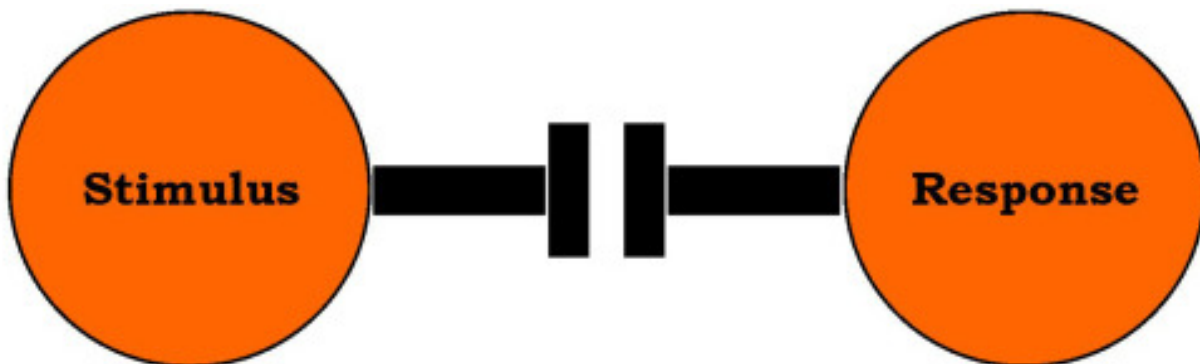
It is okay to be angry but it is NOT okay for that anger to be damaging. Do I speak truth or exaggeration? Exaggeration feeds anger.



## Is my anger positive to build up or devilish and full of ego?

**Ephesians 4:28-32:** (NASB) <sup>28</sup>He who steals must steal no longer; but rather he must labor, performing with his own hands what is good, so that he will have something to share with one who has need. <sup>29</sup>Let no unwholesome word proceed from your mouth, but only such a word as is good for edification according to the need of the moment, so that it will give grace to those who hear.

Am I personally responsible for me? Do my words reflect Jesus or satanic thinking? We have a choice. Whom do we choose to serve in that space between the stimulus and the response?



Between stimulus and response there is a space. In that space is our power to choose our response. ~ Victor Frankl

<sup>30</sup>Do not grieve the Holy Spirit of God, by whom you were sealed for the day of redemption. <sup>31</sup>Let all bitterness and wrath and **anger <3709>** and clamor and slander be put away from you, along with all malice. <sup>32</sup>Be kind to one another, tenderhearted, forgiving each other, just as God in Christ also has forgiven you.

Only by the grace of God were we forgiven for our sins when we did not deserve it. That is one way to deal with our anger. Forgive one another as God has forgiven you.

This does not mean people should be released from consequences. It means they should be released from the consequence of our anger. Otherwise it will weigh us down with frustration and anxiety.

We have to ask ourselves, who is honored by my behavior? Is God's power in me being reflected or rejected?

 **As good as possible, Six-year old girl asking her divorced parents to be friends**

- (Tiana) We need everyone to be a person. Everyone including me and my mom. Everyone. I just want everything to be settled down. Nothing else. I just want everything to be good as possible. Nothing else.
- (Mother) Thank you, Tiana. I love you.
- (Tiana) I love you, too.





Can we think of a good example of someone changing their life from anger-based to God-based?

**Paul before King Agrippa recounting his conversion:**

**Acts 26:9-25:** (NASB) <sup>9</sup>So then, I thought to myself that I had to do many things hostile to the name of Jesus of Nazareth. <sup>10</sup>And this is just what I did in Jerusalem; not only did I lock up many of the saints in prisons, having received authority from the chief priests, but also when they were being put to death I cast my vote against them. <sup>11</sup>And as I punished them often in all the synagogues, I tried to force them to blaspheme; and being furiously enraged at them, I kept pursuing them even to foreign cities.

**Paul as a Pharisee was NOT slow to anger - his reaction FED and PROVOKED his response!**

<sup>12</sup>While so engaged as I was journeying...<sup>13</sup>at midday, O King, I saw on the way a light from heaven, brighter than the sun, shining all around me and those who were journeying with me. <sup>14</sup>And when we had all fallen to the ground, I heard a voice saying to me in the Hebrew dialect, Saul, Saul, why are you persecuting me? It is hard for you to kick against the goads. <sup>15</sup>And I said, who are You, Lord? (This was Paul's new reaction) And the Lord said, I am Jesus whom you are persecuting. <sup>16</sup>But get up and stand on your feet; for this purpose I have appeared to you, to appoint you a minister and a witness not only to the things, which you have seen, but also to the things in which I will appear to you...

Get up and stand on your feet - although this was a literal request, it could also have meant to stop groveling to your base emotions. “Get up, get grounded. I have a mission for you!”

**And here is Paul's new response:**

<sup>19</sup>So, King Agrippa, I did not prove disobedient to the heavenly vision, <sup>20</sup>but kept declaring both to those of Damascus first, and also at Jerusalem and then throughout all the region of Judea, and even to the Gentiles, that they should repent and turn to God, performing deeds appropriate to repentance.

What a difference in attitude! Notice, there is no anger needed to feed the fire of his passion - only love and the mind of Christ! The Apostle Paul was humble enough to make the change.

# Anger Management

## HINT

Find the depth  
of your passion in  
only  
that which is godly!





**So, what are we so angry about?  
For Jonathan and Rick and Christian Questions...  
Think about it...!**

**And now even more to think about...  
only in the Full Edition of CQ Rewind!**



**Anybody can become angry - that is easy, but to be angry with the right person and to the right degree and at the right time and for the right purpose, and in the right way - that is not within everybody's power and is not easy. — Aristotle**

**When anger rises, think of the consequences. — Confucius**

**Another example of Jesus angry - this time at the Apostle Peter:**

**Matthew 16:21-28:** (NRSV) <sup>21</sup>From that time on, Jesus began to show his disciples that he must go to Jerusalem and undergo great suffering at the hands of the elders and chief priests and scribes, and be killed, and on the third day be raised. <sup>22</sup>And Peter took him aside and began to rebuke him, saying, God forbid it, Lord! This must never happen to you. <sup>23</sup>But he turned and said to Peter, Get behind me, Satan! You are a stumbling block to me; for you are setting your mind not on divine things but on human things.

**This sounds like Jesus is really beating Peter up!**

**Satan:** Strongs #4567 satanav Satanas sat-an-as' of Aramaic origin corresponding to 4566

**AV-Satan 36; adversary (one who opposes another in purpose or act)**

**Here is how Jesus ends his public rebuke of Peter - notice how the lesson is all about coming up higher to a level of true self-sacrifice:**

<sup>24</sup>Then Jesus told his disciples, If any want to become my followers, let them deny themselves and take up their cross and follow me. <sup>25</sup>For those who want to save their life will lose it, and those who lose their life for my sake will find it. <sup>26</sup>For what will it profit them if they gain the whole world but forfeit their life? Or what will they give in return for their life? <sup>27</sup>For the Son of Man is to come with his angels in the glory of his Father, and then he will repay everyone for what has been done. <sup>28</sup>Truly I tell you, there are some standing here who will not taste death before they see the Son of Man coming in his kingdom. All the people was astonished at his doctrine.

**Next, some very practical scriptural ways to elevate us away from anger...**

**Know where you came from and the consequences that sinful humanity will face:**

**Colossians 3:5-11:** (NASB) <sup>5</sup>Therefore consider the members of your earthly body as dead to immorality, impurity, passion, evil desire, and greed, which amounts to idolatry. <sup>6</sup>For it is because of these things that the wrath of God will come upon the sons of disobedience, <sup>7</sup>and in them you also once walked, when you were living in them.

**Decide to put aside what actually needs to be put aside:**

<sup>8</sup>But now you also, put them all aside: anger, wrath, malice, slander, and abusive speech from your mouth. <sup>9</sup>Do not lie to one another, since you laid aside the old self with its evil practices,

**Decide to adopt what needs to be adopted:**

<sup>10</sup>and have put on the new self who is being renewed to a true knowledge according to the image of the One who created him—<sup>11</sup>a renewal in which there is no distinction between Greek and Jew, circumcised and uncircumcised, barbarian, Scythian, slave and freeman, but Christ is all, and in all.



## Biblical treatment of anger - New Testament remedy:

**Galatians 6:6-10:** (NASB) *“The one who is taught the word is to share all good things with the one who teaches him. <sup>7</sup>Do not be deceived, God is not mocked; for whatever a man sows, this he will also reap. <sup>8</sup>For the one who sows to his own flesh will from the flesh reap corruption, but the one who sows to the Spirit will from the Spirit reap eternal life. <sup>9</sup>Let us not lose heart in doing good, for in due time we will reap if we do not grow weary. <sup>10</sup>So then, while we have opportunity, let us do good to all people, and especially to those who are of the household of the faith.”*

**Matthew 5:1-12:** (NASB) *“When Jesus saw the crowds, he went up on the mountain; and after he sat down, his disciples came to him. <sup>2</sup>He opened his mouth and began to teach them, saying, <sup>3</sup>Blessed are the poor in spirit, for theirs is the kingdom of heaven. <sup>4</sup>Blessed are those who mourn, for they shall be comforted. <sup>5</sup>Blessed are the gentle, for they shall inherit the earth. <sup>6</sup>Blessed are those who hunger and thirst for righteousness, for they shall be satisfied. <sup>7</sup>Blessed are the merciful, for they shall receive mercy. <sup>8</sup>Blessed are the pure in heart, for they shall see God. <sup>9</sup>Blessed are the peacemakers, for they shall be called sons of God. <sup>10</sup>Blessed are those who have been persecuted for the sake of righteousness, for theirs is the kingdom of heaven. <sup>11</sup>Blessed are you when people insult you and persecute you, and falsely say all kinds of evil against you because of me. <sup>12</sup>Rejoice and be glad, for your reward in heaven is great; for in the same way they persecuted the prophets who were before you.”*

## A practical article about anger:

(Source [www.thehopeline.com](http://www.thehopeline.com), Dawson McAllister)

Do you know someone who struggles with anger? You probably don't have to look any further than your own mirror. In last week's blog I wrote about what anger is. If you haven't read it, you may want to check it out.

So I'm wondering this week, why do we get angry? We get angry based on our reaction to a variety of things—people, circumstances, memories, or personal problems, just to name a few. It can also be a response to a single event, or a reaction to numerous events. What makes you angry? Here are some of your answers...

Shawnee wrote: “What makes me angry? Being ignored.”

Ali wrote: “Fake people and liars.”

Jake wrote: “Trying hard at something and failing.”

Ashley wrote: “I hate it when people criticize me and have no idea what I go through.”

Michael wrote: “Being nice to people, only to have them be mean to me.”

Jane wrote: “Not being able to control my emotions.”

When you feel anger, it's easy to think you want to lash out to make up for whatever, or whoever, has hurt you. Unfortunately, we all know that anger can get out of control and become destructive, causing a ton of problems. Many learn angry behavior over many years.

When something doesn't go the way we think it should, we try to take control over the out of control situation with anger.

Ana wrote: “I've become an angry person, because I learned it from my mom, who is always getting mad at everything and yelling.

However all the anger I get I take it on myself and I start cutting myself. I don't like to show others I'm angry for something they did, because I always think it's my fault.” Ana, acting out in her anger, is not helping her one bit. Instead of dealing with anger in a positive way, she turns it inward, making matters all the worse. Her anger may be legitimate, but her reaction to it is not.

So why do we get angry?





#1• We get angry when our expectations are not met. When something doesn't go the way we think it should, we try to take control over the out of control situation with anger.

Chells wrote: "Usually I don't get angry much...however being accused of things will set me off big time."

#2• We also get angry when we feel we're being threatened. And it may or may not be a real situation. We've all seen a person get angry about something that isn't a real threat at all. For example: the guy at a bar who gets in a fight with another guy because, "He looked at me funny," when the other guy didn't even know he was there. People carry a lot of emotional baggage into certain situations, making them feel more threatened than they need to feel.

#3• Additionally, some angry people carry their resentments and rage around with them at all times, creating an environment that makes other people be more aggressive toward them, just enhancing the whole anger cycle. These are the kinds of people who have a very short fuse, and any number of things will set them off.

You don't have to let anger control you.

Here are some other reasons why some people get angry. Maybe you've experienced some of these:

- Grief - losing a loved one
- Rudeness
- Tiredness
- Hunger
- Pain
- Withdrawal from drugs or some medications
- Some physical conditions, such as PMS
- Physical illness
- Mental illness
- Alcohol, some drugs, alcohol abuse, drug abuse
- Injustice
- Being teased or bullied
- Humiliation
- Embarrassment
- Deadlines
- Traffic jams
- Disappointment
- Sloppy service
- Failure
- Infidelity
- Burglary
- Financial problems
- Being told you have a serious illness

The fact is, just about anything can trigger an angry reaction. Monica said, "I get angry very often. And quite frankly I don't know how to deal with my anger. I bottle it up inside and every so often it all comes out."

Remember, even though anger will most likely be a part of the rest of your life, you don't have to let it control you.