

P703

Grace Notes Radio Program

SERIES: Making the best of our EMOTIONS

TOPIC: Is all anger wrong?

References: Emotions, can you trust them? Dr. Dobson

Women and their emotions – Miriam Neff

Songs: Ephesians Chapter One

For all you've done

INTRO: Welcome to Grace Notes, a radio outreach of Sandbek Ministries. Our host, Barbara Sandbek, has been teaching on the subject of emotions in a series, entitled, 'Making the best of our emotions'.

Up to this point we've mainly discussed the emotion of love, because that is Who God is. 1 Corinthians Chapter 13, known as the 'love' chapter, was the main thrust of our study on the last program. We trust you were challenged more fully to display the Agape love God placed in you when you received Jesus as your Savior. Knowing God, through Christ, enables Believers to demonstrate this kind of love, even when we're wronged.

Now that we've established the basis for all emotions, let's move on to an emotion that can result from being wronged – anger. You may be surprised to know, it's not always a bad thing to feel, so, don't change your dial. We're going to see how to handle it correctly.

When we think of the word 'anger' we immediately begin to FEEL what that word means because its definition is more of a description of what it does to us than what it is. Webster defines anger as, 'a strong feeling of displeasure and belligerence (or hostility) aroused by a real or supposed wrong.'

Let's ask some questions here. First, can a true Christ follower get angry? Of course! Getting angry is not a sin, but how we deal with it can be. Ephesians 4:26 says, "In your anger do not sin."

It's important to note that the apostle Paul tells us in Romans 8 that we are being saved from the penalty and power of sin, but the presence of sin, in and around us, will not be removed until we reach eternity and receive our glorified bodies.

Paul struggled with sin in general. Listen to Romans 7:21-23. He wrote...

When I want to do good, evil is right there with me. For in my inner being I delight in God's law, but I see another law at work in the members of my body, waging war against the law of my mind and making me a prisoner of the law of sin at work within my members. What a wretched man I am! Who will rescue me from this body of death?

That's a pretty bleak description of Paul, and us, too, but listen to what he concluded in verse 25...

'Thanks be to God, who DELIVERS me through Jesus Christ our Lord!'

Ephesians 1:19, again written by Paul, says that those who believe in Jesus have God's incomparably great power in them; power to not succumb to sinful desires. That power is the same as the mighty strength God exerted when He raised Christ from the dead and seated Him at His right hand in the heavenly realms... WOW!

Paul also wrote in Colossians 3:5-8 that WE are to rid ourselves of whatever belongs to our earthy nature. The list contains things we'd expect, but ANGER is also among these..

...you must rid yourselves of all such things as these: ANGER, rage, malice, slander, and filthy language from your lips.

So when anger strikes, we can control it by doing what James 4:7 says - submit to God, first, then you can resist the devil, he will flee from you, and the temptation to act on it will flee as well. Claim the promises you've been given, especially those found in Ephesians chapter 1.

***** **WRITERS: John Darin Rowsey and**
**** EPHESIANS Chapter ONE ** Karen Peck Gooch**
***** **LENGTH: 2:43**

*In the middle of the battle when all that really matters
Is a place where I can find relief
I even start to wonder if the stress I'm under
Is turnin my joy into grief
I've been beat down, backed down, found myself on the ground
Thought I would lose my mind
Then I opened up the Bible and found I could rely on
Ephesians chapter one.*

*I don't mean to sound proud
'cause you know I've been down
When the struggle almost took me out
But I found that God was workin in the middle of the hurtin
So I trust him and I don't have a doubt
That His fear takin', way makin' chsain breakin' life changin'
Power's gonna see me through
So I'm never gonna worry, even when He doesn't hurry
'Cause I know what the Lord can do.*

*God says I'm blessed, I'm chosen, I'm adopted I'm favored
Redeemed, yeah, I'm forgiven
Makes me wanna sing, I'm a child of the king and now I'm a
really livin'
By the blood of the Lamb, I know who I am
God said it and it's already done
When the devil comes in, I remind him again
Of Ephesians chapter one.*

*I open up my Bible and I know I can rely on Ephesians Chapter
One!*

**So now that we know we can still experience feelings of anger
even after we've accepted Christ, let me ask another question.
Is all anger wrong?**

**Of course not. The Bible tells us that God gets angry. The Old
Testament is full of illustrations of this. In Joshua 23:16 Joshua
said this to the Israelites...**

If you violate the covenant of the Lord your God, which He commanded you, and go and serve other gods and bow down to them, the Lord's ANGER will burn against you, and you will quickly perish from the good land he has given you."

Remember Uzzah? He touched the cover of the ark as he was carrying it to keep it from falling off, and 2 Samuel 6:7 says...

The Lord's ANGER burned against Uzzah because of his irreverent act: therefore God struck him down and he died there beside the ark of God.

God called his actions IRREVERENT because, according to Numbers 4:15, only Kohathites, a special branch of the Levitical tribe, were allowed to carry the ark, and even they couldn't touch it directly or they'd die. He took God's commands lightly. God hasn't changed. In the New Testament, 1 Corinthians 14:40, says...

Let all things be done decently and in order. I'm afraid that in these days, some churches and people may be getting a bit too casual with how sacred things are being handled.

Again and again, in the summation of the reign of the kings of the people of Judah and Israel, Scripture records that they provoked the Lord to ANGER by their worthless idols. (I Kings 16:26)

What about Jesus? The New Testament says He became indignant over people who hindered the furtherance of the Kingdom work; even pronouncing judgment, or 'woes', in certain situations, for their evil acts. The word indignant is a synonym for angry.

He rebuked His own disciples along with the Pharisees, false prophets, unrepentant cities where miracles had been performed, and even a fruitless fig tree. Now if you've been rebuked, you know someone is angry with you.

Jesus combined His indignant words with action when He overturned the tables of the money changers and the benches of

those selling doves in the Temple courts and then drove them out. Now was that anger? It appears so, yet Scripture says, He was consumed with a righteous ZEAL for the purity of His Father's house. These people were making it a 'den of robbers' according to Matthew 21:13.

Jesus Christ's controlled emotion, or ZEALOUS ANGER, was aroused from his unswerving opposition to evil and his determination to eradicate it. That's righteous indignation and guess what – it's ok for US to feel angry about this, too.

According to the John Gil's commentary, anger is ok when it arises from a true zeal for God. There are several other reasons when it is justified so stay tuned. We'll cover these, as well as reasons when it isn't, on our next program.

But first, I want to conclude by saying that we need to put the use of even our righteous anger into perspective. If God treated us in the way we deserve for our sin against Him, we'd be wiped out here and NOW and certainly never be used for His Kingdom work.

2 Peter 3:7 says that God WILL judge and destroy the ungodly, BUT it also says the Lord is patient, not wanting anyone to perish, but everyone to come to repentance.

So I want to say 'Thank you God for Exodus 34:6b where you described Yourself to Moses by saying, "The Lord, the Lord, the compassionate and gracious God, SLOW to anger, abounding in love and faithfulness."

Why not receive God's salvation gift, purchased for you on the Cross by His Son, Jesus. Then His anger toward you will never be demonstrated, but rather replaced by His merciful love.

******* WRITER: Clint Lagerberg
*** FOR ALL YOU'VE DONE *** LENGTH: 3:31

***Oh cleanser of the mess I've made
Upon the hill our places trade
Stretched on a cross Your body crushed
By human hands You formed from dust***

[Chorus]

***How wonderful Your mercy is
How awesome are Your ways
I come, I come
To worship You
For all You've done***

***Oh cleanser of the mess I've made
Your boundless love for me portrayed
With patience for my learning curve
By holding back what I deserve***

[Chorus]

***Oh cleanser of the mess I've made
With everything at Your feet laid
I watch as all my cares erode
And from my soul these words explode***

[Chorus]

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Until then, let your grace notes be a song of praise!**

