

P704

Grace Notes Radio Program

SERIES: Making the best of our EMOTIONS

TOPIC: How to handle anger correctly

**References: Emotions, can you trust them? Dr. Dobson
Women and their emotions – Miriam Neff**

SONG: Blessings

INTRO: You are listening to Grace Notes, a radio outreach of Sandbek Ministries. Did you know that being angry is not a sin? In fact, God Almighty gets angry and He certainly does not sin. However, dealing with our anger improperly can result in sin. ‘Making the best of our emotions’ is the topic our host, Barbara Sandbek, has been focusing on in our last several programs.

Today, she’ll discuss when anger is justified and when it’s not, using an example from the life of a Biblical character. We’ll also cover ways to diffuse our anger so that we handle it correctly. This is so important to know because life is full of situations that can cause us to be angry.

William Shakespear once said...

Heat not a furnace for your foe so hot that it do singe yourself.

Great advice that compliments the Scripture in Ephesians 4:26-27...

“In your anger do not sin”: Do not let the sun go down while you are still angry, and do not give the devil a foothold.

Footholds, or anger problems, manifest themselves in various ways. Some people aggressively act out anger feelings by attacking or trying to control. Some use addictions to avoid their feelings. Others become introverted and depressed or use their anger to manipulate or manage others.

All anger problems are a form of control. When anger is ‘reacted’ to, the anger is in control. That’s when it becomes a foothold.

Let's look at an example of this in Genesis 4:4-12...the story of Cain. As we read this passage, note the reason for his anger, his response, his reaction and the result...

...Abel brought fat portions from some of the firstborn of his flock. The LORD looked with favor on Abel and his offering, but on Cain and his offering He did not look with favor. So Cain was very angry, and his face was downcast. Then the LORD said to Cain, "Why are you angry? Why is your face downcast? If you do what is right, will you not be accepted? But if you do not do what is right, sin is crouching at your door; it desires to have you, but you must master it." Now Cain said to his brother Abel, "Let's go out to the field." And while they were in the field, Cain attacked his brother Abel and killed him. Then the LORD said to Cain, "Where is your brother Abel?" "I don't know," he replied. "Am I my brother's keeper?" The LORD said, "What have you done? Listen! Your brother's blood cries out to me from the ground. Now you are under a curse and driven from the ground, which opened its mouth to receive your brother's blood from your hand. When you work the ground, it will no longer yield its crops for you. You will be a restless wanderer on the earth."

First, is his anger justified? Look at what Jesus said in Matthew 5:22a in the King James...

...I say unto you, That whosoever is angry with his brother without a cause shall be in danger of the judgment...

Cain was really angry at God because He didn't accept his sacrifice done his way. When he became jealous of his brother's success, then anger took over. Cain's anger was not justified.

Anger is wrong when...

- **it is used merely to let people know our resentments or to show our authority**
- **it is not directed to a good end**
- **it is used to excite ourselves to revenge**
- **it is soon raised or long continued.**

Cain's response to his anger - his face was downcast (in other words, his countenance fell). An angry person usually wears it on their face.

His reaction to his anger - he plotted evil instead of doing what God had told him to do. God gave him a way to deal with his feelings and even warned him of the consequences of choosing the wrong response.

The result of Cain's anger - he gave into it and murdered his brother. What a great penalty he paid for it.

God always gives US a way out, too. 1 Corinthians 10:13, my favorite, 'it won't get too tough' verse says...

No temptation has seized you except what is common to man. And God is faithful; He will not let you be tempted beyond what you can bear. But when you are tempted, He will also provide a way out so that you can stand up under it.

Here is when anger is ok...

- **when it's kindled not against persons, but sins - our own and others**
- **when we're displeased with vice, immorality, idolatry, or false doctrine**
- **when it's for the good of those with whom we're angry, to awaken the offender to repentance & prevent them from doing it again**
- **when it's for the Glory of God and promoting of the interest of Christ**
- **when it's used to give warning to others.**

SO, let's look at Scripture to help us deal effectively with our anger.

Proverbs 19:11...

A person's wisdom yields PATIENCE; it is to one's glory to OVERLOOK an offense.

James 1:19-20...

...Everyone should be quick to listen, slow to speak and SLOW to become angry, because human anger does not produce the righteousness that God desires.

Ecclesiastes 7:9...

Do not be quickly provoked in your spirit, for anger resides in the lap of fools.

Romans 12:19-21 says...

Do NOT TAKE REVENGE, my dear friends, but leave room for God's wrath, for it is written: "It is mine to avenge; I will repay," says the Lord. On the contrary: "If your enemy is hungry, feed him; if he is thirsty, give him something to drink. In doing this, you will heap burning coals on his head." Do not be overcome by evil, but OVERCOME EVIL WITH GOOD.

Philippians 2:5 says to learn the mind of Christ, who forgave even his executioners.

Luke 6:28 says to bless those who curse you are pray for those who mistreat you.

You can't be angry with someone you pray for. Having a problem with how to bless them? Ask God to show them truth – that's the greatest blessing anyone can receive!

Proverbs 15:1...

A gentle answer turns away wrath, but a harsh word stirs up anger.

Romans 12: 18 says to do what we can to keep peace...

If it is POSSIBLE, as far as it depends on YOU, live at peace with everyone.

Seek peace, pursue it and cultivate it.

Live in the Spirit and you will not gratify the lusts of the flesh.

The fruit of the spirit listed in Galatians 5:22-23 is...

...love, joy, peace, patience, kindness, goodness,

faithfulness, gentleness and self-control.

Ok, now some practical ways to avoid sinning when angry...

- **GO** to the offender with a spirit of love and forgiveness
- **SEEK OUT** a mature/understanding third party who can listen/advise/lead.
- **PUT YOURSELF** in the other person's shoes
- **REALIZE** that this may be an opportunity to grow your patience
- **COUNT TO 10** (or 100) before responding
- **REALIZE** that no offense against us is as great as ours against

GOD!

Keep in mind that offenses are OPPORTUNITIES to SHINE when our response is inhuman.

There's another type of anger that we may not even realize we harbor - anger against God for doing or not doing something the way we think He should. Perhaps, a loved one died unexpectedly or at someone else's hand. Maybe we poured ourselves into a ministry or job, only to see it fail. How about an unfair divorce, lost job or financial ruin when we were watching our p's and q's? There are lots of situations, we may be blaming God for, when they are really because of sin in the world that we and others commit. Seeming tragedies are times to trust God even more, draw near to Him and receive His comfort. They are also times when the attributes of His character are made more evident, IF we take the time to see them.

The songwriter of this next song understood, from experience, the benefit of trials. Instead of becoming angry at God when she didn't understand why things were happening the way they were in her life, she reached out and asked Him to teach her a lesson, just like Job did. God gave her His wisdom, His understanding and this incredibly profound song. I need say no more – the song says it all. Listen carefully.

******* WRITE: Laura Story**

**** BLESSINGS *** LENGTH: 4:47**

**We pray for blessings – we pray for peace
Comfort for family - protection while we sleep
We pray for healing – for prosperity
We pray for Your mighty hand - to ease our suffering
And all the while, you hear each spoken need
Yet love us way too much to give us lesser things**

CHORUS 1

**‘Cause what if Your blessings come through raindrops?
What if Your healing comes through tears?
What if a thousand sleepless nights are what
It takes to know You’re near
What if trials of this life – are Your mercies in disguise?**

**We pray for wisdom – Your voice to hear
And we cry in anger when we cannot feel You near
We doubt Your goodness – we doubt Your love
As if every promise from Your Word is not enough
And all the while – You hear each desperate plea
And long that we’d have faith to believe**

repeat CHORUS 1

**When friends betray us –
When darkness seems to win we know
The pain reminds this heart
This is not – this is not our home - It’s not our home**

CHORUS 2

**‘Cause what if Your blessings come through raindrops?
What if Your healing comes through tears?
And what if a thousand sleepless nights are what
It takes to know You’re near
What if my greatest disappointments - or the aching of this life
Is the revealing of a greater thirst - this world can’t satisfy
And what if trials of this life
The rain, the storms, the hardest night
Are Your mercies in disguise?**

Thank you for listening to Grace Notes.

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

**NOTE: Satan can make devastating use of anger in an innocent victim.
More likely to become more bitter/deeply hostile when**

Give example when you got angry and dealt with it correctly.

Give example when you got angry and didn't deal with it correctly.

Dobson: God doesn't expect instant maturity in these matters, but He does require consistent growth and improvement.

Examples of behavior that is not necessarily anger:

- 1). Extreme fatigue – short temper
- 2). Embarrassment – lash out
- 3). Frustration – emotional discharge (maybe at people who have failed you)
- 4). Rejection – harsh words (childhood repression/abuse)

It becomes anger when we let it stew:

example: a great portion of our adult effort is invested in the quest for that which was unreachable in childhood. (My father – see him as needy)

NOTE: It hurts less to expect nothing than to hope in vain.

BRENDA??

Example of behavior that is carnal (worldly) anger:

- 1). **John 18:1-10):** that which motivates us to harm another
Peter cutting off Malchus's ear – felt justified – Jesus rebuked him
(Jesus didn't defend himself by hurting the soldiers who crucified him)

ASPECTS OF ANGER (Dobson)

- Anger is not only emotional it is biochemical, too.
- Natural to experience 'fight or flight' – prepares us for ACTION - involuntary.
(adrenalin, higher blood pressure, pupils dilate, hands sweat, mouth dry, muscles energized)
- Don't condemn this feeling, it's involuntary but our reaction to it is voluntary
- ALL anger produces biochemical changes, even if a non-threatening situation.

- (Our response conditioned by heredity and/or environmental circumstances as a child.)
- Strong negative feelings should not be repressed or pushed into subconscious mind, but should be released in a manner that is not spiritually destructive/harmful to another person.

Additional Study:

Other verses concerning anger: { Psalm 4:4, Proverbs 14:29, Proverbs 15:18, Ecclesiastes 7:9
Instances of Anger in the Bible – Why angered? What did they do right/wrong?

Genesis 34:1-26 Dinah defiled – brothers retaliation (Genesis 49:5-7)

Exodus 11:8 Moses angered at Pharaoh – left his presence

** Numbers 20:10-12 Moses' anger caused him to sin – devastating result
(Why so severe a punishment?)

1 Samuel 20:34/2 Chronicles 25:10 Jonathan's anger against Saul

1 Samuel 20:30-34 Saul's anger against Jonathan

2 Kings 5:1-12 Naaman's anger against Elisha

Luke 4:24-29 People angry at Jesus' rebuke of them

CONSIDER: Do we get angry when God shows us something we're doing wrong?

Acts 23:1-5 Paul angered at the Sanhedrin – what was his response to his anger?

Acts 7:54-58 People angered at Stephen's words

Prideful anger: 2 Chronicles 16:10, 2 Chronicles 26:19, Esther 1:12;7:7

Esther 3:5, Daniel 3:13,19, Jonah 4:1-9, Matthew 2:16

CONSIDER: Do we get angry because we don't get treated the way we feel we deserve to be or we don't get what we think we're due?

EXAMPLES OF EMOTIONS in the BIBLE

Adam & Eve - Fear

Cain & Able – jealousy

Sarah & Hagar – jealousy

Esau - bitterness

EMOTION – JOY/ENJOY

Name some things you enjoy? spring day, baby, cute things child does, beauty

EMOTION – INFERIORITY

Dobson: A person who experiences this, usually believes that God disrespects him, too. **Consider this note written by a small boy to a psychotherapist...**

What is bothering me is that long ago some big person – a boy about 13, called me ‘turtle’ and I knew je said that because of my plastic surgery. And I think God hates me because of my lip. And when I die He’ll probably send me to hell.

EMOTION – DISCOURAGMENT

Satan is devastatingly effective in using weapons of guilt, rejection, fear, embarrassment, grief, depression, loneliness and misunderstanding.

(see God's little devotional – about seeds of discouragement)

EMOTION - FEAR

Isaiah 43:1-2

1 But now, this is what the Lord says-- he who created you, O Jacob, he who formed you, O Israel: "Fear not, for I have redeemed you; I have summoned you by name; you are mine.

2 When you pass through the waters, I will be with you; and when you pass through the rivers, they will not sweep over you. When you walk through the fire, you will not be burned; the flames will not set you ablaze.

Pr 23:17 -

Do not let your heart envy sinners, but always be **zealous** for the fear of the Lord.

HOW TO BEAT SATAN:

. Don't allow yourself to get too

H-hungry

A-angry

L-lonely

T-tired.

When we make the right choices - right emotions follow.

CONCLUSION: In a day when peer pressure is so important, it is important for us to be different and use the creativity God has given each one of us to be unique. You were

created with something to offer, that no one else has so don't suppress it. This will enable us to be positive and impact our family, friendships and the Body of Believers.