

Leading an Emote-controlled Life
rt #5 – “Anger: Simply one-letter away from Dange
Sunday December 7, 2008
Audio available at www.kingstreet.org/audio

What does the Bible say about anger?

- **God** gets angry but doesn't sin.
(Romans 1:18)
- It is a universal **human** emotion.
(Psalm 4:4)
- It is deeply connected to our **words**.
(James 1:19-20, 26)
- It can provide the **Devil** a foothold in our lives.
(Ephesians 4:27)
- It can lead to 'mind **murder**' which offends God.
(Matthew 5:21-22a)

2. What causes us to become angry?

- Unrestrained disappointments in **relationships**,
or in situations (Matthew 20:24; Matthew 2:16)
- **Learned** or observed behavior
(Proverbs 13:20; Proverbs 22:24)

“By watching or listening to others (including what we have seen on Television), we learn how to act when we are angry and we even learn what to be angry about.” (Gary Collins)

Observations of **injustice**
(Mark 3:5)

- Poorly managed **frustrations**
(Jonah 4:1)
- Unhealed **wounds** from the past

“Hurt people ... hurt people!”

What can we do to avoid destructive anger?

Video Clip: What not to do ... according to Maxwell Smart

- We can choose **gentle** answers
(Proverbs 15:1)
- When gentle answer is not possible, choose
no **answer** at all (1 Peter 2:23)
- Avoid ruminating on **revenge** and **retribution**
(Psalm 1:1-3)
- Put **pen** to paper, rather than words to mouth
(Psalms / Lamentations)

The parable of the little boy who had a bad temper ...