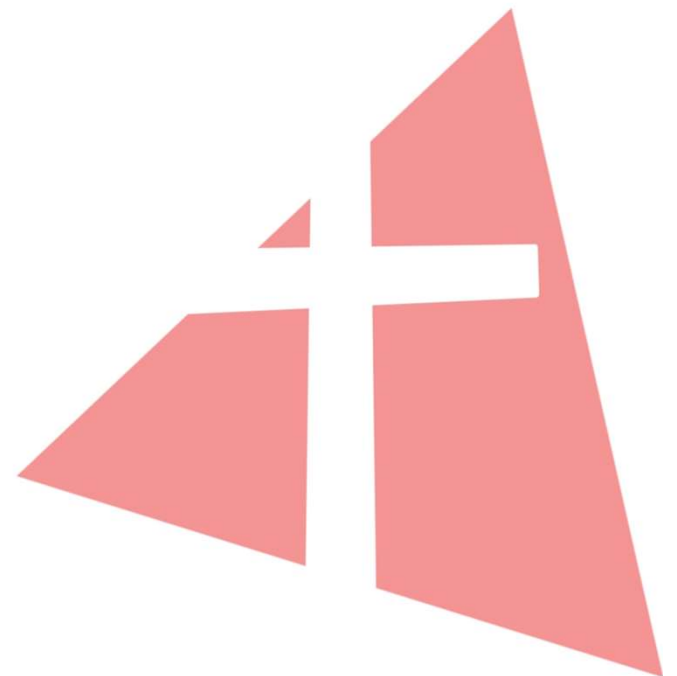


# **ANGER**

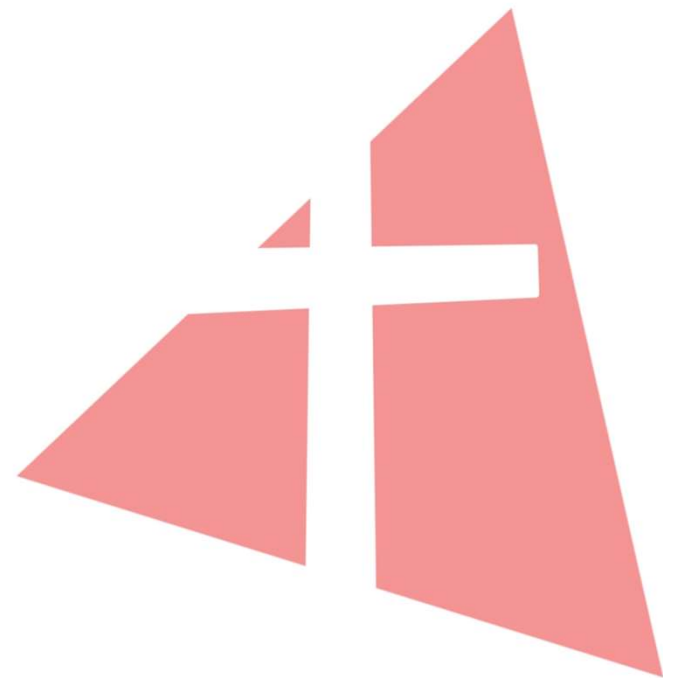
**Relationships & Family Series**

**May 20<sup>th</sup> 2018**



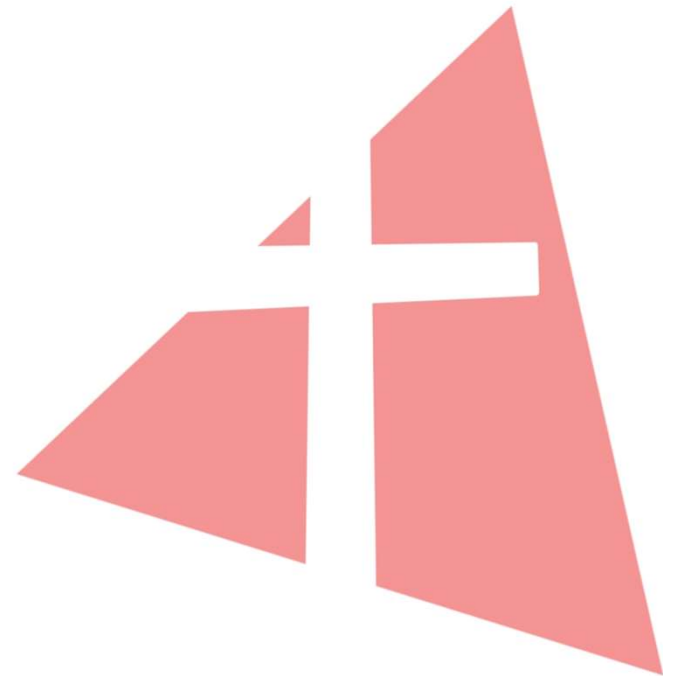
# LAST SERMON

- **Forgiveness**



# AND THEN?

- **What comes after forgiveness?**



# THE BIBLE ON ANGER

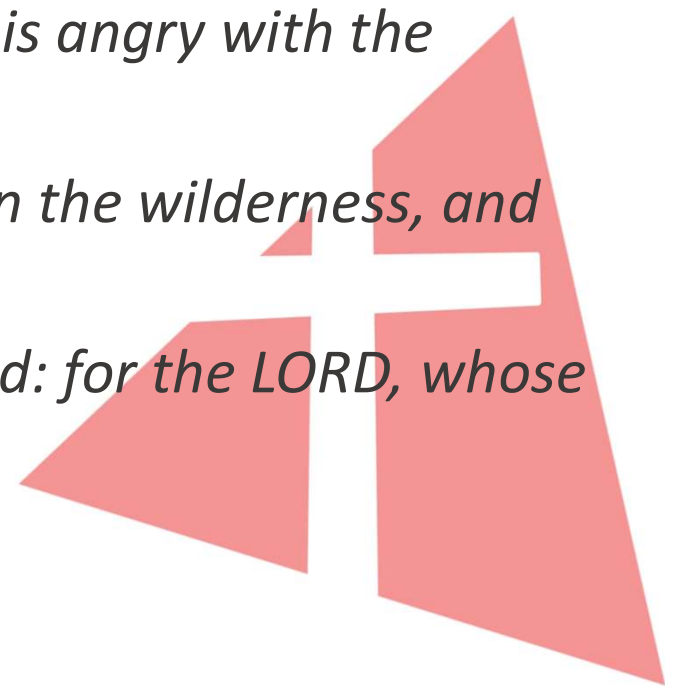
- **Feelings are part of who God is**

- God is very emotional

*Psalms 7:11 God judges the righteous, and God is angry with the wicked every day.*

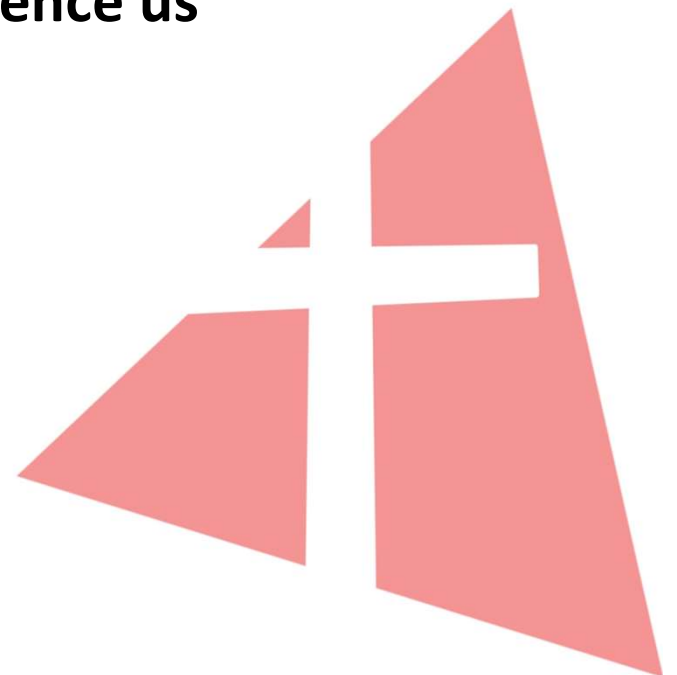
*Psalms 78:40 How often did they provoke him in the wilderness, and grieve him in the desert!*

*Exodus 34:14 For you shall worship no other god: for the LORD, whose name is Jealous, is a jealous God:*



# FEELINGS

- **Feelings are neither right or wrong**
- **Feelings do however have the power to influence us**
  - Actions
  - Desires
  - Life goals
  - ...



# FEELINGS

- **We cannot allow our feelings to solely dictate our actions**



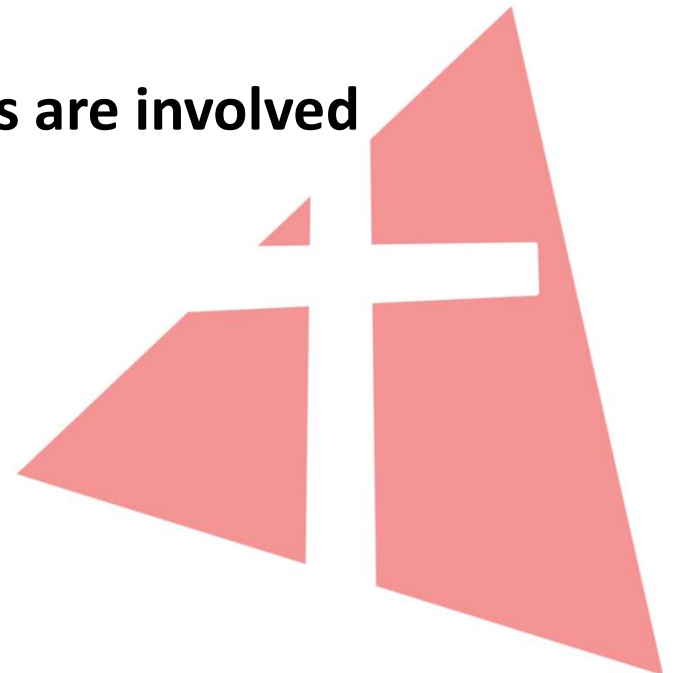
# FEELINGS

- **What matters is not how we feel, but what we do with our feelings**



# CLOSE RELATIONSHIPS

- **The closer the relationship, the more feelings are involved**





# THE BIBLE ON ANGER

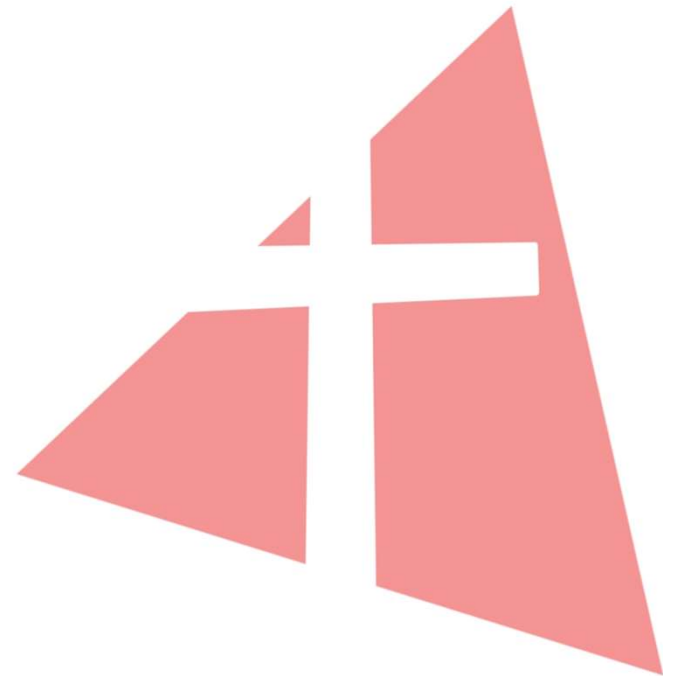
- **Anger in itself is not sin**

*Ephesians 4:26 Be angry, and sin not: let not the sun go down upon your wrath:*



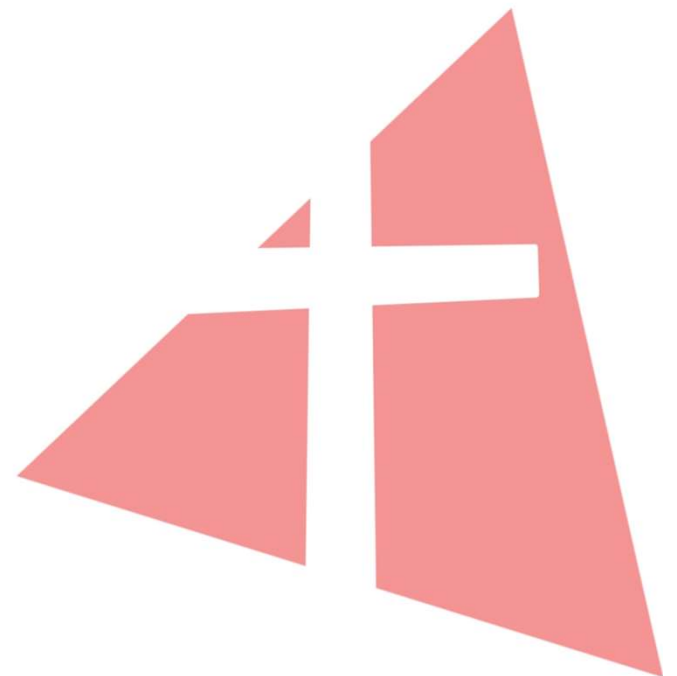
# THE BIBLE ON ANGER

- **Anger is an expression of love**



# THE BIBLE ON ANGER

- **God loves people**
- **That's why God hates sin**



# BIBLICAL PRINCIPLES

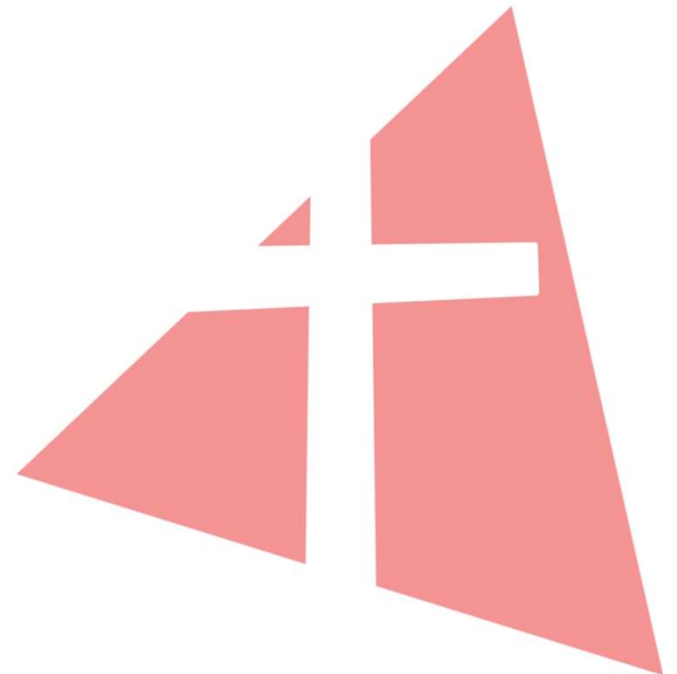
- **God is angry at sin, but loves the person**

*Hebrews 12:6-7 For whom the Lord loves he chastens, and scourges every son whom he receives. If you endure chastening, God deals with you as with sons; for what son is he whom the father chastens not?*



# BIBLICAL PRINCIPLES

- **There are two types of anger**
  - Unrighteous anger
  - Righteous anger



# BIBLICAL PRINCIPLES

- **Anger should be dealt with quickly**

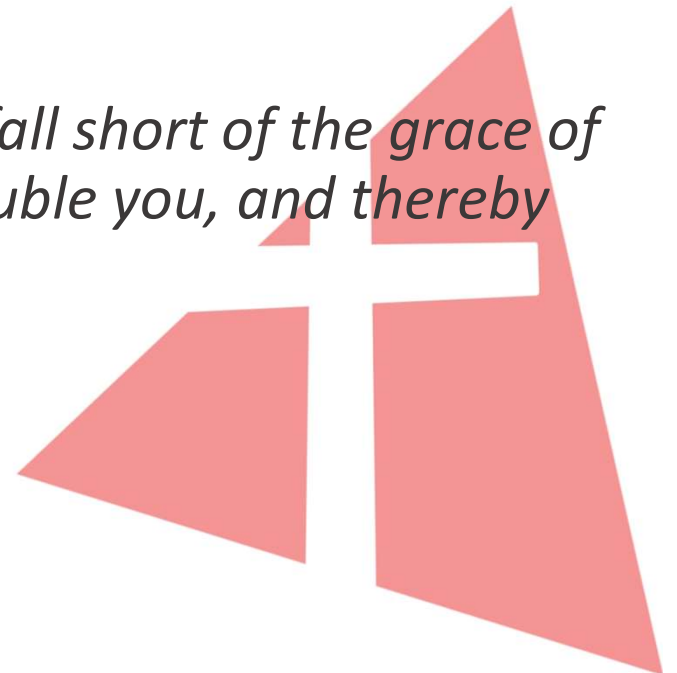
*Ephesians 4:26 Be angry, and sin not: let not the sun go down upon your wrath:*



# BIBLICAL PRINCIPLES

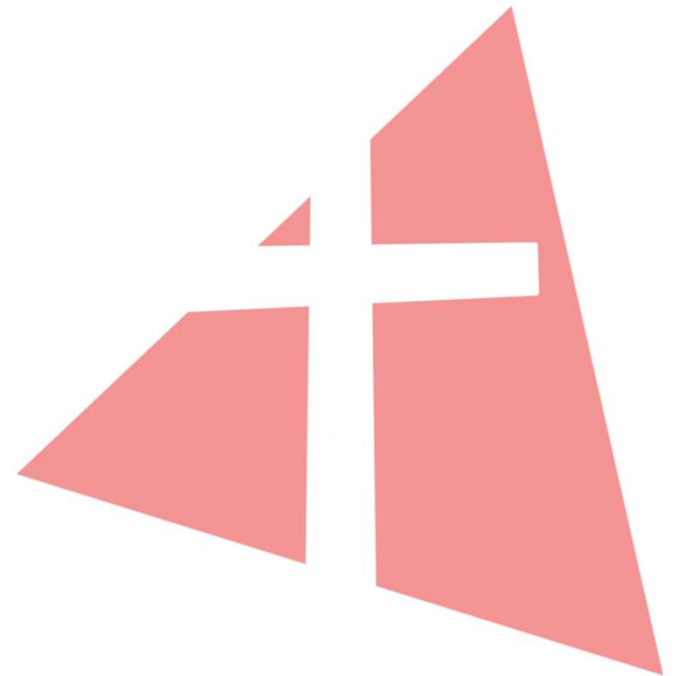
- **Anger should be dealt with quickly**

*Hebrews 12:15 Looking diligently lest any man fall short of the grace of God; lest any root of bitterness springing up trouble you, and thereby many be defiled;*



# WRONG WAY OF DEALING WITH ANGER

- **Allowing anger to lead us to sin**

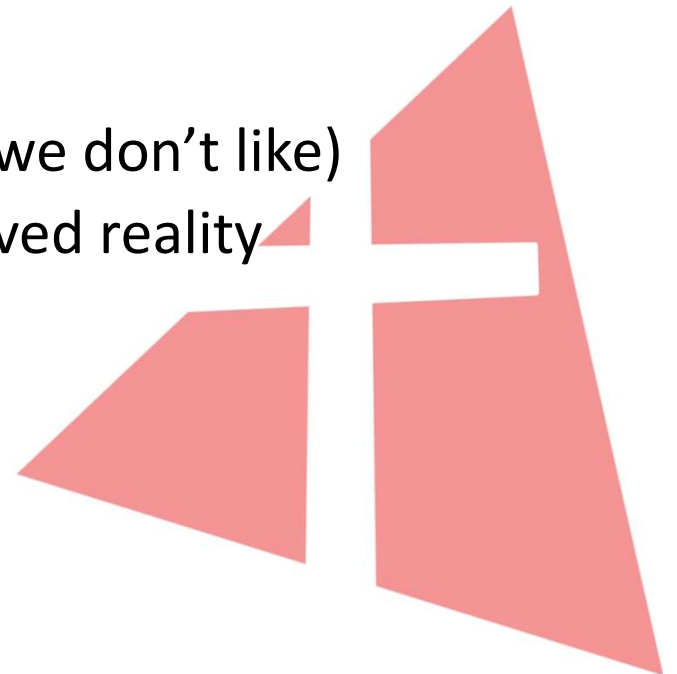




# LET'S GET PRACTICAL

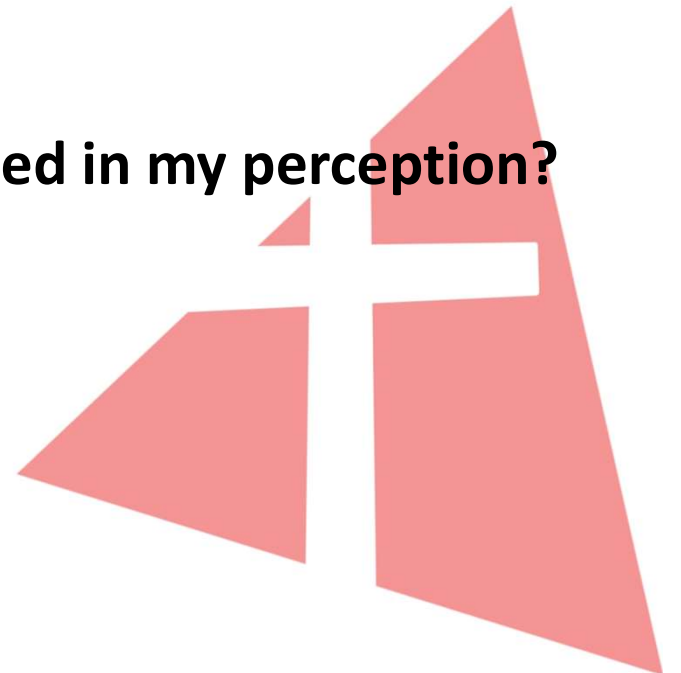
## ○ Foundations

- Anger is not sin
- There are no “bad feelings” (only feelings we don't like)
- Anger tells us something about our perceived reality



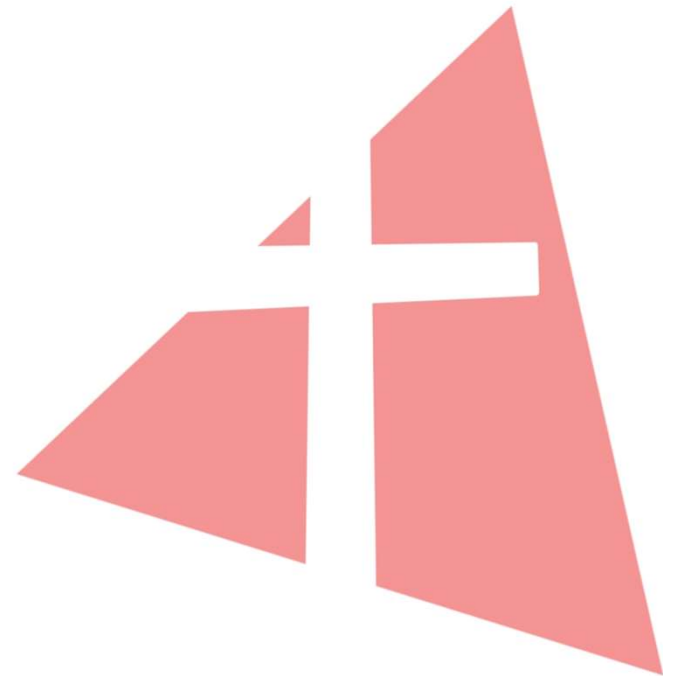
# QUESTIONS TO ASK

- **Why am I angry?**
- **What person/thing that I value did get violated in my perception?**



# QUESTIONS TO ASK

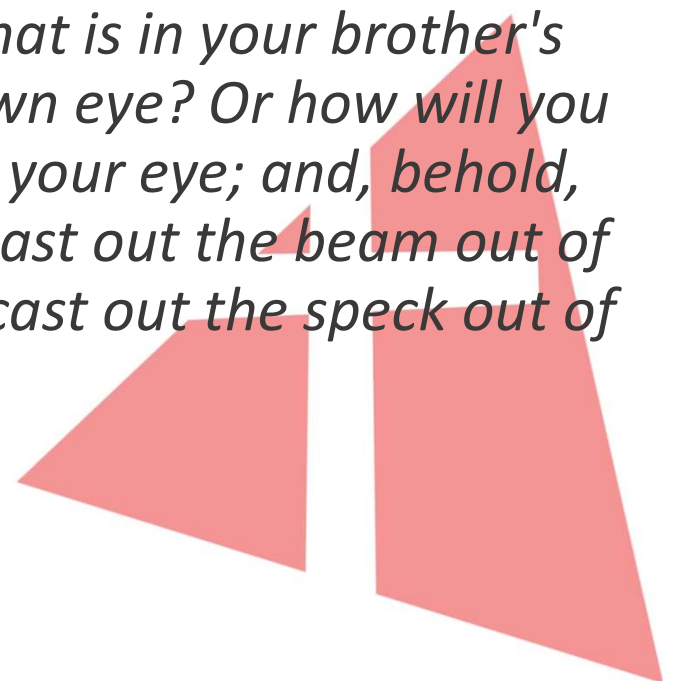
- **Who or what am I angry with?**



# QUESTIONS TO ASK

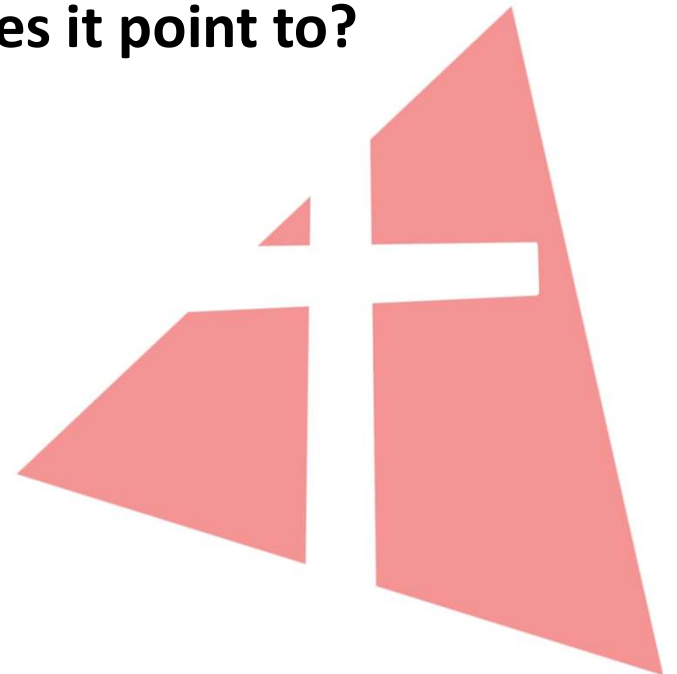
- **How am I contributing to the problem?**

*Matthew 7:3-5 And why behold you the speck that is in your brother's eye, but consider not the beam that is in your own eye? Or how will you say to your brother, Let me pull the speck out of your eye; and, behold, a beam is in your own eye? You hypocrite, first cast out the beam out of your own eye; and then shall you see clearly to cast out the speck out of your brother's eye.*



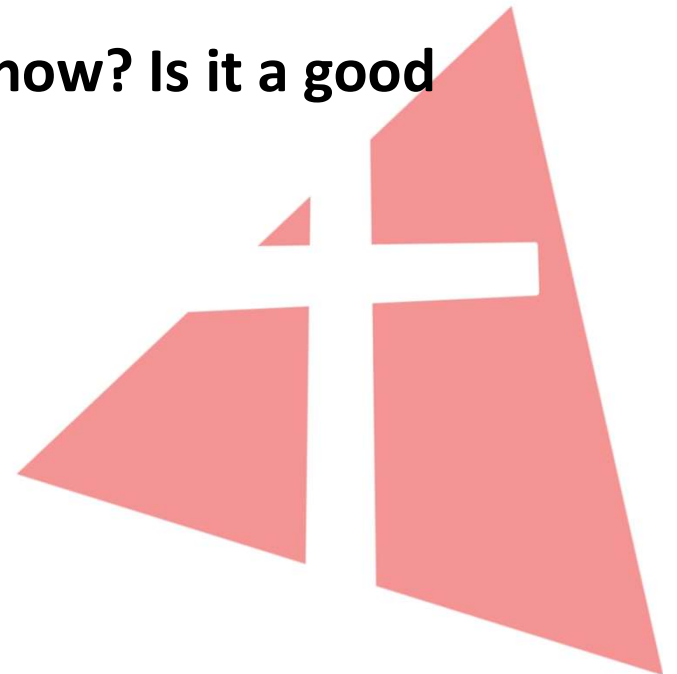
# QUESTIONS TO ASK

- **What is my anger trying to tell me? What does it point to?**
  - Does it point towards sin?
  - Does it point towards my own desires?



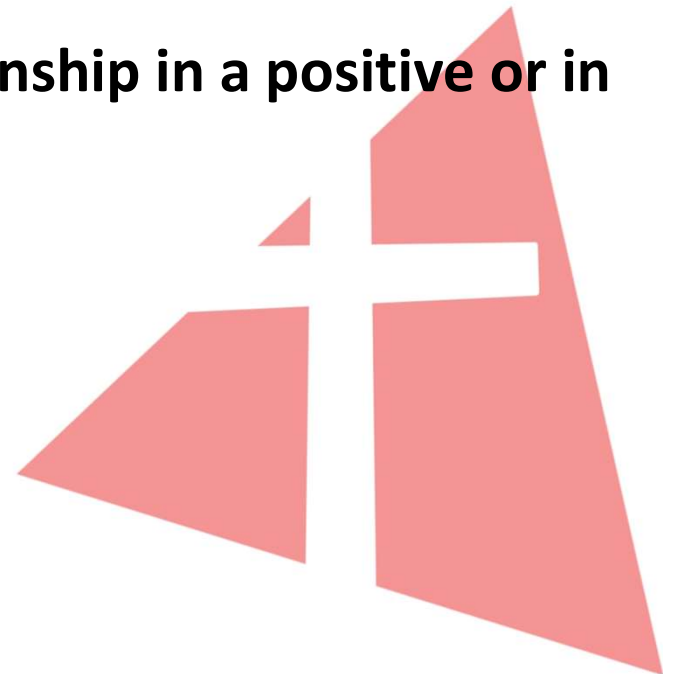
# QUESTIONS TO ASK

- **Does my anger influence my actions? If yes, how? Is it a good change or a bad change?**



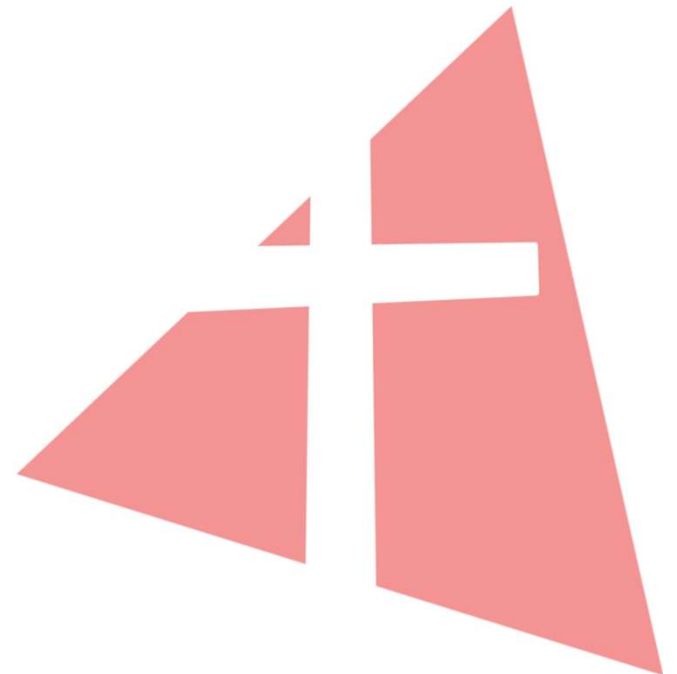
# QUESTIONS TO ASK

- **Does my anger influence the affected relationship in a positive or in a negative way?**



# GOOD PRACTICE

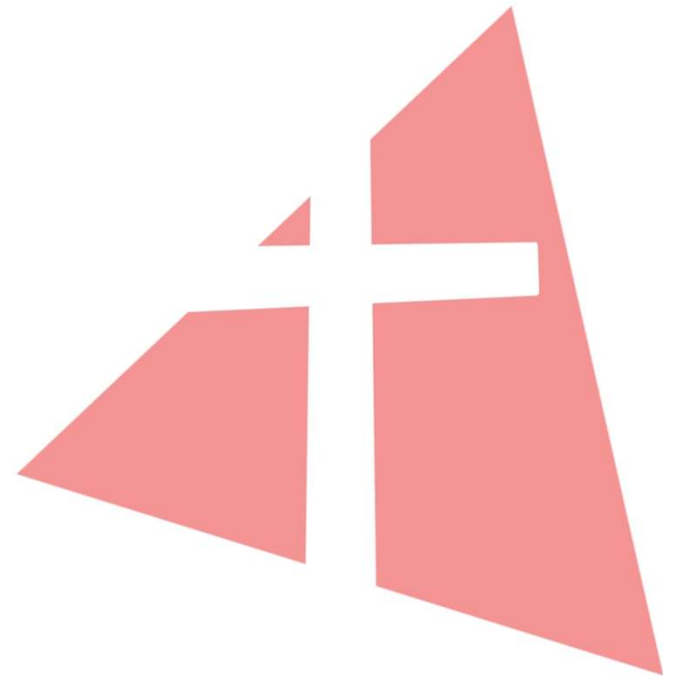
- **Take time to analyze your anger**





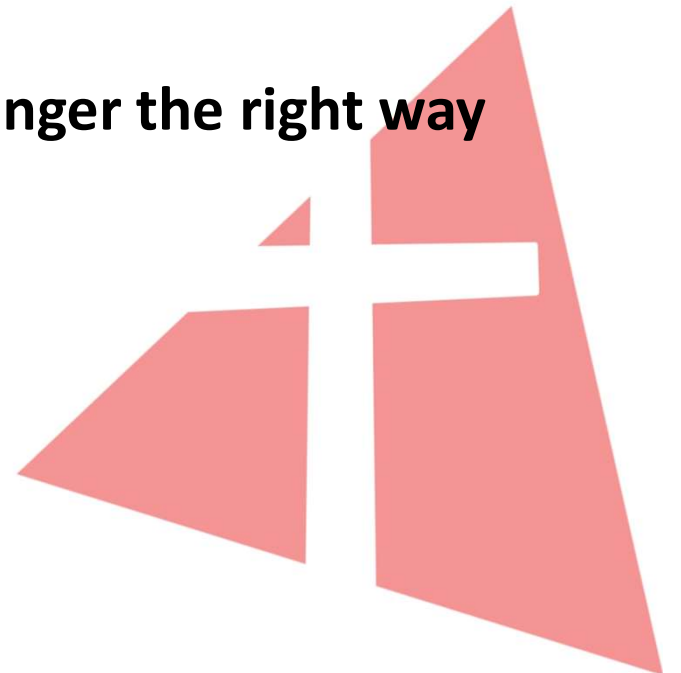
# THE POWER OF ANGER

- **A current situation in another church**



# THE POWER OF ANGER

- We pray that God will grant us to deal with anger the right way



# IN CONCLUSION

- **Anger dealt with the wrong way can destroy relationships and our lives**
- **Anger dealt with the right way can be a wonderful tool to**

