

Series: James

Title: The Danger of Anger

Text: James 1:19-20

Time: 10/23/2011 (a.m.)

Introduction

1. Adversity always seems to provide fertile ground for emotional response. Frustration and anger often seem to be the two sides of the same coin.
2. These scattered Jews were dealing with frustration and apparently they were expressing it in anger. Little listening, paired with a lot of talking, can make a pretty good pot of anger.
3. One of the great issues of the church is unforgiveness and the prison that keeps unforgiveness is guarded by anger.
4. I want to take some time and deal with this issue of anger because I believe it creates such havoc in the church today.

What Is Anger?

1. A strong emotion of displeasure that occurs when a need or expectation is not met; in Scripture the angry person is often described as being hot-tempered or quick tempered.

Proverbs 15:18 A hot-tempered man stirs up strife, But the slow to anger calms a dispute.

Proverbs 29:22 An angry man stirs up strife, And a hot-tempered man abounds in transgression.

2. The Bible tells us that anger is a God-given emotion and like everything created and given by God anger must be submitted to the rule of God. Anger in and of itself is not sin but the way you respond to anger determines whether you have allowed anger to become sin.

Ephesians 4:26 Be angry, and *yet* do not sin; do not let the sun go down on your anger.

3. An appropriate response to anger is expressing your thoughts and feelings with consideration and concern for the other person's welfare.

Proverbs 17:27 He who restrains his words has knowledge, And he who has a cool spirit is a man of understanding.

4. An inappropriate response is expressing your thoughts and feelings in an abusive, insensitive, or manipulative manner that produces dissension and strife.

Ephesians 4:31 Let all bitterness and wrath and anger and clamor and slander be put away from you, along with all malice.

Root Cause

1. Anger is an emotional response caused by a violation of perceived rights.
2. Angry people live with the wrong belief that says, "Based on what I feel is fair, I have a right to be or remain angry about the disappointments in my life."
3. This stands in opposition to a right belief that says, "God is sovereign over every circumstance, I have given my rights over to Him. My disappointments are now His appointments for Christ to reveal His character in me.

1 Peter 1:6-7 ⁶ In this you greatly rejoice, even though now for a little while, if necessary, you have been distressed by various trials, ⁷ so that the proof of your faith, *being* more precious than gold which is perishable, even though tested by fire, may be found to result in praise and glory and honor at the revelation of Jesus Christ;

Conquering Anger

1. Realize and Repent

- Be willing to admit you have anger issues that are unresolved.
- Confess that harboring anger in your heart is a sin.

2. Release your rights

- Release your right to hold on to past hurts.
- Release others from your standard of judgment.

Proverbs 21:2 Every man's way is right in his own eyes, But the Lord weighs the hearts.

3. Receive God's Love

- Rest in God's acceptance of you to be free from living for the acceptance of others.
- Rely on the Lord to meet your needs for significance and security.

1 John 3:1

¹ See how great a love the Father has bestowed on us, that we would be called children of God; and *such* we are. For this reason the world does not know us, because it did not know Him.

4. Rejoice in God's purpose

- Know that resolving anger will be used by God for your benefit.
- Praise God for His faithfulness to conform us to the image of Christ.

5. Something that can help you is to ask, "Can I change this situation?"

- If you can, change it.
- If you can't, release it.