

God's Gift of Anger

Anger is:

- a universal emotion
- a Gift from God
- can be a danger to your physical and spiritual health

What is Anger good for?

1. Anger tells you something is wrong, and you need to act.

King David burned with anger against the man and said to Nathan, "As surely as the Lord lives, the man who did this must die!"
2 Samuel 12:5 (NIV)

Jesus entered the temple courts and began driving out those who were buying and selling there. He overturned the tables of the money changers and the benches of those selling doves, and would not allow anyone to carry merchandise through the temple courts. And as he taught them, he said, "Is it not written: 'My house will be called a house of prayer for all nations'? But you have made it 'a den of robbers.'"
Mark 11:15-17 (NIV)

2. Anger reflects God's character.

God's angry displeasure erupts as acts of human mistrust and wrongdoing and lying accumulate, as people try to put a shroud over truth.
Romans 1:18 (MSG)

3. God's anger helps us understand true love.

We were by nature deserving of wrath, but because of his great love for us, God, who is rich in mercy, made us alive with Christ.
Ephesians 2:3-5 (NIV)

How can we deal with anger?

"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.
Ephesians 4:26-27 (NIV)

1. Understand the difference between Holy and Human Anger.

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.
James 1:19-20 (NIV)

<u>Human</u>	<u>Holy</u>
Self-Centered	Love, Truth and God-Centered
Vengeance Oriented	Compassion Oriented
Destructive	Constructive
Leads to Bitterness	Leads to Healing/Salvation
Drives God Away	Draws God Closer

2. Understand the problem anger is revealing. It could be YOU.

Do not judge, or you too will be judged. For in the same way you judge others, you will be judged, and with the measure you use, it will be measured to you. Why do you look at the speck of sawdust in your brother's eye and pay no attention to the plank in your own eye?
Matthew 7:1-3 (NIV)

3. Act, but not in the heat of anger.

The teachers of the law and the Pharisees brought in a woman caught in adultery to trap Jesus...But Jesus bent down and started to write on the ground with his finger. When they kept on questioning him, he straightened up and said to them, "Let any one of you who is without sin be the first to throw a stone at her." Again he stooped down and wrote on the ground.
John 8:3, 6-8 (NIV)

4. Healthy Anger comes from a transformed heart.

I tell you, love your enemies and pray for those who persecute you, that you may be children of your Father in heaven.
Matthew 5:44-45 (NIV)

Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will.
Romans 12:2 (NIV)