

DEALING WITH ANGER

Summer Soul Tune-Up
2025

TWO CATEGORIES OF ANGER

Eph 4:26 - BE ANGRY, AND yet DO NOT SIN; do not let the sun go down on your anger,

1. ALLOWED ANGER

- **GOD the FATHER:**

1 Kings 11:9 - Now the LORD was angry with Solomon because his heart was turned away from the LORD...

2 Kings 17:18 - So the LORD was very angry with Israel and removed them from His sight...

Psa 7:11 - God is a righteous judge, and a God who has indignation every day.

Psa 79:5 - How long, O LORD? Will You be angry forever?...

Heb 12:29 - for our God is a consuming fire.

1. ALLOWED ANGER

- **GOD the SON**

Psa 2:12 - Do homage to the Son, that He not become angry, and you perish in the way, For His wrath may soon be kindled....

Mark 3:5 - After looking around at them with anger, grieved at their hardness of heart, He said to the man, "Stretch out your hand." And he stretched it out, and his hand was restored.

John 2:15-16 - 15 And He made a scourge of cords, and drove them all out of the temple, with the sheep and the oxen; and He poured out the coins of the money changers and overturned their tables; 16 and to those who were selling the doves He said, "Take these things away; stop making My Father's house a place of business."

1. ALLOWED ANGER

ROBERT JONES – *Our anger is our whole-person active response of negative moral judgment against perceived evil.*

This is anger at the things God gets angry at – a ***RIGHTEOUS INDIGNATION.***

2. *SINFUL ANGER*

Titus 3:3 – For we also once were foolish ourselves, disobedient, deceived, enslaved to various lusts and pleasures, spending our life in malice and envy, hateful, hating one another.

- Unredeemed humanness is called the **FLESH**.
- We have an **ORIENTATION** toward Adam.

Gal 5:19-20 – 19 Now the deeds of the flesh are evident, which are: immorality, impurity, sensuality, 20 idolatry, sorcery, enmities, strife, jealousy, outbursts of anger, disputes, dissensions, factions,

1 Pet 2:11 – Beloved, I urge you as sojourners and exiles to abstain from the passions of the flesh, which wage war against your soul.

2. *SINFUL ANGER*

Anger is sinful when it is:

1. SELFISHLY MOTIVATED

Loving self...promoting self... ..PROTECTING self...is involved in some way in sinful anger.

2. SINFULLY HANDLED

This sinful anger is evidenced in one of two ways – *blowing up*...or *clamming up*.

Vented Anger	Slow Burn
Yelling/screaming	Clamming up/ moodiness
Slamming things around	Being frustrated
Cursing	Being irritated
Telling someone off	Being disgusted
Attacking verbally/name-calling	Glaring
Hitting	Huffing/snort- ing

BIBLICAL WARNINGS CONCERNING SINFUL ANGER

Prov 14:17 - A quick-tempered man acts foolishly, and a man of evil devices is hated.

Prov 14:29 – He who is slow to anger has great understanding, but he who is quick-tempered exalts folly.

Prov 22:24 - Do not associate with a man given to anger; Or go with a hot-tempered man,

Prov 29:11 - A fool always loses his temper, but a wise man holds it back.

Col 3:8 - But now you also, put them all aside: anger, wrath, malice, slander, and abusive speech from your mouth.

Christ put SINFUL ANGER on par with murder...

Matt 5:21-22 - 21 "You have heard that the ancients were told, 'YOU SHALL NOT COMMIT MURDER' and 'Whoever commits murder shall be liable to the court.' 22 "But I say to you that everyone who is angry with his brother shall be guilty before the court; and whoever says to his brother, 'You good-for-nothing,' shall be guilty before the supreme court; and whoever says, 'You fool,' shall be guilty [enough to go] into the fiery hell.

RESULTS OF ANGER...

Psa 37:8 - Cease from anger and forsake wrath; Do not fret; it leads only to evildoing.

- God is displeased

James 1:20 - for the anger of man does not achieve the righteousness of God.

- Satan is pleased

Eph 4:27 - and do not give the devil an opportunity.

- Relationships are damaged
- Personal physical issues - high blood pressure; stomach/GI problems; jaw pain; tiredness

Sinful anger is always accompanied by other sins when it is tolerated.

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

THE DYNAMIC OF SINFUL ANGER...

Provocation → Response → Consequences

It's **REACTING...NOT ACTING.**

MOTIVES BEHIND SINFUL ANGER...

Heb 4:12 - For the word of God is living and active and sharper than any two-edged sword, and piercing as far as the division of soul and spirit, of both joints and marrow, and able to judge the thoughts and intentions of the heart.

Prov 4:23 - Watch over your heart with all diligence, for from it flow the springs of life.

MOTIVES BEHIND SINFUL ANGER...

- *Pride*
- *Perfectionism*
- *Perceived rights violated*
- *Expectations unfulfilled*

EXPECTATIONS



'eyes'

REALITY



Depression

Anger

Bitterness

Frustration

Irritation

Discontentment

Discouragement

MOTIVES BEHIND SINFUL ANGER...

- *Pride*
- *Perfectionism*
- *Perceived rights violated*
- *Expectations unfulfilled*
- *Wrong view of God*

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

Prov 25:28 - Like a city that is broken into and without walls is a man who has no control over his spirit.

2 Pet 1:6 - and in your knowledge, self-control, and in your self-control, perseverance, and in your perseverance, godliness...

HELP FOR THE ANGRY PERSON...

- **PRIDE**

Prov 6:16-17 - 16 There are six things which the LORD hates, Yes, seven which are an abomination to Him: 17 Haughty eyes, a lying tongue, And hands that shed innocent blood,

Prov 16:18 - Pride goes before destruction, and a haughty spirit before stumbling.

Rom 12:3 - ...I say to everyone among you not to think more highly of himself than he ought to think; but to think so as to have sound judgment...

Prov 18:12 - Before destruction the heart of man is haughty, but humility goes before honor.

Prov 22:4 - The reward of humility and the fear of the LORD are riches, honor and life.

Eph 4:2 - with all humility and gentleness, with patience, showing tolerance for one another in love,

Phil 2:3 - Do nothing from selfishness or empty conceit, but with humility of mind regard one another as more important than yourselves;

Col 3:12 - So, as those who have been chosen of God, holy and beloved, put on a heart of compassion, kindness, humility, gentleness and patience;

HELP FOR THE ANGRY PERSON...

- **PERFECTIONISM**

Heb 10:14 - For by one offering He has perfected for all time those who are sanctified.

Eph 2:5 - even when we were dead in our transgressions, made us alive together with Christ (by grace you have been saved)

Eph 3:16 - that He would grant you, according to the riches of His glory, to be strengthened with power through His Spirit in the inner man,

2 Cor 12:9 - And He has said to me, "My grace is sufficient for you, for power is perfected in weakness." Most gladly, therefore, I will rather boast about my weaknesses, so that the power of Christ may dwell in me.

HELP FOR THE ANGRY PERSON...

- ***PERFECTIONISM***

Psa 18:30 - As for God, His way is blameless...

Matt 23:25-26 - 25 "Woe to you, scribes and Pharisees, hypocrites! For you clean the outside of the cup and of the dish, but inside they are full of robbery and self-indulgence. 26 "You blind Pharisee, first clean the inside of the cup and of the dish, so that the outside of it may become clean also.

HELP FOR THE ANGRY PERSON...

- ***PERFECTIONISM***

Eph 2:8-10 - 8 For by grace you have been saved through faith; and that not of yourselves, it is the gift of God; 9 not as a result of works, so that no one may boast. 10 For we are His workmanship, created in Christ Jesus for good works, which God prepared beforehand so that we would walk in them.

HELP FOR THE ANGRY PERSON...

• *PERFECTIONISM*

Col 2:20-23 - 20 If you have died with Christ to the elementary principles of the world, why, as if you were living in the world, do you submit yourself to decrees, such as, 21 "Do not handle, do not taste, do not touch!" 22 (which all refer to things destined to perish with use)--in accordance with the commandments and teachings of men? 23 These are matters which have, to be sure, the appearance of wisdom in self-made religion and self-abasement and severe treatment of the body, but are of no value against fleshly indulgence.

HELP FOR THE ANGRY PERSON...

- ***PERFECTIONISM***

1 Pet 3:3-4 - 3 Your adornment must not be merely external--braiding the hair, and wearing gold jewelry, or putting on dresses; 4 but [let it be] the hidden person of the heart, with the imperishable quality of a gentle and quiet spirit, which is precious in the sight of God.

HELP FOR THE ANGRY PERSON...

- ***PERCEIVED RIGHTS DENIED***

1 Cor 6:20 - For you have been bought with a price: therefore glorify God in your body.

Phil 2:5-8 - 5 Have this attitude in yourselves which was also in Christ Jesus, 6 who, although He existed in the form of God, did not regard equality with God a thing to be grasped, 7 but emptied Himself, taking the form of a bond-servant, [and] being made in the likeness of men. 8 Being found in appearance as a man, He humbled Himself by becoming obedient to the point of death, even death on a cross.

HELP FOR THE ANGRY PERSON...

- ***UNFULFILLED EXPECTATIONS***

James 4:1-3 - 1 What is the source of quarrels and conflicts among you? Is not the source your pleasures that wage war in your members? 2 You lust and do not have; so you commit murder. You are envious and cannot obtain; so you fight and quarrel. You do not have because you do not ask. 3 You ask and do not receive, because you ask with wrong motives, so that you may spend it on your pleasures.

EXPECTATIONS



REALITY



Depression

Anger

Bitterness

Frustration

Irritation

Discontentment

Discouragement

WHAT I REALLY DESERVE = **gratitude**

HELP FOR THE ANGRY PERSON...

- ***WRONG VIEW OF GOD***

Correct and enlarge your view of God.

Use Scriptures on the various attributes of God.

Read – books like Tozer, Pink, etc.

GENERAL PROCESS OF CHANGE...

- ***PUT OFF***

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

- ***PUT ON***

Eph 4:32 - Be kind to one another, tender-hearted, forgiving each other, just as God in Christ also has forgiven you.

GENERAL PROCESS OF CHANGE...

Also put-on CONTINUOUS, REGULAR, BIBLICAL COMMUNICATION...

Eph 4:25 - Therefore, laying aside falsehood, SPEAK TRUTH EACH ONE [of you] WITH HIS NEIGHBOR, for we are members of one another.

Eph 4:29 - Let no unwholesome word proceed from your mouth, but only such [a word] as is good for edification according to the need of the moment, so that it will give grace to those who hear.

MORE SPECIFIC COUNSEL...

On the practical level, the problem is **REACTING, NOT ACTING.**

So there is a RE-HABITUATION that must occur – to **ACT, NOT REACT.**

See *Eph 4:31-32...v 31 is reacting...and v 32 is acting.*

Lean this motto – **ACT, DON'T REACT.**

1. ASK yourself important questions:

- A. How is God trying to reveal an anger problem to me?”
- B. “Is there anyone I am presently angry with?”
- C. “What am I really angry with them about?”
- D. “How have I dealt with and responded to that person (or those persons)?”
- E. “What do I typically do when I am angry?”
- F. “What have been some results of my anger?”
- G. “Do others see me as a critical or impatient person?”
- H. “When were the last three to five times I was angry?”
- I. “What was my thinking at those time?”
- J. “What kinds of things provoke me to anger?”
- K. “How many of these situations are precipitated by something else I am doing wrong?”

L. “Why should you deal with your anger problems?”

i. God commands us, and enables us, to do so.

ii. To bring honor to the Lord.

iii. Sinful anger injures your physical and spiritual health.

Psa 66:18 - If I regard wickedness in my heart, the Lord will not hear;

1 Peter 3:7 – husbands

iv. Anger hinders your interpersonal relationships.

1. ASK yourself important questions.
2. PRAY for God's help.

Psa 139:23-24 - 23 Search me, O God, and know my heart; Try me and know my anxious thoughts; 24 And see if there be any hurtful way in me, And lead me in the everlasting way.

Matt 6:13 - And do not lead us into temptation, but deliver us from evil.

1. ASK yourself important questions.
2. PRAY for God's help.
3. CONFESS past sins of anger to God and others
Matt 5:23-24
4. Be fixed upon godly DESIRES and GOALS

Psa 40:8 - I delight to do Your will, O my God; Your Law is within my heart."

1 Cor 10:31 - Whether, then, you eat or drink or whatever you do, do all to the glory of God.

2 Cor 5:9 - Therefore we also have as our ambition, whether at home or absent, to be pleasing to Him.

1. ASK yourself important questions.
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4. Be fixed upon godly DESIRES and GOALS
5. Write out the BIBLICAL THOUGHTS to replace wrong thoughts.

Phil 4:8 - Finally, brethren, whatever is true, whatever is honorable, whatever is right, whatever is pure, whatever is lovely, whatever is of good repute, if there is any excellence and if anything worthy of praise, dwell on these things.

6. Seek to put on loving and humble ACTIONS

1 Corinthians 13:4-7

1 Peter 5:5

7. STUDY God's patience and long-suffering

Num 14:18 - 'The LORD is slow to anger and abundant in lovingkindness, forgiving iniquity and transgression; but He will by no means clear the guilty, visiting the iniquity of the fathers on the children to the third and the fourth generations.'

Psa 145:8 - The LORD is gracious and merciful; slow to anger and great in lovingkindness.

8. Be ALERT, ready to exercise self-control and to change your thinking. Watch out for the situations and thoughts you have discovered.

9. Seek ACCOUNTABILITY.
Ask others to help.

Gal 6:1-2

Heb 10:24-25

10. Memorize appropriate verses.

11. **AVOID** angry individuals, unless they are seeking to change.

*Pro 22:24 - Do not associate with a man [given] to anger;
Or go with a hot-tempered man,*

- a. What happened?
- b. What were my reasons for being angry?
- c. “How did I sin?” - Be specific.
- d. “If I had this to do over again, what should I think and do differently?”
- e. Confess and ask forgiveness of God and anyone else who may have been aware of or the recipient of your sinful anger.
- f. Tell God and others what you plan to do in the future instead of becoming sinfully angry.
- g. Be on guard once again.

Suggested Reading:

Uprooting Anger, Robert Jones

Good and Angry: Redeeming Anger, Irritation, Complaining, and Bitterness, by David Powlison

Anger, Anxiety, and Fear: A Biblical Perspective, by Stuart Scott

Anger and Stress Management God's Way, by Wayne Mack

A Small Book about a Big Problem: Meditations on Anger, Patience, and Peace, by Edward Welch

Men Counseling Men: A Biblical Guide to the Major Issues Men Face, John Street (General Editor), (Harvest House Publishers, 2013)