

# Anger by Earl D. Oliver

## HOW DOES YOUR ANGER AFFECT THOSE AROUND YOU?

1. Is your anger cruel to others? (Gen. 4:5, 49:5-7)
2. Does your anger cause you to lose your temper? (Pr. 29:11)
3. Does your anger make others afraid of you? (I Kn. 19:2, 3)
4. Does your anger stir up other people's anger? (Pr. 15:18)
5. Does your anger cause you to seek revenge against others? (Pr. 24:29; Rm. 12:18-19)
6. Do you recognize your anger to be a result of hate rather than love? (I Cor. 13:5)
7. Could your anger lead to the physical harm of others? (Gen. 4:5-8)

## HOW YOUR ANGER AFFECTS YOU

1. When you are angry, you act the part of a fool. (Ecc. 7:9)
2. Acting in anger may warp your perspective and cause you to make bad decisions. (I Sam. 18:8-9)
3. Anger interferes with the reception of the Lord's blessings. (II Kings 5:10-12)
4. Anger makes you unqualified to serve the Lord. (Tit. 1:7)

## HOW TO CONTROL IT

1. Acknowledge what form your anger takes and that it is contrary to God's will. (Eph. 4:31-32; Col. 3:8)
2. Put limitations on your anger when it occurs. (Eph. 4:26)
3. Recognize there are alternatives to anger. (I Pt. 4:8)
4. Understand that controlling your anger is a sign of maturity. (Pr. 16:32)
5. Study how to be quiet when circumstances are chaotic. (I Th. 4:11)
6. Wait and think before you express anger. (Pr. 19:11) *\*cf. notes on causes of anger*
7. Realize that controlling your anger reflects great understanding. (Pr. 14:29)
8. Avoid friendships with people who are habitually angry. (Pr. 22:24-25)

## HANDLING OTHERS' ANGER

1. Your self-control will cause you to speak in such a manner that others' anger will be turned away. (Pr. 15:1)
2. By showing patience, even when you think you have reason for retaliation, you will be able to help those who are angry. (I Pt. 2:21-23; 3:9)
3. Your quiet self-control will be an encouragement to your children. (Col. 3:21; Eph. 6:4)
4. Men, your self-control will make life easier for your wife at times when you feel provoked by what she has done. (Col. 3:19)
5. On some occasions, however, withdrawal from an angry person is your best response. (Pr. 22:24)

## WHEN IS IT JUSTIFIED?

1. When God's Word and God's will are knowingly disobeyed by God's people. (Ex. 32:19-20 cp. I Kn. 11:1-4, 9, 10)
2. When God's enemies assume positions of jurisdiction outside their rights. (Is. 5:20-25)
3. When angry at Satan for what he does. (*Jas. 4:7 - "resist" = Array oneself for battle with an enemy.*) This is the alternative to hating those used by Satan - Lk. 6:27 "Love your enemies."
4. When it follows Christ's example (as with the Pharisees & at the Temple - Mk. 11):
  - a. Altruistic - not for self interest
    1. Christ was angry about the exploitation of the pilgrims
      - Personal sacrifice to travel so far
      - Came to worship & give, not to be taken
    2. Merchants desecrated His Father's Temple
      - No just what they did, but where
      - Commercialized the whole event
    3. Prejudice & discrimination against Gentiles there to worship
      - "...A house of prayer for all the nations" (v. 17)
  - b. **Brief** - doesn't hold a grudge-Christ was back in the Temple teaching daily and didn't let it color His relationships.
  - c. **Concentrated** - Focused on specifics (told them what was wrong)
    - Not just a bad mood
    - Not just generally critical

***"Anger without focus isn't a rebuke, it's a tantrum."*** -Calvin Miller