

# Anger

## Biblical Soul-Care Workshops

**THE GOSPEL  
INSTITUTE**

Week 12  
Session 1

# Introduction

*“One out of five Americans has an anger management problem. Anger is a natural human emotion and is nature's way of empowering us to "ward off" our perception of an attack or threat to our well being. The problem is not anger, the problem is the mismanagement of anger. Mismanaged anger and rage is the major cause of conflict in our personal and professional relationships.” (American Psychological Association)*

# Introduction

- *“But as a concept, anger [is], ... an interpretation of bodily arousal, an emotion, [biological function] something we have to contend with, manage.” [1] (blog.beliefnet.com)*
- *“Anger is “a natural reaction to pain or being hurt. It’s part of the instinctive animal nature of any being.” [2] (pathwaytohappiness.com)*

# Introduction

*“Anger is simply defined as an emotional state. It can range from mild irritation to an intense state called rage. It also has some common physical effects, including raised blood pressure, and increased heart rate, and higher than usual adrenaline and noradrenaline levels. Anger has been viewed as part of the well documented fight or flight response to pain or the threat of it.”*

(stress-relief-resources.com)

# Redefining Anger

1. Anger cannot be understood apart from God.
2. *“When emotions are isolated from ‘the one with whom we have to do’, they cannot be understood and in fact may be tragically misinterpreted and often medicated or otherwise falsely assuaged.”* Sam Williams, *Toward a Theology of Emotions*, page 66
3. *And no creature is hidden from his sight, but all are naked and exposed to the eyes of him to whom we must give account. (Heb. 4:13)*

# Looking at Emotions from the Beginning

Humans were created without negative or sinful emotions

- No sinful fear, worry, anxiety
- No regret, angst, disappointment
- No envy, sinful jealousy
- No sinful anger, hatred
- No disgust, abhorrence, prejudice
- No shame, disgrace, humiliation
- No pain, suffering, sorrow, sadness, grief

# The Fall Marred Emotions in All 4 Dimensions of Human Experience

Disruption of...	Effects Body and Soul
Purity (joy, intimacy)	Guilt, shame, fear, <b>anger</b>
Peace (mind – heart)	Fear, confusion, regret, <b>anger</b>
Pleasure (comfort)	Pain, suffering, <b>anger</b>
Plans (expectations)	Frustration, failure, disappointment, <b>anger</b>
Personal relationships	Isolation, rejection, <b>anger</b>
Provision (ownership)	Loss, hardship, <b>anger</b>
Protection (safety, justice)	Harm, injury, shame, <b>anger</b>

# Anger and the Story-Line of the Bible

1. Divine, righteous anger (Creation)
2. Depraved, sinful anger (Fall)
3. Human, righteous anger (Redemption)

The Gospel, Redemption, the Power of the Holy Spirit, the renewing Power of the Word of God in you can help you grow in becoming more like Christ, even regarding the emotion of anger.

# God Always Expresses Anger Righteously...

1. when His Kingdom-purposes are thwarted or His Name is sullied - God is passionate about His \_\_\_\_\_.
2. when His \_\_\_\_\_ are violated (God is passionate that His Righteous Law be obeyed).
3. when the \_\_\_\_\_ of other people are violated - when people sin against each other. (God is passionate about His Creation).

# God is Angry when His Reputation is Sullied

1. “... They have defiled my holy name by their abominations that they have committed, so I have consumed them in my anger.”  
(Ezek. 43:8)
2. “If you will not listen, if you will not take it to heart to give honor to my name, says the LORD of hosts, then I will send the curse upon you and I will curse your blessings. Indeed, I have already cursed them, because you do not lay it to heart.” (Mal. 2:2)
3. Christ cleansed the Temple (2x’s); Rev. 2-3

# God is Angry when His Rules are Violated

1. O LORD, rebuke me not in your anger, nor discipline me in your wrath! For your arrows have sunk into me, and your hand has come down on me. There is no soundness in my flesh because of your indignation; there is no health in my bones because of my sin.  
(Ps. 38:1-3)
2. ...they provoked the LORD to anger with their deeds [idolatry], and a plague broke out among them. (Ps. 106:29)

# God is Angry when Someone's Rights are Violated

You shall not mistreat any widow or fatherless child. If you do mistreat them, and they cry out to me, I will surely hear their cry, and my wrath will burn, and I will kill you with the sword, and your wives shall become widows and your children fatherless. (Exod. 22:22-24)

You shall not wrong one another, but you shall fear your God, for I am the LORD your God.  
(Lev. 25:17)

## God Responds – 2 Main Types of Anger

1. Thumos – agitated, boiling within; passion, angry heat (Lu. 4:28); glow, ardor: (Rev. 14:8)
2. Orge – desire (excitement of the mind), i.e. (by analogy,) violent passion (ire, or [justifiable] abhorrence); by implication punishment (wrath of God Rom. 1:18; 2:5,8; 3:5; 4:15; 5:9; 9:22; 12:19)
3. ...but for those who are self-seeking and do not obey the truth, but obey unrighteousness, there will be wrath (orge) and fury (thumos). (Rom. 2:8)

# God's Anger is Related to Desire

1. Desire is *to set your passion on* an object or goal; anger results from an unmet desire, therefore anger (passion) and desire are directly related.
2. Anger is hot displeasure against the attitudes and/or actions of sin (Ps. 7:11; Jer. 44:6)...
  - a. that energizes to pursue Kingdom-purposes
  - b. that energizes to solve problems
  - c. that energizes to right wrongs
  - d. that energizes to protect people or property.

# How Humans Respond - Anger

1. Emotions are whole-person, energizing responses resulting from evaluations (based on values, beliefs and moral standards) of stimuli or experience
2. Anger is “*a whole-person-active response*”<sup>1</sup>, (energy), to an experience that violates your personal values, beliefs and ethics.
3. Anger is always a result of a judgment that someone’s rights, rules or reputation has been violated.

<sup>1</sup>Robert D. Jones, *Uprooting Anger*, (PandR 2005)

# How Humans Respond - Anger

Anger is a response...

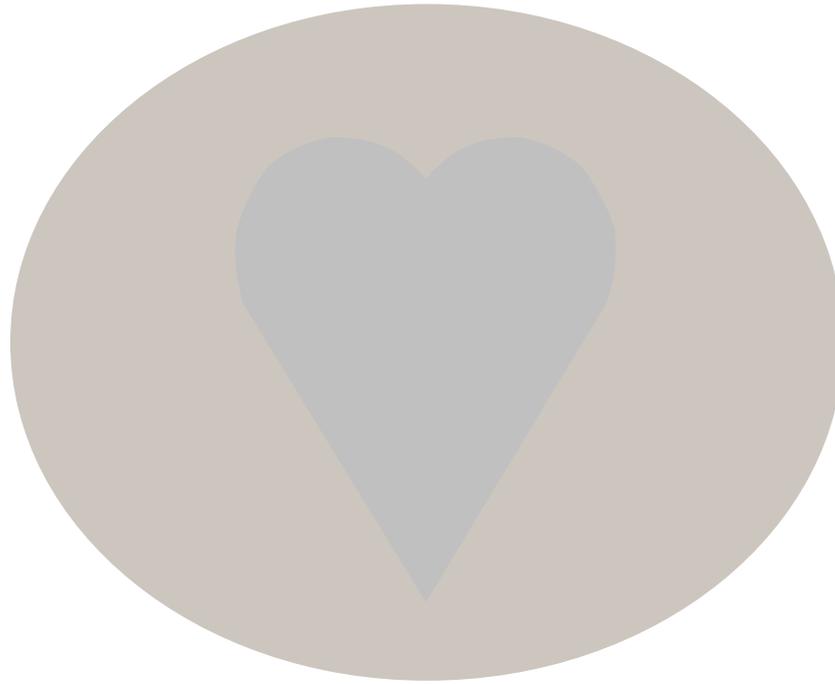
1. To shame, slander or attack on \_\_\_\_\_
2. to an \_\_\_\_\_ or \_\_\_\_\_
3. to a \_\_\_\_\_ \_\_\_\_\_

Why do you experience anger?

To energize you...

1. to right wrongs
2. to solve problems
3. to protect people or property

# Anger begins in the Mind



## When Anger is Sinful - Motivation

1. Unbiblical, ungodly goal – **Reputation** to advance a personal agenda or kingdom instead of exalting God's Name, Kingdom
2. Unbiblical, ungodly standard **Rules**.
3. Failure to value or protect the **Rights** of others.
4. Anger is sinful when it is selfishly motivated
5. Anger is sinful when God's goals are replaced by idolatrous goals.
6. Idolatry is the root of sinful anger - one's motivation or object(s) of worship generates sinful anger.

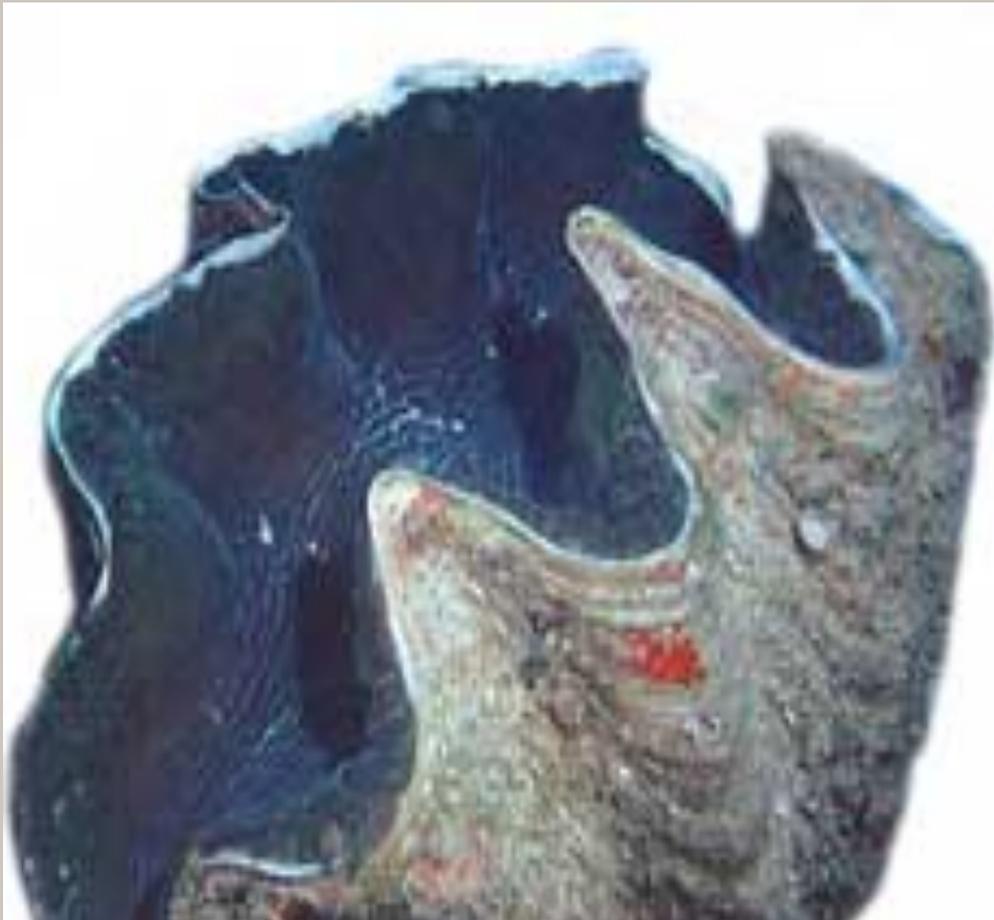
# The Roots of Sinful Anger

1. Entrenched Desires (Ja. 4:1 )
2. Unmet, ruling desires (Ja. 1:14-15)
3. Idolatry - Put to death therefore what is earthly in you: sexual immorality, impurity, passion, evil desire, and covetousness, which is idolatry. (Col. 3:5; see also Ex. 20:17)
4. Pride – serving “King Self” instead of King Christ.

## When Anger is Sinful - Actions

1. When one's actions fall short of the Glory of God - **Reputation**.
2. When one's actions fall short of the standards in God's Word - **Rules**.
3. When one's actions devalue, demean, attack or fail to protect others - **Rights**.
4. Anger is sinful when its energy fails to respond in ways that please God.

## 2 Typical Expressions of Sinful Anger



**CLAM UP**



**BLOW UP**

## 2 Typical Expressions of Sinful Anger

- Stonewalling
- Sarcasm
- Gossip
- Manipulation

Allows anger to linger

**SELF**

**DESTRUCTS**

**CLAM UP**

**Vengeance**

**Hatred**

**Bitterness**

**Attacks person, NOT the sin  
or problem**

**DESTROYS**

**PEOPLE...**

**THINGS**

(Eph.4:31)

(Tit.1:7)

**BLOW UP**

## Sinful Anger is...

1. **Folly** - A man of quick temper acts foolishly, and a man of evil devices is hated. (Pr. 14:17)
2. **Trouble** - A hot-tempered man stirs up strife, but he who is slow to anger quiets contention. (Pr. 15:18)
3. **Painful** - A man of great wrath will pay the penalty, for if you deliver him, you will only have to do it again. Listen to advice and accept instruction, that you may gain wisdom in the future. (Pr. 19:19)

## Sinful Anger is...

4. **Contagious** - Make no friendship with a man given to anger, nor go with a wrathful man, lest you learn his ways and entangle yourself in a snare. (Pr. 22:24-25)
5. **Avoidable** - A soft answer turns away wrath, but a harsh word stirs up anger. (Pr.15:1)

## Sinful Anger is...

6. **Murderous** - ...everyone who is angry with his brother will be liable to judgment; whoever insults his brother will be liable to the council; and whoever says, 'You fool!' will be liable to the hell of fire. (Mt. 5:21-22)

Everyone who hates his brother is a murderer, and you know that no murderer has eternal life abiding in him. (1 Jn. 3:15)

## Sinful Anger is...

7. **Destructive** - A man of wrath stirs up strife, and one given to anger causes much transgression. (Pr. 29:22)
8. **Demonic** - Be angry and do not sin; do not let the sun go down on your anger, and give no opportunity to the devil. (Eph. 4:26)
9. **Avoidable** - Submit yourselves therefore to God. Resist the devil, and he will flee from you. (James 4:7)

## Fatal Disguise – Self-Anger

1. I'm mad at myself...
2. I can't believe I did that...
3. “You [speaking to yourself] are such a \_\_\_\_\_”
4. Shame, regret
5. Self-loathing; self-condemnation
6. Penance; self-punishment
7. “Need” for self-forgiveness
8. “Pseudo-righteous-anger” – false sense of ‘righteous’ anger

## Fatal Disguise – Self-Anger (cont'd)

9. Idolatrous expectation of flawless perfection; setting oneself up as “righteous judge”
10. Demanding self-defined levels of achievement or performance (perfectionism).
11. Frustration rooted in a self-righteous, sacrificial system; setting oneself up as self-righteous ‘savior’.
12. Fails to understand the depth of personal sin
13. Fails to grasp and accept God’s forgiveness

## Fatal Disguise – “Righteous” Anger

1. Isn't God supposed to make my happy, etc?
2. Isn't my husband supposed to love me?
3. Isn't my wife is supposed to be my helper?
4. Aren't my children supposed to “call me blessed”?
5. Isn't my boss is supposed to treat me fairly?
6. Isn't my church supposed to minister to me?
7. “...perhaps I hated them more because I was to suffer by them than because they did things utterly unlawful” Augustine (pages 40-41)

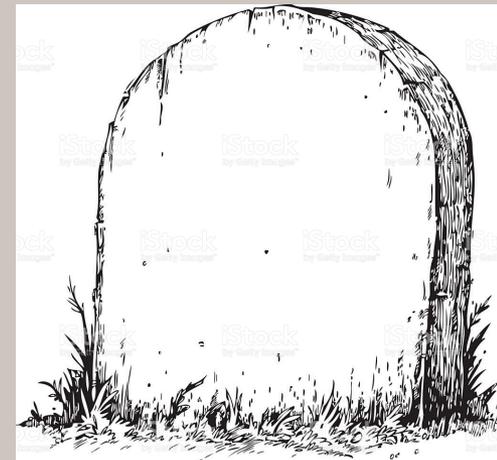
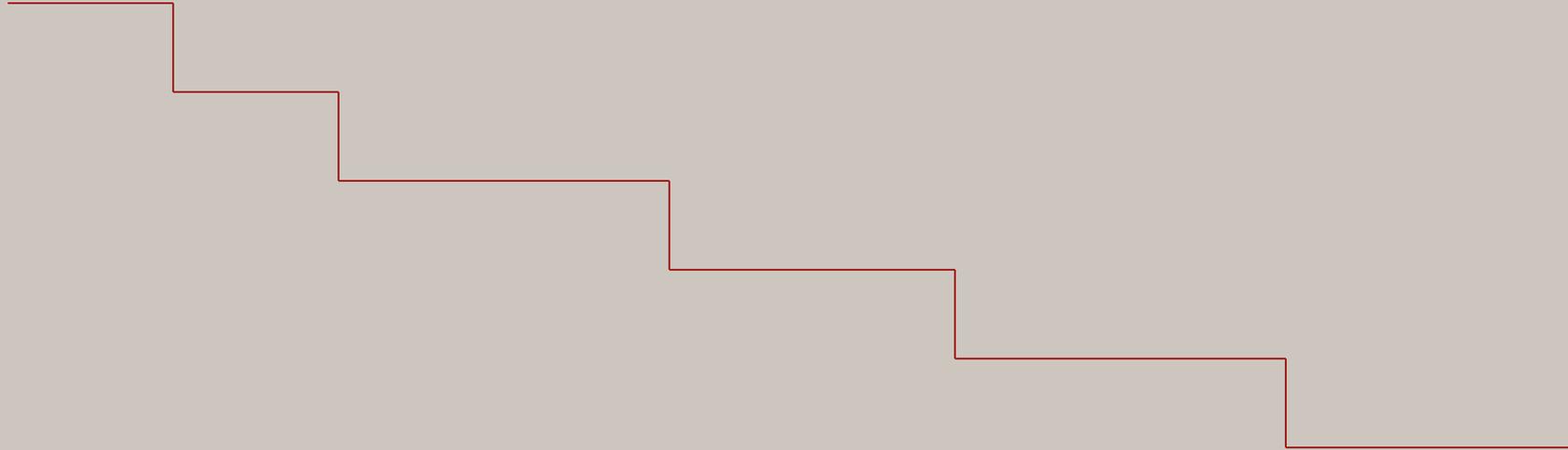
## Fatal Disguise – “Righteous” Anger (cont’d)

8. The intensity of the desire can become sinful.
9. Righteous anger when mishandled will turn to bitterness, vengeance, retaliation, murder.
10. ...for Absalom hated Amnon because he had violated his sister Tamar. (2 Sam. 13:22b)
11. Absalom commanded his servants, saying, "See now, when Amnon's heart is merry with wine, and when I say to you, "strike Amnon,' then put him to death. ... (2 Sam. 13:28)

## Fatal Disguise – No Anger

1. Anger is commanded! – be angry, don't sin  
(Eph. 4:26; Ps. 4:4)
2. ***If you aren't angry at the same things about which God is angry, you commit sin.***
3. O you who love the Lord, hate evil! (Ps. 97:10)
4. Your words were found, and I ate them, and your words became to me a joy and the delight of my heart, for I am called by your name, O Lord, God of hosts. (Jer. 15:16)

# Progression of Sinful Anger



## Biblical Command – Put Off

1. Let all bitterness and wrath [orge] and anger [thumos] and clamor and slander be put away from you, along with all malice. Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you. (Eph. 4:31-32)
2. Let love be genuine. Abhor [detest, separate from] what is evil; hold fast to what is good. (Rom. 12:9)

## Biblical Command – Put Off

3. But now you must put them all away: anger [orgen], wrath [thumon], malice , slander, and obscene talk from your mouth. Do not lie to one another, seeing that you have put off the old self with its practices and have put on the new self, which is being renewed in knowledge after the image of its creator. (Col. 3:8-10)

## Biblical Command – Put Off

4. <sup>6</sup>Then the LORD said to Cain, "Why are you angry? And why has your countenance fallen?  
<sup>7</sup>"If you do well, will not your countenance be lifted up? And if you do not do well, sin is crouching at the door; and its desire is for you, but **you must master it.**" (Gen. 4:6-7)

## Putting off Begins with “Log-hunting”

“Judge not, that you be not judged. For with the judgment you pronounce you will be judged, and with the measure you use it will be measured to you. Why do you see the speck that is in your brother's eye, but do not notice the log that is in your own eye? Or how can you say to your brother, ‘Let me take the speck out of your eye,’ when there is the log in your own eye? You hypocrite, first take the log out of your own eye, and then you will see clearly to take the speck out of your brother's eye. (Matt. 7:1-5)

# Putting off Anger, Identifying Idolatrous Roots

1. What did I want so badly that I was willing to sin to get it?
2. What did I get that was so unwanted that I was willing to sin in response?
3. What unmet expectation caused me to sin when I didn't get it?
4. What was so valuable to me that I chose to sin when it was taken away?
5. Am I angry at God? (self-pity, pouting, shutting down, bitterness)

# Putting off Anger, Identifying Idolatrous Roots

(based on Ja. 4:1-10)

6. What happened that displeased God?
7. What does God deserve and want that He did not get?
8. What should be done so that God gets the most glory from this circumstance?

# Putting off Sinful Anger

1. **Repent of self-centered desires in broken humility and meekness...**

“Meekness is an inwrought grace of the soul; and the exercises of it are 1<sup>st</sup> ***and chiefly towards God.*** It is that temper of spirit in which we **accept His dealings with us as good**, and therefore **without *disputing or resisting***;

Vine's Expository Dictionary of Biblical Words

## Putting off Sinful Anger

2. **Meditate** on God and His Kingdom, His reputation, His rules, and His concerns about other's rights (2 Cor. 3:18; Lu. 6:40; Col. 1:28).
3. **Pursue a Passion for God**, love for God and His kingdom is the seedbed for righteous anger.
4. The antidote for sin of any kind is true worship



## **Put on Righteous Anger – Attack Problems for God’s Glory**

And David said to the men who stood by him, “What shall be done for the man who kills this Philistine and takes away the reproach from Israel? For who is this uncircumcised Philistine, that he should defy the armies of the living God?” (1 Sam. 17:26)

## **Put on Righteous Anger – Attack Problems for God’s Glory**

Then Samuel said, “Bring here to me Agag the king of the Amalekites.” And Agag came to him cheerfully. Agag said, “Surely the bitterness of death is past.” And Samuel said, “As your sword has made women childless, so shall your mother be childless among women.” And Samuel hacked Agag to pieces before the LORD in Gilgal.

(1 Sam. 15:32-33)

# Self-Discerning Questions

## Progressive Sanctification

1. I am focused on God's presence in this trial and His purposes for my progressive sanctification with this particular situation? (Ja. 1:2-5; Rom. 8:28-29; Gen. 45; Gen. 50)
2. Am I allowing for God's wrath, trusting His character and justice? (Gen. 50:19)
3. Am I willing to confess my sinful anger to God and to the offended person(s)?
4. I am willing to return good for evil, regardless of the circumstances? (Gen. 50:21)
5. Am I committed to communicate and solve problems? (Eph. 4:25-32)

## Righteous Fighting – with Good

Bless those who persecute you; bless and do not curse them. ... Live in harmony with one another. Do not be haughty, but associate with the lowly. Never be wise in your own sight. Repay no one evil for evil, but give thought to do what is honorable in the sight of all. If possible, so far as it depends on you, live peaceably with all. Beloved, never avenge yourselves, but leave it to the wrath of God, for it is written, “Vengeance is mine, I will repay, says the Lord.” To the contrary, “if your enemy is hungry, feed him; if he is thirsty, give him something to drink; for by so doing you will heap burning coals on his head.” Do not be overcome by evil, but overcome evil with good. (Rom. 12:14-21)

## Righteous Fighting – Make Room for God's Wrath

Instead of expending energy is spent on getting revenge, you must give God room to work in whatever way He chooses to seek justice. God sent “she bears” to punish Elisha’s mockers.

How would you have punished David or Saul of Tarsus?

God’s punishments are always just and right.

***God has a perspective that you and I don't have.*** Trust Him to deal with the problem from His perspective, His justice, His timing.

## Righteous Fighting – A Forgiving Heart

So Joseph said to his brothers, “Come near to me, please.” And they came near. And he said, “I am your brother, Joseph, whom you sold into Egypt. And now do not be distressed or angry with yourselves because you sold me here, for God sent me before you to preserve life. (Gen. 45:4-5)

# Help for Our Fallen Condition!

1. Fallen man can find redemption in the Gospel!
2. Regeneration, Faith and Repentance brings “reclamation, renewal, restoration and reconstruction” to the **whole person, which includes our emotions.**<sup>1</sup>
3. Emotions can come under the control and renewal of the Holy Spirit.

<sup>1</sup>(from Brian S. Borgman, *Feelings and Faith*)

## Helping the Angry Person See His Anger

Then *David's anger burned greatly against the man*, and he said to Nathan, "As the LORD lives, surely the man who has done this deserves to die".  
(2 Sam. 12:5)

## Going Deeper

- *What to Do when Anger Gets the Upper Hand*, Jay E. Adams
- *Uprooting Anger*, Robert D. Jones
- *Feelings and Faith*, Brian S. Borgman
- *The Heart of Anger*, Lou Priolo
- *Get Outta My Face! How to Reach Angry, Unmotivated Teens with Biblical Counsel*, Rick Horne
- *get offa my case! Godly Parenting of an Angry Teen*, Rick Horne

# The Fall Marred Humanity in 4 Dimensions

*In the world you will have trouble...* (Jn. 16:33)

Vertical	Relationship with <u>God</u>
Internal	Relationship with <u>ourselves</u> : thoughts, guilt, self-perceptions, beliefs, expectations, emotions, affections
Horizontal	Relationships with <u>other sinners</u> Family and Friends Church-family Co-workers, Neighbors Enemies
External	Relationship <u>with a broken universe</u> (Rom. 8:22)

# Marred in 4 Dimensions

Self-Worshippers; rebellion (2 Tim. 3:1-13)

Evil desires evil (Rom. 3) Emotions, (Eph. 4:17ff)

Pleasure-comfort-no pain/grief; Emotion

Darkened understanding (Eph. 4:17ff), Cannot choose God or good; Intellect, volition

Conflict, isolation, rejection, betrayal

D  
N  
A

WORLD

Provision-weeds, sweat, thorns

Protection-disaster, hardship

Two Aspects

Physical

Spiritual

