

OVERCOMING ANGER

Int.

1. Aim: To show some things about anger that will help us to control it and overcome.
2. Eph. 4:26 "Be ye angry, and sin not: let not the sun go down upon your wrath:"
 - a. Anger is an emotion that can destroy us unless we can learn to control it.
 - b. Anger is dangerous - Anger is only one letter short of Danger!!!
 - c. Synonyms for the word anger - "resentment", "wrath", "ire", "indignation", "fury", and rage
 - d. We often sin when we are angry - It is not always wrong to be angry, but we must learn to control our anger, lest we sin!
3. We have all had experience with the emotion of anger. And we have all been learning how to control and overcome anger all of our life. This lesson is just a reminder!!!
4. This is a study in "Anger Management" [24,400,000 hits on Google]

Discussion

I. DEFINITIONS

A. ANGER

1. "Indignation which has arisen gradually and become more settled" - THAYER
2. "ORGE suggests a more settled or abiding condition of mind, frequently with a view to taking revenge" - VINE
3. Anger, then, is a lingering, seething emotion

B. WRATH - (Greek, "thumos")

1. "The sudden outburst of passionate anger" - ZONDERVAN PICTORIAL
ENCYCLOPEDIA OF THE BIBLE

2. "The blaze of temper which flares into violent words and deeds, and just as quickly dies" - BARCLAY Today we would call this "blowing off steam"
3. III. Anger - "Over in a Minute"

II. BIBLE VERSES [God has given us much about anger and what it can do]

- A. In the Psalms: "Cease from anger, and forsake wrath: fret not thyself in any wise to do evil." Psalms 37:8
- B. In the book of Proverbs:
 1. "[He that is] soon angry dealeth foolishly" Pro 14:17
 2. "[He that is] slow to wrath [is] of great understanding; but [he that is] hasty of spirit exalteth folly." Pro 14:29
 3. "A wrathful man stirreth up strife: but [he that is] slow to anger appeaseth strife." Pro 15:18
 4. "[He that is] slow to anger [is] better than the mighty; and he that ruleth his spirit than he that taketh a city." Pro 16:32
 5. "A man of great wrath shall suffer punishment: for if thou deliver [him], yet thou must do it again." Pro 19:19
 6. "[I t is] better to dwell in the wilderness, than with a contentious and an angry woman." Pro 21:19
 7. "Make no friendship with an angry man; and with a furious man thou shalt not go: Lest thou learn his ways, and get a snare to thy soul." Pro 22:24-25
- C. In the book of Ecclesiastes: "Be not hasty in thy spirit to be angry: for anger resteth in the bosom of fools." Ecc 7:9

D. THE NEW TESTAMENT ALSO SAYS MUCH AGAINST ANGER AND WRATH

1. To the brethren in Rome, Paul wrote: "Dearly beloved, avenge not yourselves, but [rather] give place unto wrath: for it is written, Vengeance [is] mine; I will repay, saith the Lord." Rom. 12:19
2. It is included with those things Paul lists as the "works of the flesh" in Gal.5:19-21 "Wrath"
3. To the Ephesians Paul writes: "Let all bitterness, and wrath, and anger, and clamour, and evil speaking, be put away from you, with all malice:" Eph 4:31
4. In a similar vein to the Colossians: "But now ye also put off all these; anger, wrath, malice, blasphemy, filthy communication out of your mouth." Col 3:8

A study of these Bible verses shows us..

III. HOW WE OVERCOME ANGER

A. Proper words - can help us with overcoming anger

1. Prov. 15:1 "A soft answer turneth away wrath: but grievous words stir up anger."
 - a. Soft = gentle, tender
 - b. "Anger, however great, is checked by answer sweet"
 - c. Turneth away wrath -
 - d. Context - See verses 2-5
 - (1) Tongue of the wise
 - (2) A wholesome tongue
2. Prov. 25:15 "By long forbearing is a prince persuaded, and a soft tongue breaketh the bone."
3. Be patient and you will finally win, for a soft tongue can break hard bones.

B. Slow to Get Angry

1. Eccl. 7:9 "Be not hasty in thy spirit to be angry: for anger resteth in the bosom of fools."
2. Pro. 16:32 - slow to anger, better than mighty
3. Jas. 1:19-20 "Wherefore, my beloved brethren, let every man be swift to hear, slow to speak, slow to wrath: For the wrath of man worketh not the righteousness of God."
 - a. Swift and slow
 - b. Swift to hear
 - c. Slow to speak and slow to wrath
 - d. Wrath does not equal righteousness
4. Do not be hot-headed, short fused, quick to blow off
5. Poem - Temper

C. Learn to Control yourself

1. Eph. 4:31 - let anger be put away from you - you are the only one who can control you! No one else can control your anger!!
2. Anger management is an inside job !!
3. Col. 3:8 - Put off: anger, wrath
4. Rom. 12:19 - vengeance belongs to God
5. Prov. 29:11 "A fool uttereth all his mind: but a wise [man] keepeth it in till afterwards."

D. Do not associate with those who have a habit of being angry

1. Prov. 22:24-25 "Make no friendship with an angry man; and with a furious man thou shalt not go: Lest thou learn his ways, and get a snare to thy soul."
2. We will learn the ways of an angry man - others can influence us to be like them
3. This will be a snare to our soul -
4. Pro. 21:19 better to live in the wilderness than in the house with an angry woman or angry man
5. Prov 30:33 "Surely the churning of milk bringeth forth butter, and the wringing of the nose bringeth forth blood: so the forcing of wrath bringeth forth strife."
6. Prov 29:22 "An angry man stirreth up strife, and a furious man aboundeth in transgression."

E. Get it Resolved Soon - Paul emphasized "Be ye angry, and sin not: let not the sun go down upon your wrath:" (Eph.4:26).

1. Our problem however is that our anger many times is mis-directed and this is when anger turns to sin.
2. Sinful anger generally falls into two categories.
 - a. Anger that is vented and anger that is internalized.
 - b. These two types of anger are typically directed at another person.
 - (1) Anger that explodes like a volcano can be and often is hurtful to others. Significant relationships can be fractured, integrity lost and even result in physical injury to oneself.
 - (2) Internal-type anger can cause people to be moody, cold toward others, sullen, miserable and just plain ol' no fun to be around. Internalized anger leads to bitterness and resentment.

IV. DANGER OF ANGER

A. Bible Examples

1. Cain - rose up and killed his brother Able -
2. Older brother of the prodigal son - refused to go to the feast with his family

B. Examples in life

1. III. Woman kicks over vending machine
2. Baseball - May 2, 1990 - Costly explosion
3. Funeral - David Williams- Brother got angry at his brother - stabbed in Beer Tavern May 1966
4. Man Charged with Murder says he "just lost control"
5. Jas. 1:20 "For the wrath of man worketh not the righteousness of God"

C. Anger can shorten our life

1. Article in paper - 1/10/89 Anger Danger
2. Book "None of These Diseases" by Dr. S.I. McMillen
3. "My life is at the mercy of any rascal who can make me angry" - John Hunter:
 - a. The heart and other organs of the body are affected when anger occurs.
 - b. It releases a powerful drug called adrenalin into the blood stream, causing blood pressure to rise, the heart to beat faster, the eyes to dilate.
 - c. Hands become sweaty, the mouth becomes dry, and the muscles become tense as fight or flight hormones are released into the body.
 - d. The person was right who said: "Every time we get angry we drive a nail into our own coffin."

V. QUOTES OF MEN ABOUT ANGER

- A. A good thing to remember is that you can't save face if you lose your head.
- B. An angry man is again angry with himself when he returns to reason.
- C. The greatest remedy for anger is delay.
- D. The best answer to anger is silence.
- E. Swallowing angry words before you say them is better than having to eat them afterwards.
- F. He who goes to bed angry has the devil for a bed-fellow. Never take your enemies to bed with you.

CONCLUSION

1. Anger can be controlled
2. Eph. 4:26 "Be ye angry, and sin not: let not the sun go down upon your wrath: "
 - a. We should not harbor anger - it is not good for us
 - b. Settle the matter before the sun goes down
 - c. You will sleep better and have a better day tomorrow.
 - d. V. 27 "neither give place to the devil" - if you don't control your anger then the devil will have an opening in your life where he can gain some control over you.
 - e. Either control your anger or the devil will control you through your anger.
3. Put anger to rest at the close of each day. You will live longer and be happier and God will be pleased.
4. The cure for anger is love!!! You cannot continue to be angry with another if you really love them.

Sermon by Arthur Pigman -
 Evans Church of Christ
 515 Gibbs Road
 Evans, Ga. 30809
 706-855-1249
arthurpigman@cybrtyme.com

Illustrations:

Anger - Shotgun

A lady once came to a preacher and tried to rationalize her angry outbursts. "There's nothing wrong with losing my temper,"

She said. "I blow up, and then it's all over."

"So does a shotgun," the preacher replied, "and look at the damage it leaves behind!"

TEMPER

When I have lost my temper,
 I have lost my reason too.
 I'm never proud of anything,
 Which angrily I do.
 When I have talked in anger
 And my cheeks are flaming red,
 I have always uttered something
 Which I wish I hadn't said.
 In anger I have never
 Done a kindly deed or wise
 But many things for which I felt
 I should apologize.
 In looking back across my life,
 At all I asked or made,
 I can't recall a single time
 When fury ever paid.
 So I struggle to be patient,
 For I've reached a wiser age;
 I do not want to do a thing
 Or speak a word in rage.
 I have learned by sad experience
 That when my temper flies,
 I never do a worthy deed,
 A decent deed or wise.