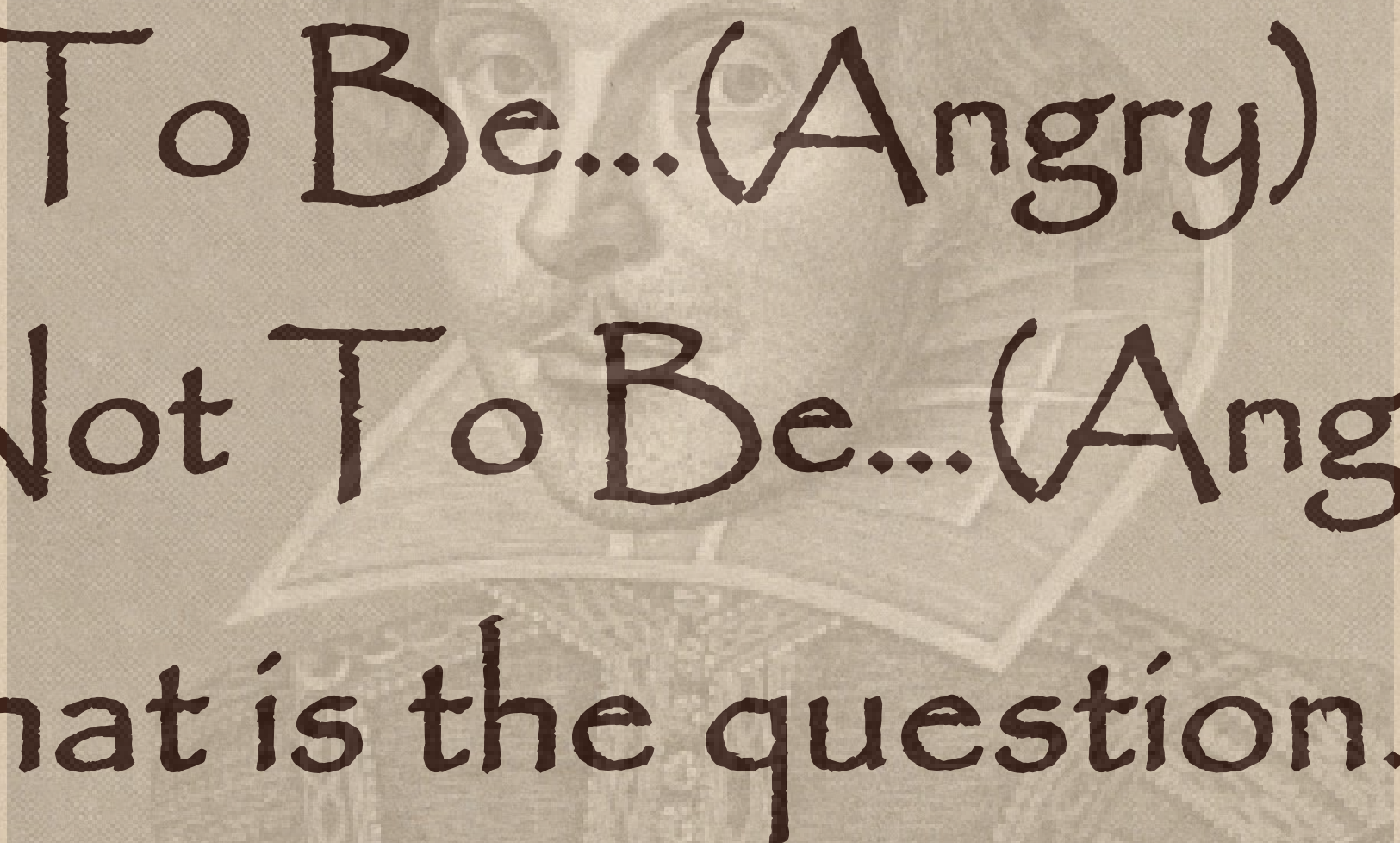


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Anger Management



“What is at the
root of my
Anger?”



To Be... (Angry)
or Not To Be... (Angry)
that is the question.

“Is it possible to be Angry and Not Sin?
In other words, “Is Anger always sinful?”

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It depends on your **Latitude and Longitude**.
Where are you positionally? Before or after **Ez. 36:26**?

"...I will give you a new heart and put a new spirit within you; and I will remove the heart of stone from your flesh and give you a heart of flesh"

Before we are in Christ, it is impossible to do any spiritual good pleasing to

God (Rms. 8:8; Heb. 11:6) - **"P-U-S-H-B-E-C"**

Meaning all Anger before this moment of spiritual regeneration is **SINFUL**.



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Anger Management

Matt. 15

- Evil thoughts
- Murderers
- Adulteries
- Fornications
- Thefts
- False witness
- Slanderers

Mark 7

- Coveting
- Wickedness
- Deceit
- Sensuality
- Envy
- Pride
- Foolishness



"I WANT WHAT I WANT !!!"

Galatians 5

- Immorality
- Impurity
- Sensuality
- Idolatry
- Scorcery
- Enmities
- Strife
- Jealousy

ANGER

- Disputes
- Dissensions
- Factions
- Envy
- Drunkenness
- Carousing

“I do what I do, because I want what I want”

I will sin if I don't get what I want...

I will sin in order to get what I want...

In sin, I will express that I need this....

In sin, I will express the I want that...

In sin, I will express that I must have,

In sin, I will express that I expect to have,

In sin, I will express that I have the right to have...

What Makes you Angry?

Small things?

- ❖ Traffic
- ❖ A waiter's mistake
- ❖ The ballgame
- ❖ Can't find car keys
- ❖ Your neighbor's dog doing his business on your lawn?

Big things?

- ❖ Betrayal
- ❖ Injustice
- ❖ Violence
- ❖ Oppression
- ❖ Selfishness / Lying
- ❖ Meanness

How Do "You" Deal With Your Anger?

- ❖ "Blow-Up" - Shrapnel goes everywhere - on others & yourself
- ❖ Subtle - Irritated & Short with others
- ❖ Quick Fuse / Long Burn
- ❖ Do you gossip / complain (spouse, kids, friends, co-workers)
- ❖ "Clam-Up" - Anger turned inward - become depressed & bitter

Worldly "Counterfeit" Counsel

Vent Your Anger

1. Get in touch with how you feel
2. Express it - Get it off your chest
3. Give them a piece of your mind
4. Say exactly what you think

Control Your Anger

1. Psychotherapy
2. Medication
3. Exercise
4. Meditation
5. Serenity Now

...so, which is it?

"Anger" is such a powerful emotion...

...but not necessarily prohibited

...be quick to hear...slow to anger (Jms. 1:19)

EMOTIONS - The Bible tells us that God has
emotions:

1. Grieve - Eph. 4:30; Matt. 26:37, 38
2. Love - John 3:16; 1 John 4:7, 11, 19
3. Jealousy - Ex. 20:5; Ex. 34:14; Josh. 24:19
4. **Anger - Ps. 2:5; Ps. 7:11 - God Hates Sin!**
5. Sorrow - John 11:35
6. Rejoice & Gladness - Isa. 62:5; Isa. 65:19

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“God created man in His own image...God saw all that He had made, and behold it was **very good**” (Gen. 1:27, 31)

Everything that was made by God before the fall, **including our emotions**, was good and perfect because God created it.

...however,

1

2

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...after the fall, every aspect of man was contaminated by sin; man became **totally depraved** in his intellect, heart, desires, wants, goals, motives, will, physical body, **including his emotions.**

After the fall, we experienced an "unbiblical version" of:
ANGER.

Man's "Anger" typically expresses two things:

1. It Identifies - Something in your world **matters** to you
2. It Proclaims - You believe that something is **wrong**
 - For example - Minor vs. Major

Anger is our God-given capacity to respond to a wrong that we think is important.....so, when we get angry, we are not "necessarily" wrong.

However, too often, our Anger is wrong....because it is "SELF-serving".

An open Bible is shown from a high angle, with its pages slightly curved. The text is overlaid on the Bible. The top text asks, "Is it always sinful to be ANGRY?" in a serif font. Below it, another question asks, "What does the Bible say about ANGER?" in the same font. At the bottom right, the text "...much" is written in a smaller, simpler font.

“Is it always sinful to be
ANGRY?

What does the Bible say about
ANGER?

...much

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“Let all bitterness, and wrath, and ANGER, and clamor and slander be put away from you, along with all malice”
(Eph. 4:31)

“But now you also, put them all aside; ANGER, wrath, malice, slander, and abusive speech from your mouth” (Col. 3:8)

According to the previous verses there is kind of **ANGER** that is sinful and must be excluded from the life of a believer... (W. Mack):

Biblical Examples:

1. Genesis 4 - Cain's anger led to the murder of his brother Abel
2. 1 Samuel 18 - King Saul was angry with David over battle praises
3. Mark 6:19 - Herodius's anger led to John the Baptist's beheading
4. Acts 7:54 - Jewish leaders became enraged and stoned Stephen

The Bible also teaches that there are times when our
ANGER is not sinful:

Eph. 4:26 - "Be angry, yet do not sin..."

James 1:19 - "be quick to listen...slow to anger"

(it is clear from these verses that there is an anger that is not sin).

Biblical Examples (**ANGER** not sinful):

1. Ps. 7:11 - God, who cannot sin, is said to have "indignation" everyday
2. Ex. 4:14 - God's anger burned against Moses
3. Mark 3:2-5 - Jesus became angry with the Pharisees' hard hearts
4. John 2:13-17 - Jesus drove out the sellers from the temple in anger
5. Acts 17:16 - Paul's spirit was "provoked"* observing the idols in Athens
6. Gal. 2:11-14 - Paul confronted** and rebuked Peter in Antioch (hypocrisy)

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“Anger, in and of itself, is not sinful”
(Eph. 4:26)...

....however,



“...Anger may become “Unrighteous Anger”
when, either:

...exposed to gamma radiation, or...

Anger May Become Sinful in the following ways:

1. Displacement of Anger
2. Denial of Anger
3. Relaxation Techniques
4. Anger Directed at Substitute
5. Ventilation of Anger
6. Internalization of Anger



Anger Management

Ventilation
("Blowing Up")



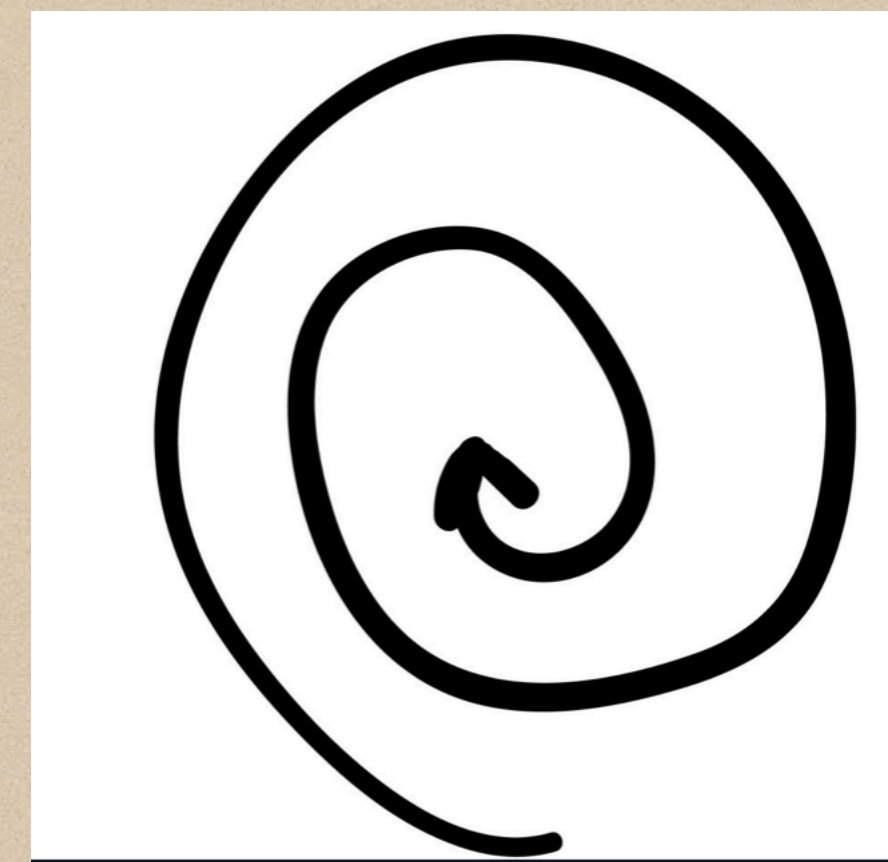
Anger is released toward others, or
the situation, without control



Problem



Internalization
("Clamming Up")



Anger is released within
oneself

Characteristics of Sinful Anger:

1. Selfishly Motivated - When we become angry for the wrong reasons
 - a. Cain (Gen. 4); Herodias (Mark 6); 1 Samuel 18:7; Prodigals' Brother (Luke 15)

2. Uncontrolled - We allow our anger to control us, rather than controlling it.
 - a. Eph. 4:26-27; 2 Cor. 2:11; Ps. 4:4; Prov. 16:32; Prov. 25:28

3. Anger Personified - When it becomes a dominant feature of our lives
 - a. Prov. 19:19; Prov. 22:24

4. Brooding / Fretting - When one constantly dwells on a personal slight

a. Eph. 4:29 (Ex. Parents angry with kids spending too much time on cell)

5. Builds up R & B - When we keep a running record of mistreatment

a. 1 Cor. 13:5; Heb. 12:15; Eph. 4:31; Col. 3:19

6. What? Me Angry? - Repress anger or pretend that we are not angry

a. Eph. 4:25; 1 Pet. 3:8-9; Prov. 15:1; Rms. 12:14-21

7. People Focused - When anger attacks people instead of the problem

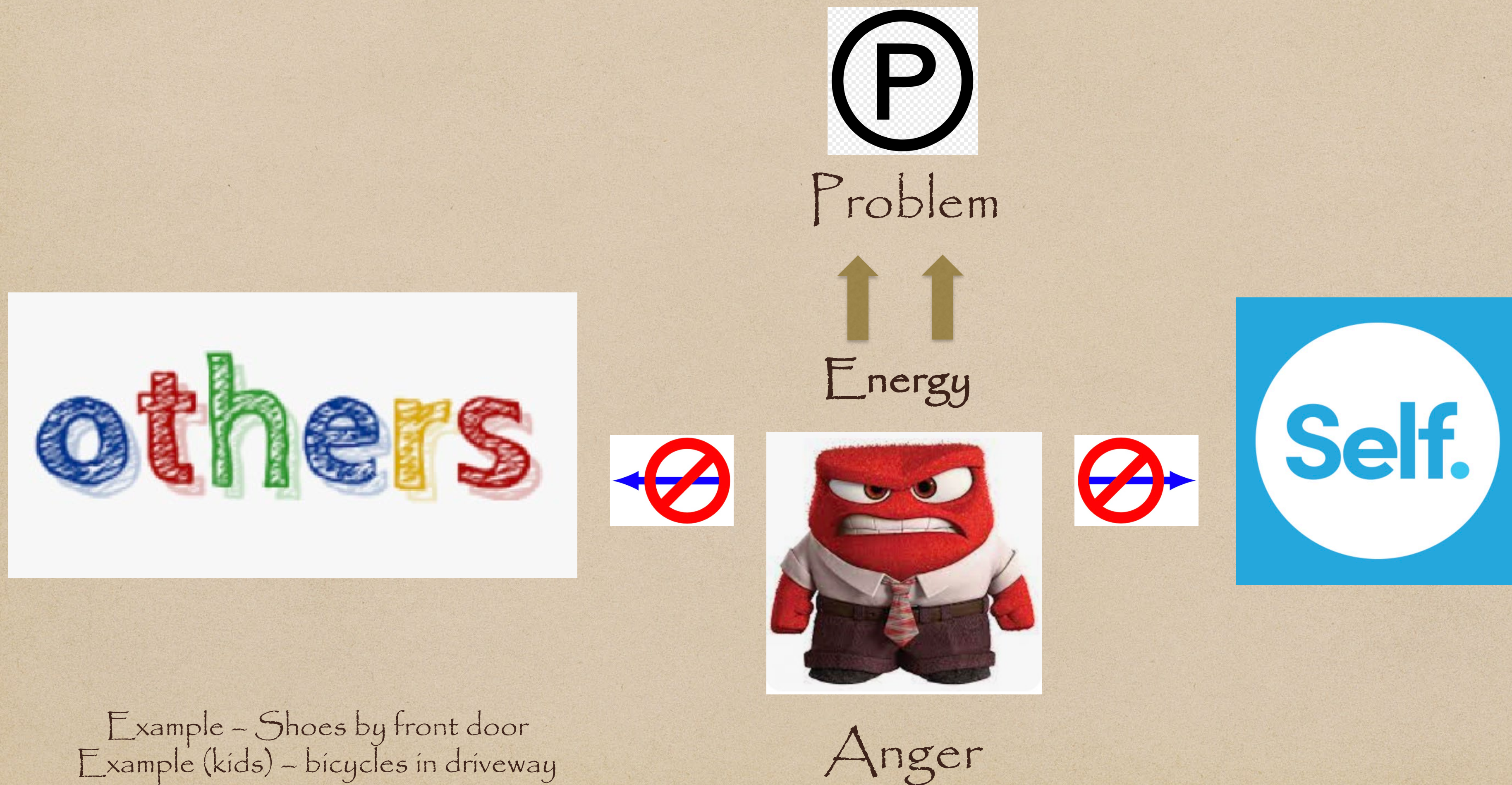
a. Eph. 4:29 (Ex. Parents angry with kids spending too much time on cell)

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Anger Management

Ways to Handle Anger Righteously

What Does Godly Anger Look Like?



Example - Shoes by front door
Example (kids) - bicycles in driveway

Dealing With Anger in a God-Honoring Way:

1. Daily - Deal with problems on a regular, daily basis.
 - a. Eph. 4:26;

2. Overlook the Offense - Distinguish between swing issues and fire issues
 - a. 1 Peter 4:8; Prov. 10:12; Prov. 19:11

3. Matt. 18:15 - Deal with serious conflicts for the purpose of reconciliation.
 - a. Matt. 5:23-24; Phil. 2: 1-4; Heb. 3:12-14; James 5:19-20; Matt. 18:6; 1 Cor. 5:6-7

Dealing With Anger in a God-Honoring Way:

4. Stop & Examine - Are the reasons for your anger self-serving?
 - a. Prov. 13:10; James 4:1-3

5. Control & Restrain - By the indwelling Holy Spirit we can control our anger
 - a. Prov. 29:11; Prov. 16:32; James 1:19-21; 2 Cor. 3:16; Rms. 8:11

6. Reconciliation Before Offering - Whether you are the offender, or the offended, "go first" to reconcile - before church, worship, tithe, serving
 - a. Matt. 5:23-24; Matt. 18:15

Resistance & Restraint

1. **Resistance** - A man's brain enables him to delay his responses and choose a course of action. There is a possibility of resistance to, and rejection of, sinful courses of action (James 4:7)
2. **Resistance** - must become experiential (Col. 1:9-10; Heb. 5:14; Prov. 15:1)

Heb. 5:14 - But solid food is for the mature, who because of practice have their sense trained to discern good and evil

Resistance & Restraint

1. **Restraint** - While resistance is the desirable response, the counselee must learn what to do whenever he fails to resist temptation.
2. **Restraint** - Sometimes angry thoughts will lead to emotions of hatred and revenge welling up in the heart. By no means is it necessary to allow this sin to run its full course to outward expression.
3. **Restraint** - It can be restrained, through practice, to gain self-control (2

Pet. 1:10b; Prov. 10:19; 13:3; 21:23; 15:28; Ps. 73; Phil. 2:3-5)

31

Prov. 10:19 - when there are many words, transgression is unavoidable, but he who restrains his lips is wise.

Four Options - Applied to Anger

(taken from "Putting Your Past In Its Place")

		In What Occurred, You Were....	
		INNOCENT	GUILTY
You Responded...	WELL	You were sinned against, but you responded well	You sinned but you handled it quickly
	POORLY	You were sinned against but your responded poorly	You sinned and responded poorly (with additional sin)

The Bible teaches:

Eph. 4:26 - "Be angry, yet do not sin..."

James 1:19 - "be quick to listen...slow to anger"

1. Paul's instruction is to not let one single day to pass with unresolved anger
2. Time alone does not heal; it is more likely to cause the wound to become infected.
3. The serious problems must be dealt with on time - differences must be covered by love
4. Do not give the Devil an opportunity (Eph. 4:27; 2 Cor. 2:11)
5. Reversal of one's former manner of life - instead of anger, speak the truth in love
6. Matt. 5:22-24 - Offender takes the initiative - reconcile for proper exercise of worship.
- 33 7. Matt. 18:15 - Offended takes the initiative - if offender fails to observe Matt. 5

John Owen

"Be killing sin or it will be killing you."

Dietrich Bonhoeffer

"If my sinfulness appears to me to be in any way smaller or less detestable in comparison with the sins of others, I am still not recognizing my sinfulness at all."

Charles Spurgeon

"If there is one darling sin that you would spare, Christ and your soul will never agree. There can be no peace between you and Christ while there is peace between you and sin."