



May 1, 2016
Celebration | 9:00 am
Pastor David Mitchell

Finding Healthy Anger Ephesians 4:26-27

“BE ANGRY, AND yet DO NOT SIN; do not let the sun go down on your anger, and do not give the devil an opportunity.”

- We can experience healthy anger. *“Be angry...”*
- But we are vulnerable to sinful anger. *“...and yet, do not sin...”*
- Therefore we must resolve our anger to avoid spiritual attacks and damage.
“...do not let the sun go down on your anger and do not give the devil an opportunity.”

How to live in obedience to God in our anger:

- **Recognize the forms of anger.**
 - **Orge** = “anger” a settled or abiding condition of mind, frequently with a view to taking revenge. Slower to be expressed but more lasting in nature.
 - **Thumos** = “wrath”, a more agitated feelings with an outburst from indignation. Quickly blazes and quickly subsides.
- **Be reminded of the destructive nature of anger.**
 - **Physical damage.** Genesis 4:5; Daniel 3:19; I Samuel 20:34
 - **Relationships damaged.** Genesis 4:8; I Samuel 20:30-34; Proverbs 14:17
 - **Spiritual damage.** Ephesians 4:27; Genesis 4:12-14, 16
- **Learn about healthy anger from Jesus.** Mark 3:5-8
 - **Anger that was always controlled.** *“After looking around at them with anger”* Proverbs 16:32
 - **Anger at sinful rebellion.** *“anger, grieved at their hardness of heart”*
 - **Anger that still allowed loving care for others.**
“He said to the man, “Stretch out your hand.” And he stretched it out, and his hand was restored.”
- **Take steps to experience healthy anger.**
 - **Assess and admit anger when it begins.** **Jonah 4:1-6** *“The LORD said, ‘Do you have good reason to be angry?’”*
Genesis 4:6 *“Then the LORD said to Cain, “Why are you angry?”*
Proverbs 17:14
 - **Temporarily remove yourself from the source of anger when possible.** **Mark 3:5-8**
“Jesus withdrew to the sea with His disciples” Proverbs 22:24-25
 - **Talk about the reasons for your anger with God and a mature Christian.**
Nehemiah 5:6-7; Jonah 4:4; Genesis 4:6-7; Psalm 4:4; James 1:19-20
See four choices in dealing with anger on the Digging Deeper on the back
 - **Prayerfully confess any sinful anger and pursue what is good to avoid revenge.**
Romans 12:17-21; Proverbs 28:13; 29:22; Psalm 4:4-5

Digging Deeper:

The Bible is a very practical book and addresses the problem of anger many times. In fact, after the sinful fall by Adam and Eve, one of the first sinful problems was anger by Cain. Use the following verses to learn about anger and why we need to avoid the sin of anger and pursue healthy anger like Jesus.

Why should we avoid sinful anger according to Proverbs 15:18; 29:22?

How should you deal with an angry person according to Proverbs 22:24-25?

Four choices in dealing with anger:

- Repress it: deny it completely, like Satan
- Suppress it: let it come out in sarcasm, criticism, blaming, like Cain in Genesis 4
- Express it negatively: hurt with words and things, like Saul in I Samuel 20:30-34
- Express it positively: Talk about it with Lord and others, like Jesus in Mark 3:5-8

Two profiles of anger: One bad and one good.

1st The Bad: 1 Samuel 20:30-34 is a picture of sinful anger we all must avoid. It describes the terrible anger of a father, Saul, toward his son, Jonathan. Saul is angry because Jonathan took the side of David, who Saul was trying to kill. Read and reflect on the reason and results of anger to remind yourself of the damage of anger.

Have you ever had to experience this anger from either Saul or Jonathan's position? What have you learned?

- 1 Samuel 20:30-31—How did Saul express his anger at Jonathan. How painful are those words?
- 1 Samuel 20:32-33—As Saul continued to get angrier, how did he act? This is why God wrote Proverbs 22:24, 25. What do those verses say to do? Have you ever needed to escape from that kind of situation?
- 1 Samuel 20:34—What impact did Saul's anger have on Jonathan's life? Many people are abused and hurt like Jonathan. What would you do if you were Jonathan at this point?
- If you react like Saul will you seek prayer and counseling to overcome this kind of anger?

2nd The Good: Mark 3:5-8 is a picture of healthy anger by Jesus we all must pursue.

- What made Jesus angry in vs. 5? What makes you angry?
- How did Jesus act, even though He was angry? Was He rash and impulsive or controlled and caring to others? How do you usually respond when angry?
- Read Romans 12:17-21. Paul tells us to avoid revenge and seek to do good. How will you apply that in your relationships? See how Jesus still did good for those in need in Mark 3.
- Read Proverbs 16:32. How did Jesus abide by that verse? How can you do the same?

Next Steps:

1. **Read "Anger: Handling a Powerful Emotion in a Healthy Way"** by Gary Chapman, available in Calvary's Corner Bookstore.
2. **Seek counseling with Calvary Care ministries.** The Calvary Life Counseling Center seeks to serve you by joining you in your journey of embracing God's hope and healing for your life. Our prayer is that God would free you to be the person He wants you to be so you can live the life He intends for you to live. Learn more and make an appointment by calling 714.550.2322 at calvarylife.org/counseling
3. **Discuss any reasons for your anger with responsible and mature leaders in our church to help bring resolution. Connect with a mentor at the Mentor Meetup** tonight at 7:00 pm in the Lobby. calvarylife.org/mentor