

## Anger Is A Danger Matthew 5:21-26

### Anger Kills My Soul

Anger is often misunderstood, covered over, and excused  
Not dealt with, it often hinders solutions to other problems - (at home, church, work, etc)  
Jesus warns that anger can be just as dangerous as murder

### What Is Anger?

Webster's - "Excessive emotion or passion aroused by a sense of injury or wrong"

Bible words:

"orge" or-gay' properly, desire (as a reaching forth or excitement of the mind), i.e. (by analogy), violent passion (ire, or (justifiable) abhorrence); by implication punishment:--anger, indignation, vengeance, wrath. - **Mark 3:5**

"cholao" khol-ah'-o to be bilious, i.e. (by implication) irritable (enraged, choleric):--be angry. - **John 7:23**

Anger is the God-given emotion intended to help us solve problems God's way. Anger energizes the body & the mind, Makes us alert!

Examples of anger rightly used. - **Galatians 2:11; 2Samuel 12:5; John 2:15-17**

Anger is an emotion every Christian must deal with. Ask self: Am I using anger to solve problems in God's way? at home? church? work? school? in face to face situations? Letters? on phone?

### Anger Destroys

Destroys home relationships

Shatters H/W ability to communicate

Causes parents to miss goals w/their children

In churches, issues may never be resolved because real problem is sinful anger - **Proverbs 29:22**

Many Proverbs focus on sin of anger: - **Proverbs 19:19; 22:24-25; 29:11**

Anger, like fear & worry puts focus on "self"

Dangerous because it is often excused

"Just the way I am" - "You'd be this way too if in my shoes" - "I'm Irish" - "I had a right to explode"

Uncontrolled anger is never acceptable - It is sin!

Counsel of world is "Get even" Common idea "Go ahead & get it off your chest!" - **Romans 12:17-21**

This takes trust in God. It is easy to think "That won't work for me" But, God's way always works!

Another Extreme - All anger is wrong

Don't think that it is right to be passive "Nothing bothers me..."

It is not "good" to be at peace while living in sin - It is not good to be passive with sin all around us

Not all anger is Sinful! - **Psalms 7:11**

There are times when anger is appropriate - **Ephesians 4:26**

So, there are two extremes:

"All anger is ok" (We excuse sinful behavior)

"All anger is sinful and wrong."

Both extremes are wrong

### Sinful Anger

When selfishly motivated - "I want my rights"; "revenge" - **Galatians 1:10**

When God's goal is distorted - **1Corinthians 10:31; James 1:19-20**

When allowed to "linger" & "boil into bitterness" - **Ephesians 4:26-27**

When it attacks person instead of problem, Name-calling - **Ephesians 4:29**

Two ways we see anger expressed

By "Blowing Up" "venting"

Samson - "explode!" **Judges 14-16**

"Give them a piece of your mind"; "storm out of room"; "Slam the door"; "Hang up the phone"

By "clamping up" - "Internalizing"

Cain's "countenance fell" (ie. He sulked.") **Genesis 4**

Pouts - retreats to the other room - cries - gives the cold shoulder

Neither response is looking for the solution

### **Handling Anger**

Recognize, admit, & confess the sin - **Proverbs 28:13**

See God in your trials - Return good for what you think is evil - **Genesis 50:19-21; Romans 12:21**

Communicate to solve the problem - **Ephesians 4:25-32**

Act to solve your part of the problem - **Romans 12:18; Matthew 5:23-26**

### **Replace Anger With Love**

Might think "Why should I be kind & loving to someone who is so hateful and unloving to me?"

Jesus was - And, God commands us to! - **Romans 5:8**

We are to learn to love one another even enemies like He loved us!

So, love has to replace anger

I have to understand that love, at first, is not a feeling, it is giving!

In order to love, I must give of self, time, money, energy, anything that it takes to show love! -

**Romans 12:20**

God's way will always work, Trust Him!

Daniel Lee Henderson