

## **Anger**

### **Objective**

Identify the causes of anger and ways to deal with it.

### **References**

Sermon on Anger by HG Bishop Youssef

Sermon on Anger by Dr. Charles Stanley – [www.insight.org](http://www.insight.org)

### **Scriptural Verse**

“An angry man stirs up strife, and a furious man abounds in transgression.” Proverbs 29:22

### **Lesson Guidelines**

Of all emotions, anger is perhaps the strongest and potentially the most destructive. While not all anger is sin (Ephesians 4:26), it is very often the precursor of sin (Proverbs 29:22 and 30:33). Anger is an energy that can be destructive or constructive.

#### **1. Types of Anger**

- Rage/Wrath – vicious and explosive seeking to hurt others (Genesis 4:3-7).
- Resentment/bitterness – the most common kind of anger. It produces inner turmoil. It is a suppressed anger.
  - Resentment towards others who might have hurt you.
  - Resentment towards God for a tragedy you endured or for unanswered prayers.
- Righteous indignation – felt when you observe an act of injustice and is not considered sin. One example is Jesus scattering the peddlers from the temple (Matthew 21:13-16).

#### **2. Effects of Anger**

- Physical problems – anger can lead to many diseases such as hypertension.
- Emotional problems – the most common being depression which affects spiritual life.

#### **3. How to Deal with Anger?**

People deal with anger in several ways:

- Covering up – these people are convinced that complete trust in God is the only way to deal with the situation, and bury their true feelings behind a saintly face.
- Disconnecting – people can let their anger drive them away from God. They may initially confront Him with their sorrow, but if they believe that Christians should never be mad at God, they avoid Him.
- Turn to God – This is always the right approach.
  - Acknowledge your anger to yourself and assume responsibility for it, after all anger is usually not a reaction to someone's actions but your personal interpretation of that person's actions.
  - Identify the source of your anger. You may be upset with somebody at work, but taking it out on your family.

- If a situation is about to provoke your anger, leave for a while until you calm down.
- Wrestle with God – it is not a sin to express your honest feelings to God - He knows them anyway. Examples from the Bible include David, Moses, and even Jesus Himself. This is the first step towards recovery.
- Choose to respond to it through the power of the Holy Spirit. Remember, no one can make you angry. You chose to react to a certain situation by getting angry. You can control your emotions because of the Holy Spirit living within you.
- Ask God for help to overcome your anger and to improve your self-control. If you must confront someone for wrong doing, do it with respect and love.
- Confess your anger as sin to yourself, to God and to your father of confession.
- Direct the energy of your anger to prayer in order to be able to overcome this feeling.
- Identify the root cause of the anger – is it pride, or lack of love or respect for others? You may be able to identify other sins which must be dealt with.
- Deal with stressors in your life that may be making you tense and on edge.

### **Conclusion**

Anger is an emotion inherent to our nature. Anger may be used constructively to bring about edification of others but often anger is allowed to get out of control and bring about destruction in which case it is considered a sin. We must learn to identify the source of our anger as it may reflect sin in our lives such as pride or lack of love. We must also learn to deal with our anger so as not to hurt others emotionally or physically.

### **Activities/Discussion Points**

1. What are situations that make you angry?
2. What are ways that you can deal with your anger?
3. Give examples of good types of anger presented in the Holy Bible