Introduction:

19 My dear brothers, take note of this: Everyone should be quick to listen, slow to speak and slow to become angry, 20 for man’s anger does not bring about the righteous life that God desires.

James 1:19-20 (NIV)

Warning: Under pressure we are all prone to “blow a fuse,” or burn down the house.

A Look at Anger from God’s Perspective:

Definition: Anger is neither good nor bad; it is a “charged,” morally neutral, emotional response of protective preservation.

- Positively – It can be a healthy emotion that motivates us to correct attitudes, behaviors, or injustices that we perceive to be wrong.

26In your anger do not sin. Do not let the sun go down while you are still angry, 27 and do not give the devil a foothold.

Ephesians 4:26-27 (NIV)
• **Negatively** – It can be an unhealthy and destructive emotional response to protect us from (real or perceived) **hurt**, **frustration**, or **personal attack**.

> A hot-tempered man must pay the penalty; if you rescue him, you will have to do it again.

Proverbs 19:19 (NIV)

> Do not make friends with a hot-tempered man; do not associate with one easily angered.

Proverbs 22:24 (NIV)

> An angry man stirs up dissension, and a hot-tempered one commits many sins.

Proverbs 29:22 (NIV)

**Anger Wears Many Masks:**

We ____________________ our ____________________ in such a wide variety of ways that many people assume anger is not an issue in their life.

**I. Spewers: Anger is Necessary**

1. Fear –

2. Results –

3. Need –

4. Yes –

   No –
II. **Stuffers**: Anger is Wrong

1. Fear –

2. Results –

3. Need –

4. Yes –
   No –

III. **Leakers**: Showing Anger is Wrong

1. Fear –

2. Results –

3. Need –

4. Yes –
   No –
Application / Discussion Questions:

1. What makes me angry?

2. When or where would it be okay to be angry?

3. In what ways do I tend to misuse anger?

4. Which anger mask do I wear most often?

5. The one insight I received about anger and emotions that will be helpful to me is: