

## Introduction:

<sup>19</sup>My dear brothers, take note of this: Everyone should be quick to listen, slow to speak and slow to become angry, <sup>20</sup>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.

<sup>26</sup>In your anger do not sin. Do not let the sun go down while you are still angry, <sup>27</sup>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: