Introduction:

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

James 1:19-20

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, 27and do not give the devil a foothold.

Ephesians 4:26-27

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- **<u>Negatively</u>** – 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

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

Proverbs 22:24

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

Proverbs 29:22

<u>Anger wears many masks:</u>

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

I. <u>Spewers</u>: Anger is necessary

1. Fear –

2. Results –

3. Need –

4. Yes –

    No –

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II. <u>Stuffers</u>: Anger is wrong

    1. Fear –

    2. Results –

    3. Need –

    4. Yes –

       No –

III. <u>Leakers</u>: Showing anger is wrong

    1. Fear –

    2. Results –

    3. Need –

    4. Yes –

       No –

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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:

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