

THE ANSWER FOR ANGER – PART ONE

“That is so like you!”

“Are you just stupid, or do you not care?”

“How many times have I told you to pick up your toys?”

“You are not going to talk to me like that!”

“Who died and left you in charge?”

“Just get out of my face!”

“You make me sick!”

“Can’t you do anything right?”

“I’ve had it up to here with your nagging.”

“Don’t you take that tone with me!”

Sound familiar? Do any of these statements ring any bells? If so, and you do not want them to part of your life, how do we make the transition away from such anger?

I. ADMIT YOUR STRUGGLE

“The very fact that God gets angry tells us that it can be good. The journey most of us are on is to purify something that can be good, rather than just kill something that is bad.” The one is behavior replacement. The other is heart change.

A. We have distorted something good. We enjoy anger. Why? It plays to our sinful nature to make us believe we have power.

B. It makes us feel superior and authoritative. An angry person is much like an alcoholic. They can’t do without their “fix” and they believe they have not lost control.

C. Anger is not “one size fits all.” In a way anger is like a dog. If I say I have a poodle, you might say it is only a cat that barks. If you have a Great Dane, I might say you have a horse in your house. There are all kinds of ways to display anger.

D. Both revealing anger and concealing anger offend God and damage relationships.

Expressive

Concealed

Active

Suppressive

Direct

Distant

Forceful

Passive/Aggressive

Skunk

Turtle

Volcano

Boiling Water

Thumos

Orge

We all do both of these, although one is usually more dominant for you.

E. What is the common element? In all manifestations of my anger, I am the only one who has been present 100% of the time. A significant part of my anger is me.

F. Through self-pity, we will try to excuse our sin through blame or justification.

G. Suppression does not help anger to dissipate over time. Anger turns to bitterness and revenge. Anger denied can turn into anxiety or depression

H. Part of what we must admit is that God wants us to be free. Anger ties us in knots. God sets us free.

I. When we fail to admit we are angry, we create an artificial reality where anger isn't really anger in our Land of Oz. All of those close to us must live in Oz also for our world to work.

Anger is not just relationally destructive, it is also personally destructive.

Romans 6:23 – When we acknowledge the wages (death), only then can we receive the gift.

Not overcoming my sinful anger is a denial of God's goodness. It is only through God's goodness that we are able to see sin.