

THE ANSWER FOR ANGER – PART 2

Last time we said that the first step to answer our anger was to admit we had a problem.

The second step we must take on our journey is to realize that acknowledging sin and dealing with it are two different things.

Whenever you minimize the size of a problem you minimize your effort.

- A. Anger is a proud emotion. It is certain that it is right.
- B. There are seven tests for righteous anger
 - 1. Do I get angry about the right things?
 - 2. Do I express my anger in the right way?
 - 3. The effect of my anger needs to be redemptive. Anger tends to see everything in the worst possible light.
 - Anger does not deal with the reality of an event – it distorts it
 - Sin attaches to all the special features of personhood and transforms them into weapons. Our battle is more than emotional control-our battle is to mortify sin

Romans 8:13 – “If you live by the flesh you will die. But if you put to death the deeds of the body by the Spirit you will live.”

Colossians 3:5 – “Put to death what is earthly in you; sexual immorality, impurity, passion, and covetousness which is idolatry.”

OUR BATTLE IS TO MAKE SURE THAT THE THINGS THAT MATTER MOST TO GOD MATTER MOST TO US. The difficulty we face is hardness of heart. The biggest problem we have is often the hardest to see. *If you were buying a house that was a “fixer-upper, you would be able to spot obvious things like dirty carpet and broken windows. However, only a thorough inspection could determine structural integrity.*

That is why Jesus said we needed to see our problems as a log-sized issue.

4. Anger is a spectrum problem. It begins with valuing something more than someone. This is a short step to aggressive thoughts. The next step occurs when one of those thoughts finds expression in our words. Next, we get demonstrative in our tone and body language. Mild physical force follows. The difficulty is that we are not aware that we are moving in such a progression.

-All we see is the WRONG we are making right (shoes left in den)

-All we hear is the tone in the other person's voice

-All we feel is the sense of URGENCY we are trying to convey

5. All we acknowledge is what we "Meant" to say or do. If you fall into this trap, you are minimizing for yourself your sinful actions and/or speech. This is not taking responsibility for your sin.

6. We need to acknowledge that our anger is a whole-personed negative response of moral judgment against perceived evil. Our anger is what we do with our whole person.

Luke 6:43-45 "No good tree bears bad fruit; nor does a bad tree bear good fruit, for each tree is known by its own fruit. Figs are not gathered from thorn bushes or grapes are not picked from a bramble bush. The good person out of the good treasure of his heart produces good. The evil person out of the evil treasure of his heart produces evil. For out of the abundance of his heart his mouth speaks."

-This makes it impossible to say: "You know I did not mean that." OUR WORDS REVEAL OUR HEART. In the same way that fruit reveals a tree, words reveal a person.

7. What is the primary way we perpetuate our blindness? We view our anger as not really me. We create a vast array of metaphors for our anger. David Powlison helps us here: "No doubt these colorful descriptions do capture how anger feels to us. But a metaphor is not meant to over-power what it illustrates. The drawback with metaphors is that they do not tell us WHY we get angry and WHAT to do about a cure."