

## THE ANSWER FOR ANGER-PART 3

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The final stop on our journey is to discuss the origin, motive, and history of our anger.

Understanding ourselves does not simply mean getting in touch with our feelings. It also means getting in touch with our thoughts behind the feeling.

1. Anger does not exist in a vacuum. We learn through example and through practice.
  - a. Learning does not reduce our personal responsibility. You might learn to do Karate, but you are responsible for how you use it.
  - b. We learn through desire. You might want respect, so that you think that being in control through anger will accomplish your desire. Perhaps you were taught as a child by your Dad to “Never tolerate disrespect.”

IF WE DO THIS, WE ARE SACRIFICING OUR HEAVENLY FATHER’S DESIRE FOR OUR OWN.  
YOU NEED TO ADMIT THAT YOU (AND DAD) WERE WRONG.

Philippians 3:7-8 *“Whatever gain I had I count it as loss for the sake of Christ. I count everything as loss for the surpassing worth of knowing Christ Jesus my Lord. For His sake, I have suffered the loss of all things and count them as rubbish, in order that I might gain Christ.”*

- c. What do I value more? My sinful desire or representing Christ?
2. What do we need to understand?
  - a. Personality and temperament dictate different forms of anger. **YOUR PERSONALITY SHOWS WHAT YOU VALUE. YOU CAN’T USE YOUR PERSONALITY TYPE TO ADVANCE THE NOTION THAT EVERYONE ELSE MUST CONFORM TO YOUR WISHES.**

b. Family history – How did they approach conflict? What was the M.O. for dealing with disagreements in your home of origin? What subjects were acceptable?  
THIS IS YOUR DEFAULT POSITION OF WHAT YOU CONSIDER NORMAL.

c. Understand your current life situation. How do you manage:

- your time
- your sleep
- your money
- your relationships
- your priorities

The question is this: “What is the morally right thing to do? Simply put, YOU WILL NOT HAVE HEALTHY EMOTIONS IN AN UNHEALTHY LIFE.

Paul Tripp is helpful here. There is a journey on the way to full blown anger. Perhaps it is easier to think of in terms of stages.

Stage One – Our desires lead to a demand

Stage Two – Demand becomes a need

Stage Three – Needs create expectations

Stage Four – Expectations unfulfilled lead us to disappointment

Stage Five – Disappointment leads to punishment

The desire might seem normal but the disappointment and punishment are not part of God’s established norm.

*James 4:1-2 “What causes quarrels and fights among you? Is it not this that your passions are at war within you? You desire and do not have so you murder and covet and do not attain- so you fight and quarrel.*

Passion = Lust

Desire= Longing

Covet=Zeal

ZEAL – Often the things that lead us to our anger are “Justifiable” to us, because we are zealous. However, one must be zealous about God and His agenda – not your own.

CONCLUSION: What desire(s) drive you? Power, acceptance, approval, control, achievement,

prosperity, or position?

These are desires that will grip you and take you to anger. This is where anger connects with other sins. ANGER NEVER TRAVELS ALONE – WILL YOU ALLOW IT TO TRAVEL WITH YOU?