



#8 Good 'n Angry

Prov.14:29 Whoever is slow to anger has great understanding, but he who has a hasty temper exalts folly.

Prov.15:18 A hot-tempered man stirs up strife, but he who is slow to anger quiets contention.

Prov.16:32 Whoever is slow to anger is better than the mighty, and he who rules his spirit than he who takes a city.

Prov.15:1 A soft answer turns away wrath, but a harsh word stirs up anger.

Godly Wisdom Regarding Anger:

It is wise to be slow to anger

It is wise to not **NURSE** your anger

It is wise to extend **MERCY** to perceived mistakes

It is wise to wait on God for complete justice

Is it Always Wrong to be Angry?

Godly Anger vs. Human Anger

-God has a **PERFECT** viewpoint of what is right & wrong

-Humans have **FLAWED** viewpoints of what is right & wrong

-We must have **SUBMISSION** to God's moral teachings and **HUMILITY** to acknowledge that we could misinterpret scripture or people's behaviors

-Just like in God's heart, **JUSTICE** is in the heart of humanity

Sinful Causes of Anger: Arrogance, Unrepentant Sin, Sexual Misconduct, Lack of Accountability, Low View of Mercy

Non-Sinful Causes of Anger: Mental Health issues, Not standing up to boundary violations, Overestimated Offenses, Overextension of Fault, Physical Issues, Dopamine Crash, Hiding Pain, Missed Expectations

BROAD SOLUTIONS:

From Jesus: _____

With Others: _____

For Yourself: _____

ACTION STEPS:

1. Ask for forgiveness at home.

Confessing to a loved one: *I'm truly sorry for how I have misused anger and I now recognize it hurt you. I will begin to learn how to use my anger properly to help protect us. I'm open to further discussion about this. Today, I'm making a step in this direction. Will you please forgive me?*

Responding to a confession: *I will begin to work with the Holy Spirit to forgive you. It may take some time, but starting today, I accept you at your word and will work with you to heal our relationship. I forgive you.*

2. Come forward for prayer.

SAY THIS TO A PRAYER PARTNER (pick which one describes you):

Person A (you know you've hurt others): *I realize that in my anger I have hurt myself and others. Today, I submit to God's authority over my life and repent of my sins. God, please forgive me and heal my life and relationships.*

Person B (you want God's help to live and lead well): *I am humbled by Jesus' sacrifice for my sins. I want God's wisdom to fill my heart. When I do get angry, I want to use it to lead & protect others well. Jesus, lead my life!*

Recommended Book: Anger: Taming a Powerful Emotion by Gary Chapman