

#8 Overcome Anger with Patience



A. Understanding Anger

- Angry people lose the vision of maintaining relationships through polite and kind gestures and instead desperately try to regain and maintain respect and control through intimidation and violence, resulting in increased frustration, loss of control, and rage.



♦ A Portrait of Anger

- Angry people are convinced that _____ and intimidation are the best means of gaining what they otherwise could not.
- Two general types of anger
 - Slow and deceptive (inner rage)
 - Sudden and violent (blow up like volcano)
- Have you seen how anger destroys homes, hearts, churches, and nations?

♦ Anger and Sin

- Isn't there a righteous anger for man? _____
 - *"Be angry and yet do not sin; do not let the sun go down on your anger" (Eph 4:26).*
 - *"Then David's anger burned greatly against the man, and he said to Nathan, 'As the LORD lives, surely the man who has done this deserves to die'" (2 Sam 12:5).*
- Verses that limit where a believer uses anger.
 - *"But now you also, put them _____ aside: anger, wrath, malice, slander, and abusive speech from your mouth." (Col 3:8).*
 - *"And do not grieve the Holy Spirit of God, by whom you were sealed for the day of redemption. Let all bitterness and wrath and anger and clamor and slander be put away from you, along with all malice" (Eph 4:30-31).*
- God's Righteous Anger
 - *"But I am very angry with the nations who are at ease; for while I was only a little angry, they furthered the disaster" (Zechariah 1:15).*
 - *"My anger is kindled against the shepherds" (Zechariah 10:3).*
 - *Then the anger of the LORD burned against Moses, and He said, "Is there not your brother Aaron the Levite? I know that he speaks fluently" (Exodus 4:14).*
- Summary: God uses His anger to carry out His judgment properly, but people's anger, because of their sinful nature, most often causes them to neglect God's work.
 - *"For the anger of man does not achieve the righteousness of God" (Jam 1:20).*

♦ Anger's Deep Reach

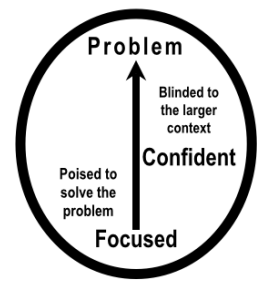
- Society and extreme anger - cultural expectation shapes reactions
- "Not as Cain, who was of the evil one, and slew his brother. And for what reason did he slay him? Because his deeds were evil, and his brothers were righteous" (1 John 3:12).
- Anger goes deeper than our outward anger (Mat 5:21-22)
 - *"But I say to you that everyone who is angry with his brother shall be guilty before the court...be guilty enough to go into the fiery hell." (Matthew 5:21-22).*
- Being angry versus expressing anger.



♦ Anger a Motivator

1. Targets a problem
2. The intense focus creates a _____ to the larger context
3. Self-confidence swells without social guards
4. Unacceptable, violent forms of anger erupt

Anger a Motivator



♦ Biblical Insights on Anger

- **Advice about angry people:** “Do not associate with a man given to anger, or go with a hot-tempered man” (Pro 22:24).
- **The cost of anger:** “A man of great anger shall bear the penalty, for if you rescue him, you will only have to do it again” (Pro 19:19).
- **Spotting anger:** “A hot-tempered man stirs up strife, but the slow to anger pacifies contention” (Pro 15:18).
- **Responding to anger:** “A gentle answer turns away wrath, but a harsh word stirs up anger” (Pro 15:1).

B) Replace Anger with Patience

- Anger enables one to do what one would not otherwise do. As an emotion, anger gains its power from its obsessive desire to resolve some issue (or 'fix' someone) and gets worse from a person's confident but blinded judgment.

♦ Misplaced Confidence

- Anger becomes a quick reaction to not getting what one desires and a tool to get what one does want.
- Angry people believe they can handle a disagreeable situation most appropriately through mean voices and actions.
- Anger's consequences present a stark contrast with nurtured loving relationships.

I will control the situation myself.

Anger

I will use mean faces, shouting, withdrawal or even hitting if necessary to make that person do what I want when I want it!

- Trusting in the Lord for help and wisdom to resolve problems is always superior to anger.

I will trust God to help me to rightly motivate people.

Trust

I will look to God for wisdom and kindness to accomplish His will in this situation.

♦ Looking for Solutions for Anger

- World's attempt: Anger management - “Just don't get too angry”
- God's way: Replacement of anger with patience and kindness
- Two steps
 - Stage of humility
 - Stage of patience

(1) Stage of Humility (the decline)

Allow truths to expose evil and lead to cross

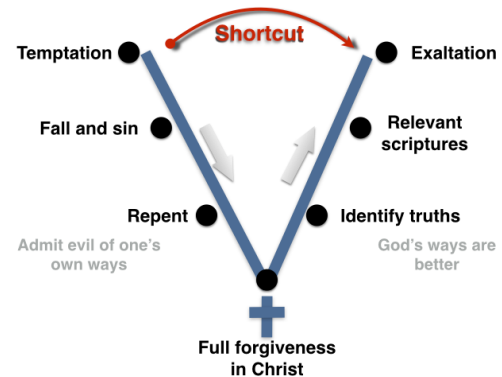
- Acknowledge anger's evil (perhaps the hardest)
- Identify the occasion for the problem and one's fault.
- Accept sinfulness of anger (James 1:20; Gal 5:20)
- Confess thoughts and expressions of hatred

- Man is made in God's image (Gen 1:27; Col 3:8,10)
- 'Slow to anger'? (Eph 4:26)
- Confession of sins and broken relationships (1 Jo 1:9)
- Make reconciliation and restitution (Jam 5:16)
- Complete dependence: Admit great need for God in prayer
- "For judgment will be merciless to one who has shown no mercy; mercy triumphs over judgment" (James 2:13).
- Find complete forgiveness and restoration through the power of Christ's death.

(2) Stage of Patience (the incline)

Express truths that cause us to reflect on the better way of kindness and God's glorious ability to help us to do His good will.

- Trying hard not to get angry does not always work
- Admit preoccupation with self over concern for others and trust in God's ways
- Zealous for good deeds and relationships (Titus 2:14)
- The problem of subtle temptation
- Escape falsehood - "He doesn't deserve it!" (i.e. kind and gentle talk)
- Contrast the person's value against old notions: "I can do better without you!"
- Accept responsibility against the old notion: "I don't care what happens to you!"
- Give thanks to the Lord for leading you back to Himself and recognize His ways as best.



◆ Affirm God's Ways for Your Life

- By adopting Christ as our standard of life, conduct, and behavior, we are willing to examine and revalue the ways we do things. Compare the two ways of handling an offense.
 - **God's Ways** <=> **Mean Ways**
 - Talk gently <=> Speak rudely
 - Care about others <=> Care about self
 - Show kindness <=> Display meanness
 - Promise to support <=> Wildly criticize
 - Recognize growth <=> Belittle
 - Speak calmly <=> Yell

✚ Life Application: Put on patience

- Comparing our sinful, angry ways with God's kind ways helps us repent.
- Anger is not always sinful, but it usually is!
- God's anger is always right and good.
- Anger ruins relationships, but God's ways of peace are gracious and patient!
- God wants us to regularly work with Him to handle difficult people/situations properly.
- Anger bypasses warnings because of its intense focus, resulting in foolish and violent behavior.

➡ **Key: God's kind ways are supremely better than our manipulative anger.**

Life Sharing & Exercises

1. Do you get angry? What about?
 2. Is it hard to stop getting angry? What hints do you have to share?
 3. How can angry people do such violent things?
 4. Choose one Bible verse that speaks about anger. Put its teaching in your own words.
- ◆ Assignments: Exercises and charts to help understand and overcome anger.

