

# Anger Management

Dr James Rennie

## 1. Is anger a sin?

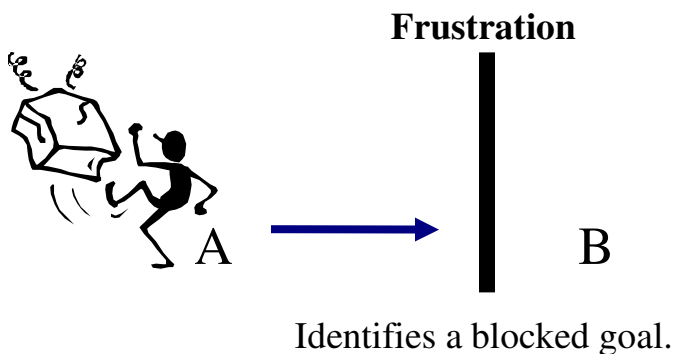
- God has anger and yet He is righteous. Psalms 7:11
- Anger is a God-given emotion and therefore is good.
- The Bible tells us, “Be angry and yet do not sin.” Ephesians 4:26
- What purpose does anger serve?
  - It can empower us to do good.
  - It is our conflict button.

## 2. Three kinds of conflict

1. Goals
2. Justice
3. Ownership

## Three kinds of anger

- Frustration
- Indignation
- Jealousy



### Wisdom Needed:

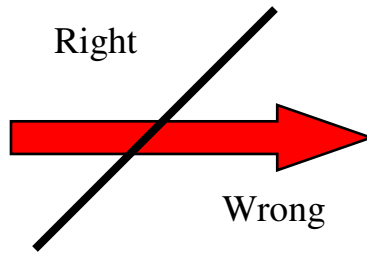
Reassess goals and prioritize godly goals

### Grace needed:

Patience and perseverance



## Indignation



Identifies a crossed moral line.

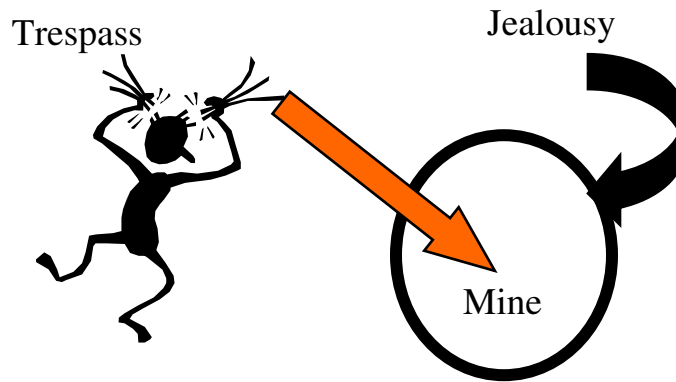
### Wisdom needed:

Learn moral boundaries

### Grace needed:

Forgiveness: a legally binding transaction where one surrenders the right to collect on a debt. It is giving up the right to get revenge.

## Jealousy



Identifies a crossed love line, or a conflict of ownership.

### **Jealousy defined**

- A name of God
- The anger that guards what is mine to love and possess
- Necessary for a healthy love
- When carried to excess becomes envy and coveting

Exodus 34:14

### Wisdom needed:

Learn love and ownership boundaries

### Grace needed:

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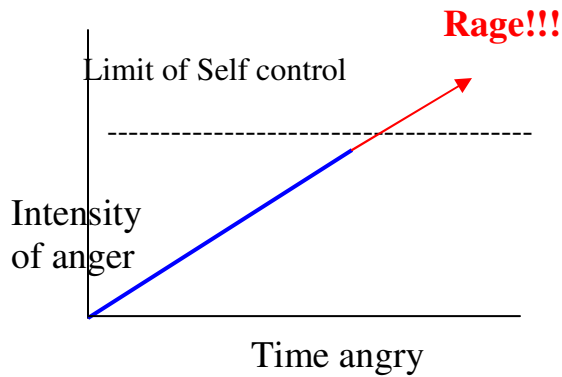
### 3. What are the godly limits of anger?

1. Be angry and yet do not sin.

*Do not let the sun go down on your anger.*

Ephesians 4:26

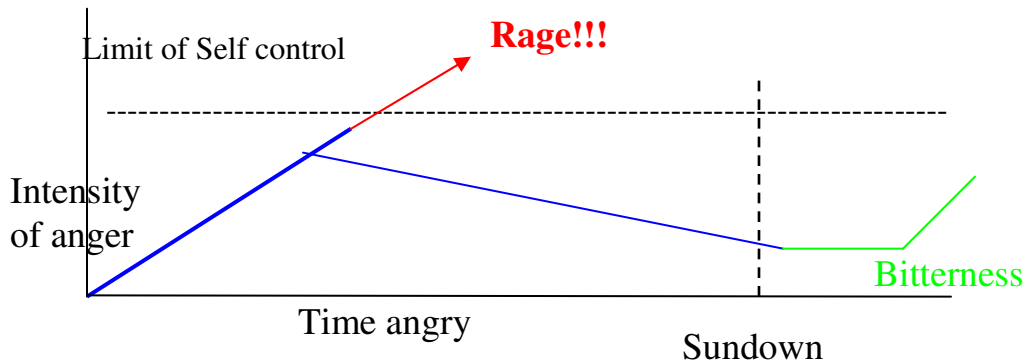
#### The Anger Graph 1



2. Three expressions of Rage

- a. Raging Actions
- b. Raging words: critical, complaining, and cursing
- c. Raging thoughts

#### The Anger Graph 2



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d. Bitterness

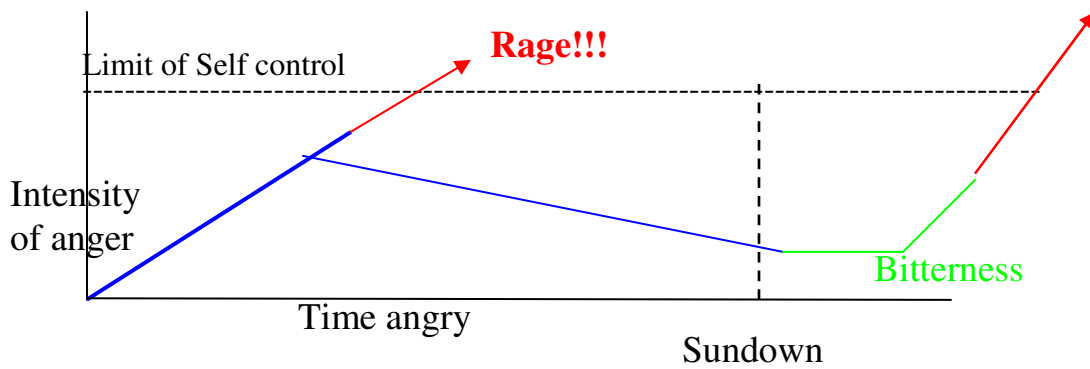
Hebrews 12:15

Old anger

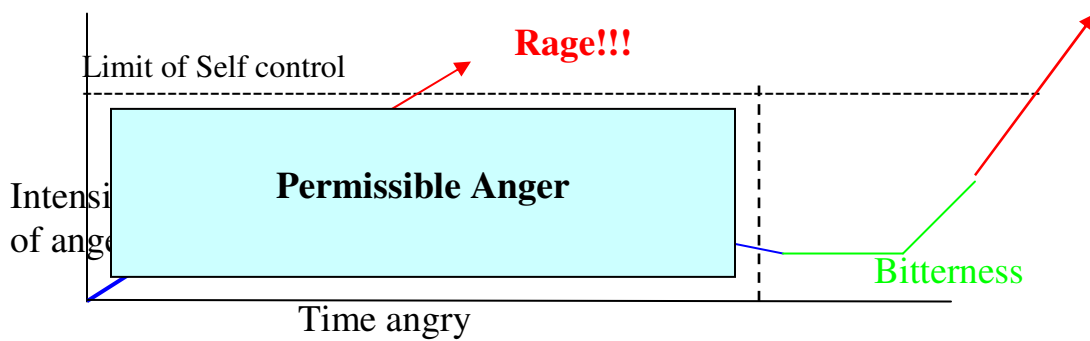
Always a sin

Characterized by distaste for life, resentment, hard-heartedness, hatred, and lack of tolerance.

### The Anger Graph 3



### The Anger Graph 4



#### 4. Three Beliefs Regarding Emotional Control

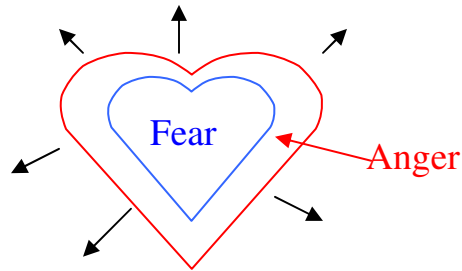
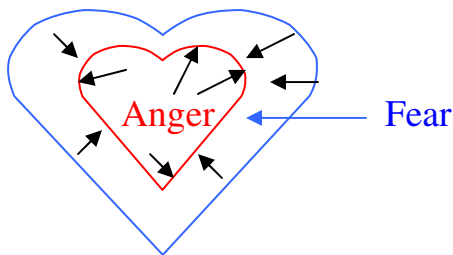
1. No Control. Others are responsible for my emotions.
2. Natural control. I control myself.



3. Spiritual control. God controlling me.

##### Means of Suppression

1. Mind control
2. Hiding one emotion under another.



3. Anesthetizing

#### 5. The principle of empowerment

*Let all anger ....be put away from you.*  
 'Let' ...my responsibility  
 'Be put away' ...God's responsibility

Ephesians 4:31 (NASB)

#### 6. The principle of dedication

Spiritual self control requires an on-going submission of my emotions to God.

*"Offer yourselves to God and offer the parts of your body to Him as instruments of righteousness...For sin shall not be master."*

Romans 6:13-14

#### 7. The principle of persistence

Every time I feel the anger I need to pray.

A typical prayer is: "Lord, take my anger and give me peace."

I Thessalonians 5: 17

#### Let the Peace of Christ rule in your hearts

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