

## Proverbs on Anger, Part 2

### Introduction

This morning I am going to continue on the subject of anger. In studying for my last sermon, I found that it is a much more extensive subject that I had thought it would be. I did not realize prior to that study how many different Hebrew synonyms there were for anger and their range of meanings. You would not be aware of this from English translations since the same Hebrew word can be translated with many different English words, and the same English word can be used for many different Hebrew words. In the previous sermon I spent the bulk of the time just trying to define these terms and point out how they were used. I was not able to spend much time in making practical application of this information as I wanted, so that is what I want to do today. I will briefly explain the major terms again and then spend the majority of our time discussing how to deal with anger.

### Review (See: *Proverbs on Anger, Part 1*)

Anger is the term we use to describe a wide range of feelings of strong displeasure ranging from simple vexation to a burning, consuming wrath. This is reflected in the many synonyms for anger that occur in both English and Hebrew. Since anger is an emotion, it is in itself neither good nor evil. Its moral quality is determined by its cause and the actions that result from it. The anger of God is always righteous, and man's anger may be righteous when it reflects godliness. However, man's anger rarely reflects godliness and so is usually unrighteous. There must be great caution taken even when man's anger is righteous for James 1:19-20 warns, *"This you know, my beloved brethren. But everyone must be quick to hear, slow to speak and slow to anger; for the anger of man does not achieve the righteousness of God."*

The most common Hebrew word for anger is אַף / *ap* which actually refers to the physical nose, nostril or face. It is used as a metaphor for anger probably due to the way a person who is angry will change their breathing pattern and flare their nostrils. This word emphasizes the emotional elements of anger compared to other terms and synonyms which focus more on the particular expression of anger. This term is used of both the anger of God and the anger of men.

עָפָה / *zā'ap* also emphasizes the emotional state but is stronger. It is used metaphorically to describe an internal storm in the heart that can result in a troubled appearance or dejection or rage. When used in reference to anger, it refers to a raging storm in the heart that results in foolishness.

The next term, אָמַם / *zā'am*, is used for both internal and external elements of anger. It refers to experiencing or expressing intense anger especially in denunciation or scolding. It is translated as anger, indignant, abhor and cursed. The anger is intense, but its expression seems to be limited to the countenance or verbal indignation though actions against the cause of the anger may also follow.

רָגַז / *rāgaz* describes an external expression of anger. It has a primary meaning of shake or quake and includes the trembling that may come with anger, fear or anticipation. It is translated as rages in Proverbs 29:9

רָבַע / *ābar* is an external expression of anger. It has a primary meaning to pass over, by or through, but is also used metaphorically of God and man for anger that overflows. It is a term that places emphasis on the action that will take place as a consequence of anger spilling out and overflowing.

צָקַץ / *qāsap* is descriptive of the consequence of anger. It is used to describe a splintered or snapped off branch, and when used metaphorically, it refers to the fracturing of relationships. It is used of God

and people and variously translated as angry, furious, wrathful and enraged. Anger is dangerous because it can result in fractured and destroyed relationships with others.

There are also many Hebrew words that picture anger as being hot to some degree, or something that is being warmed including kindling a fire, or the smoke that rises from such a fire. Like the words already described, some of them emphasize the internal emotional elements while others describe the actions that result from intense anger. All of them are used for both God and man except **הָרֹחַ** / hārôn which is only used for God.

**סָעַב** / kā<sup>as</sup> is the first word in this group I want to describe. It means “to provoke the heart to a heated condition which in turn leads to specific actions” (TWOT), and so is translated as vex, agitate, stir up and even grief. This level of anger can be calmed relatively easily, but as the provoking continues that will become more difficult because anger will escalate to the next level. **הָרָהַ** / hārâ is a verb that is a very strong term describing anger being kindled as would a fire. It is used in reference to both the source causing the anger and the object such anger is against. The noun form of this word, **הֹרִי** / hōrî, is a fierce anger that is appropriate to describe as displeasure so extreme that you feel it burn. There is an emotional fire burning within.

The related term, **הֵמָא** / hēmâ, is the most serious type of anger experienced by men. It describes the emotional heat of anger as hot displeasure, indignation, rage, fury or wrath. This level of anger is very difficult to quench and so will pour itself out in wrath, though an execution of justice against its cause may appease it.

**הָרֹחַ** / hārôn is a related word and is the strongest word for anger in the Old Testament. It is only used of God. It is used metaphorically in reference to an extreme anger or wrath that is hot or burning. It is often joined with **אֵף** / <sup>ap</sup> and together they are translated as “burning anger” (Exodus 32:12), “fierce anger” (Numbers 25:4), “fierce wrath” (1 Samuel 28:18). It is this attribute of God that Moses warned the Israelites about in Deuteronomy 4:23-24 that they would need to be careful to keep their covenant with God and not fall into idolatry for “For the LORD your God is a consuming fire, a jealous God.” The Lord’s mercy, and longsuffering temper this in the present, but His burning anger will be unleashed in consuming the wicked in the future.

The final word I want to briefly mention is **אֲשָׁן** / <sup>āšan</sup> which describes the fire of anger by pointing out its consequence. Its figurative usage for anger comes from its literal usage for the smoke that rises from a fire. When you see smoke, you know there is a fire even if you can’t see the flames. Likewise, you know there is anger when you see the destruction caused by it.

As these brief word descriptions indicate, anger is multifaceted and it is something that escalates. It starts with something that causes irritation and vexation. As further provocation occurs, it kindles an internal flame which may or may not be noticeably expressed outwardly except in perhaps a facial expression or a tone of voice. At this point we might recognize the person is getting upset. As the fire grows it will start expressing itself externally with a change in body language, countenance, and sharp words. We would now say they are angry. As the emotional displeasure continues to escalate, it reaches levels of ire, rage, fury, or wrath.

The ability of a person to control themselves outwardly can either mask or exaggerate their actual level of anger. A hot head can explode into rage over trivial matters and then calm down just as quickly which demonstrates their true level of anger is a lot lower than their lack of self control suggests. Other people can maintain a cool appearance outwardly while seething with fury as they quietly plot how to exact their revenge. This is an important point to note from the beginning because the outward expression may not tell you the true emotional state or the degree of sinfulness that may be at hand. It is not all that uncommon for the one that remains calm to actually be as sinful or even more so than the one that is visibly agitated. They may even be in sin by aggravating the situation by their self-righteous accusations that the other person is in sin because they are visibly angry. But here we go back to

something I said at the beginning. Anger is an emotion and therefore not good or evil in itself. Its moral character is determined by its cause and its resulting actions. As Ephesians 4:26–27 admonishes, “*BE ANGRY, AND yet DO NOT SIN; do not let the sun go down on your anger, and do not give the devil an opportunity.*”

### **Causes of Righteous Anger**

Anger is righteous when it is an emotional response that reflects God’s perspective. It continues to be righteous if the actions taken as a result of it are carried out in godliness. As pointed out in the last sermon, God’s anger is always righteous and always at the appropriate level in response to its cause. That is because all of God’s attributes work together in perfect harmony. His holiness, purity, righteousness and justice are all in harmony with His love, patience, longsuffering, mercy and grace. Since that is not true of humans, it is rare that the anger of man in its emotional response to situations and in the actions taken as a result are both righteous. That is why the anger of man does not achieve the righteousness of God (James 1:20).

Because God has an infinite passion toward the objects of His love, there is a corresponding holy and righteous jealousy. This is not a jealousy which has any sense of envy, which is how we often use the word jealousy. This is the more foundational definition of jealousy as a “*fierce protection of one’s rights and possessions.*” God’s anger is generated out of this jealousy to protect His holy nature and interests. His displeasure with anyone or anything will vary corresponding to the level that he, she or it profanes, tries to block or rejects Him or His divine order. We can understand this jealous anger when we consider the proper and holy jealousy that a husband and wife are to have toward each other and their children. They have a fierce protection toward one another and toward their offspring. It is very dangerous to get between as husband and wife or threaten their children. As Proverbs 6:34-35 warn the man who would go after his neighbor’s wife, “*For jealousy enrages a man, And he will not spare in the day of vengeance. He will not accept any ransom, Nor will he be satisfied though you give many gifts.*” The fierce protection of children can be even stronger. Multiply this proper jealousy by infinity and you will have some idea about the nature of God’s holy jealousy and His burning anger that arises from it.

The actions taken as a result of God’s anger will be carried out in perfect justice tempered by His longsuffering, mercy and grace. That is the only reason man continues to exist without being immediately cast into eternal Hell. It is also the reason that Jesus had to become a man, live a sinless life and die as the substitute payment for man’s sin. God’s wrath was poured out on Him instead of us so that His eternal law would be satisfied and He would be both the just and the justifier in redeeming us from and forgiving us for our sins while adopting us into His family.

There are many things about which we should be angry. Anything that angers God should also be cause for the righteous to be angry. We should be angry when others worship anything other than the Lord God our creator. We should be angry when His holy name is profaned. We should be angry when children are dishonoring to their parents, when murder, adultery and thefts occur. We should be angry when events such as what happened in Newtown, CT occur. We should be angry when people lie and especially when it is done to destroy the reputation of another. We should be angry at the covetousness of our society. We should be angry at sin and all the consequences it has on us and those we love. The fact that we are often not angry at these things is a demonstration of how far we are from being righteous. Our society not only practices these things, but depicts them as sources of entertainment in movies, television, music, books and magazines of which Christians also readily partake.

It is my plan to tackle this subject of the Christian and entertainment choices in the future, but for the present, please start thinking seriously about your level of godliness in your entertainment choices. Can you honestly enjoy something in which the Lord’s name is blasphemed? Should you laugh at a sitcom in which the children treat their father as an imbecile? The entertainment in a murder mystery is supposed to be seeing the perpetrator caught and brought to justice, but what about when the murder is portrayed

as the hero, and is there anything redeeming in a slasher film? Positive portrayals of adultery and fornication and anything pornographic should make you indignant, not titillated. I think you get the idea and the seriousness of it. What we find entertaining reveals our level of unrighteousness.

Perhaps someone might object that to be angry about what is sinful would mean there would constantly be something that would make you angry. Isn't that true of God? Psalm 7:11 states, "*God is a righteous judge, And a God who has indignation every day.*" 2 Peter 2:6-7 describes Lot as a righteous man dwelling among the ungodly and that in seeing and hearing their unlawful deeds, his righteous soul was vexed from day to day. Your soul should be troubled by the sin that occurs around you every day. I often feel like Lot did. What I see and hear about the ungodliness in this society vexes my spirit and troubles my soul making me sober and somber, but that does not mean anger at any level controls me or is my only emotion. I also find a lot to be joyful about because our God is gracious in so many ways. His multiple blessings pour out and is the cause of great joy, the greatest of which is that God redeems sinners and is in the business of transforming them to reflect His Son. We have a hope that transcends the troubles of the present. As a Christian, you are not what you want to be nor what you will be, but rejoice, you are not what you were either. The same is true for other believers.

As you become more righteous, you will have proper anger generated by the sin within and around you, but that leads to a different problem. What do you do with that anger? What is the righteous action that should be taken in response to that sin? The emotional reaction may be righteous, but because our motives are often, if not usually, mixed with our own sin and selfishness, unless there is great care taken, our actions in response to the anger will prove to be unrighteous. That is why there are so many verses that caution us to be "*quick to hear, slow to speak and slow to anger*" (James 1:19). There may be something provoking you and starting to generate some heat in your heart, but that does not mean you need to let it escalate quickly. Your emotions are important for a variety of reasons, but they should not control you. Anger can be a strong and needed motivator to action, but the mind and the will must remain in control to direct you to righteous actions instead of unrighteous reactions.

A little later in this sermon I will point out some things you can do in striving to make sure your righteous anger results in righteous actions. However, we first need to look at the causes of unrighteous anger because these are what lead us astray.

### **Causes of Unrighteous Anger**

Anger is unrighteous when it is an emotional response that does not reflect God's perspective or if the actions taken as a result of it are carried out in ungodliness. The normal moral quality of the anger of man is unrighteous on both counts. What are the causes of such anger? To handle anger properly you must deal with its root causes and not just its symptoms, otherwise that is like giving aspirin to a person with a brain tumor. You can alleviate the pain for a short time, but the tumor will cause the pain to come back, and if not taken care of, it will get worse and it will kill you.

The main cause of unrighteous anger is man's sinful bent to selfishness which in turn feeds pride, fleshly desires and love of the world. James 1:1-4 explains, "*What is the source of quarrels and conflicts among you? Is not the source your pleasures that wage war in your members? You lust and do not have; so you commit murder. You are envious and cannot obtain; so you fight and quarrel. You do not have because you do not ask. You ask and do not receive, because you ask with wrong motives, so that you may spend it on your pleasures. You adulteresses, do you not know that friendship with the world is hostility toward God? Therefore whoever wishes to be a friend of the world makes himself an enemy of God.*"

Quarrels, conflicts and fighting always have a basis in anger, for if you were pleased, there would be nothing to even argue about. People want what they want when they want it and when they do not get it they are not happy. The stronger the desire that is not fulfilled, (lust in verse 2 just means strong desire),

the greater the displeasure which spills out in expressions and actions of anger that can escalate all the way up to murder. People get mad when their goal is blocked, and the more important that particular desire is to them, the hotter they get.

The difference between righteous and unrighteous anger starts here. Righteous anger has a foundation in desiring what is godly. Its motivations are unselfish and fixed on the honor of God and His will being done. Unrighteous anger has its foundation in desiring what is ungodly. Its motivations are selfish. There will be differences from person to person in the particular thing that is desired, but usually it can be reduced to fame, fortune, power, pleasure or some mixture of these. James 4:1-4 specifically points out the selfish motivations of personal happiness, fulfillment of personal desires at the expense of others, envy, hedonism and worldliness. Because the motives for and what is desired are ungodly, the anger generated by the lack of fulfillment of those desires is unrighteous. All of these things are described in Proverbs as foolishness.

Throughout our study of Proverbs we have seen the problems caused by man's foolishness. The various ways in which foolishness expresses itself can and will result in unrighteous anger. It starts from the initial rejection of wisdom and continues on as foolishness becomes entrenched in a person's life. The naive are persuaded by the foolish and so ignore wisdom. They progress to become scoffers that dishonor wisdom and hate her reproofs. They will end up as the wicked that insult wisdom. (See: *Wisdom's Call*). Proverbs gives strong warnings against such foolishness and folly, but unless a person develops a proper fear of the Lord, which is the starting point of wisdom, he will descend into greater foolishness and all its consequences including unrighteous anger (See: *Warnings on Folly*).

Being a fool or having fools for friends will produce unrighteous anger for several different reasons. First, be very careful about whom you choose as friends that will influence you for you will become like them. Proverbs 22:24-25 warn, "*Do not associate with a man given to anger; Or go with a hot-tempered man, Or you will learn his ways And find a snare for yourself.*" Second, you can be sure that those with low moral character such as liars, slanderers, gossips, and flatterers will be a source of trouble and conflict (See: *Proverbs on Friendship Part 2, 3 & 4*).

The same principles apply to foolishness in the family. Proverbs 14:1 contrasts the wise who build up their homes with the foolish who tear it down with their own hands which in turn will be the source of a lot of anger. We spent many weeks examining in detail the different types of foolishness that are destructive to a home - counsel from the ungodly, pride, wickedness, stubbornness, self-righteousness, selfishness, contention, nagging, quarreling, being critical, temperamental, harsh, hateful, neglectful, indifferent, manipulative, unfair, indiscrete, shameful or unfaithful (See: *Proverbs on the Family, Part 3, 4, 5, 7, 8*). Tragically, these things are all too common even in Christian homes. In addition, if parents are not careful and diligent to keep the right goals in mind and fulfill their God given purpose in training their children in the nurture and admonition of the Lord, they will find their children will provoke them to anger and they will do the same to their children (See: *Proverbs on the Family, Part 9, 10, 11, 12, 13, 14, 15, 16*).

Unrighteous anger is also generated by foolishness in finances and government (See: *Proverbs on Economics and Proverbs on Government*). Envy causes those without to be angry at those who have. Unethical business practices provoke anger in those exploited. The greedy are generally displeased that they do not have more. The diligent and the lazy resent each other. Government corruption, injustice and failing in its God given purposes are sources for lots of anger as increasingly seen in our own nation.

Foolish use of the tongue will aggravate all these other types of foolishness resulting in lots of anger at every level. (See: *Proverbs on the Tongue*). How should we respond to keep unrighteous anger at a minimum and learn to pursue righteous actions even when angry?

### **Responding to Anger**

The starting point is a life time commitment to deal with the underlying causes of anger. This is

serious for if you do not learn to control your anger, it will control you. Proverbs 29:22, *“An angry (ʿap) man stirs up strife, And a hot-tempered (hēmâ) man abounds in transgression.”* This is also a difficult battle because it is both internal and external.

The internal battle is between your flesh and the Spirit of God. As Paul describes in Galatians 5:16-17, *“But I say, walk by the Spirit, and you will not carry out the desire of the flesh. For the flesh sets its desire against the Spirit, and the Spirit against the flesh; for these are in opposition to one another, so that you may not do the things that you please.”* Paul’s use of “flesh” here includes both the desires of your physical body and of your mind for what is sinful. That is why he states in verses 20-21 that the deeds of the “flesh” include *“idolatry, sorcery, enmities, strife, jealousy, outbursts of anger, disputes, dissensions, factions, envying, drunkenness, carousing, and things like these, of which I forewarn you, just as I have forewarned you, that those who practice such things will not inherit the kingdom of God.”* Notice that there are several levels of anger and things that result in anger included in this list of the deeds of the flesh. Yielding to the flesh will result in unrighteous anger while yielding to the Spirit will result in the fruits of love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control (Galatians 5:22-23). The one you obey will be your master (Romans 6:15f).

There is also an external battle due to the pressure the world places upon you to pursue what it values instead of what God values. The apostle John warned in 1 John 2:15–17, *“Do not love the world nor the things in the world. If anyone loves the world, the love of the Father is not in him. For all that is in the world, the lust of the flesh and the lust of the eyes and the boastful pride of life, is not from the Father, but is from the world. The world is passing away, and also its lusts; but the one who does the will of God lives forever.”* It does not make logical sense to pursue what can only satisfy for a short time - the pleasures of the flesh, covetousness and pride - when you could instead pursue what will satisfy for eternity. However, the attractive power of those temporal pleasures to man’s sinful and selfish bent is not to be underestimated.

The world is an external pressure that plays upon the internal sinful desires of man. You determine that you are going to treat your body in a more godly manner by sticking to your diet and getting some more exercise, then the world entices you with your favorite foods and overwhelms you with other stuff you need to do so that your exercise plan falls apart. You determine that you will be a better and more godly steward of your finances, then the world entices you with every form of advertisements for things you don’t need, but would like. You determine you will be a more humble and godly person, then the world puts your rival in front of you boasting about his accomplishments. Those are things that can make you angry at the world for enticing you and at yourself for yielding to it. Paul makes it clear in Romans 12:2 that it is up to you to resist the pressures of the world and go the opposite direction, *“And do not be conformed to this world, but be transformed by the renewing of your mind, so that you may prove what the will of God is, that which is good and acceptable and perfect.”*

The starting point in controlling anger is to be determined to pursue righteousness instead of unrighteousness. Let me now give you seven practical steps to take when you feel the emotional heat rising as the fire of anger is kindled. These will help you resist ungodly anger and press on to walk in godliness. Prayer is always appropriate at every step.

**First**, slow down. There are many Proverbs addressing the wisdom of being slow to anger and foolishness in responding quickly. Proverbs 14:29, *“He who is slow to anger has great understanding, But he who is quick-tempered exalts folly.”* Proverbs 15:18, *“A hot-tempered man (hēmâ) stirs up strife, But the slow to anger (ʿap) calms a dispute.”*

**Second**, remain calm. This is the first step being applied to even a very aggravating situation and helping the one provoking you to slow down too. Proverbs 15:1, *“A gentle answer turns away wrath (hēmâ), But a harsh word stirs up anger (ʿap).”* Proverbs 19:11, *“A man’s discretion makes him slow to anger (ʿap), And it is his glory to overlook a transgression.”*

**Third**, get the truth. Make sure you have your facts straight before you speak otherwise it is a folly

and shame on you (Proverbs 18:13), and you will aggravate the issue instead of calming it down (Proverbs 10:19; 15:1; 17:27). You cannot speak with wisdom and godliness if you do not know the truth. In counseling for so many years, I have found that a large percentage of interpersonal conflicts are the result of poor communication and misunderstandings which can be quickly cleared up as truth is brought to light.

**Fourth**, reflect. This is taking the quest for truth to the next level so that you can apply wisdom and understanding to yourself. Your emotions do not spring into existence in a vacuum. They arise based on your perceptions and beliefs. Use your anger to expose what you are thinking and your belief system. As already pointed out, anger is generally generated from a personal desire being unfulfilled or a goal being blocked. What specific desire is unfulfilled or goal is blocked?

**Fifth**, evaluate. Once you have worked through step four and know why you are angry, you can evaluate that cause by the Scriptures to determine if it is righteous or unrighteous. A godly friend or counselor may be needed to help you with this step as well as the previous one and the ones that follow. If it is righteous anger generated by desiring what is godly and focused on the honor of God and His will being done without selfish motivations, then skip to step Seven. If it is anything less than that or you find that your motivations are a mixture, go to step Six.

**Sixth**, repent. Be humble and change your mind about those causes of your anger that are unrighteous and your emotion of anger will change in due time. Yes, the other person or the cause of your anger may be worse than what you were thinking or believing, but your goal must be to become like Jesus Christ regardless of anything else going on in the world. Confess anything that is contrary to God's commands and turn away from them and toward godliness. Ask God to create in you a clean heart (Psalm 51:10) and be transformed by the renewing of your mind by the power of the Holy Spirit through the word of God.

**Seventh**, respond. Now that you know the truth, reflected on the cause of your anger, evaluated that cause for any sinful thought or belief and repented from it, you will be able to determine how to respond with righteous actions instead of ungodly ones. The ultimate goal is to reflect Jesus Christ living in you, and so your specific response to a situation will be as varied as His. He was always glorifying to God in His responses and demonstrated the practical application of wisdom we have seen throughout our study of Proverbs. That must guide your own response. Be humble, pursue godliness, seek to honor God, walk in the practical wisdom of Proverbs. Do what is right and leave the results in the hands of the Lord. Psalm 37:7-9, "*Rest in the LORD and wait patiently for Him; Do not fret because of him who prospers in his way, Because of the man who carries out wicked schemes. Cease from anger ('ap) and forsake wrath (hēmâ) ; Do not fret (hārâ); it leads only to evildoing. For evildoers will be cut off, But those who wait for the LORD, they will inherit the land.*"

## Sermon Notes - 12/16/2012

### Proverbs on Anger, Part 2

#### Introduction & Review

Anger describes a wide range of feelings of strong \_\_\_\_\_ ranging from vexation to burning wrath

The moral quality of anger is determined by its \_\_\_\_\_ and the actions resulting from it.

Man must be very \_\_\_\_\_ even when the anger is righteous - James 1:19-20

אף / *af* - metaphor for anger emphasizing its \_\_\_\_\_ compared to its expression

זַפָּז / *zā'ap* - metaphor depicting anger as a \_\_\_\_\_ within the heart

זַפָּז / *zā'am* - experiencing or expressing \_\_\_\_\_ anger especially in denunciation

רָגַז / *rāgaz* - \_\_\_\_\_, quake, tremble with anger, fear or anticipation

רָבַע / *'ābar* - to pass over by or through - used to describe anger that \_\_\_\_\_

רָצַק / *qāsap* - anger that causes a fractured or \_\_\_\_\_ relationship

סָעַכ / *kā'as* - to provoke to the heart to a \_\_\_\_\_ condition

הָרַח / *hārâ* - anger being \_\_\_\_\_ as would a fire

הָרִי / *hōrî* - “fierce anger” of a displeasure so extreme that you feel it \_\_\_\_\_

הָמָה / *hēmâ* - the most serious anger in men describing it as “\_\_\_\_\_ indignation, rage, fury or wrath

הָרוֹחַ / *hārôn* - strongest word for anger in the OT - hot or \_\_\_\_\_ wrath - used only of God

וַשָּׁע / *āšan* - \_\_\_\_\_ rises from a fire - used to describe the consequences of anger

Anger is multifaceted and that \_\_\_\_\_ from irritation and vexation to levels of ire, rage, fury and wrath

The ability of a person to control themselves can \_\_\_\_\_ or exaggerate their actual level of anger

#### Causes of Righteous Anger

Anger is righteous when it reflects \_\_\_\_\_ perspective & continues to be so when its actions are godly

Proper jealousy is a *fierce* \_\_\_\_\_ of one's rights and possessions & this generates God's anger

The God's actions taken in anger are carried out in perfect \_\_\_\_\_ in keeping with His other attributes

\_\_\_\_\_ that angers God should be the cause of righteous anger in His followers

The lack of righteous anger is a indication of the lack of \_\_\_\_\_



God is indignant \_\_\_\_\_ day (Psalm 7:11) and Lot's soul was vexed by the sin around him (2 Peter 2:6-7)

Unless great care is taken, even righteous emotional anger can result in unrighteous \_\_\_\_\_

### **Causes of Unrighteous Anger**

Anger is unrighteous when it does not reflect God's \_\_\_\_\_ or responds in ungodly actions

The main cause of unrighteous anger is man's bent to \_\_\_\_\_ & selfishness - James 1:1-4

People get angry when their \_\_\_\_\_ is unfulfilled - their goal is blocked

Unrighteous anger is founded in desiring what is \_\_\_\_\_ and has selfish motivations

Everything listed as \_\_\_\_\_ in Proverbs can be a cause of unrighteous anger

Being a fool or having foolish \_\_\_\_\_ - Proverbs 22:24-25

Foolishness in the \_\_\_\_\_ tears apart the home - Proverbs 14:1

Foolishness in \_\_\_\_\_, government and use of the tongue generates unrighteous anger

### **Responding to Anger -**

The starting point is a life time commitment to deal with the underlying \_\_\_\_\_ of anger

The internal battle between the \_\_\_\_\_ and the Spirit of God - Galatians 5:16-17

The external battle with the pressures of the \_\_\_\_\_ - 1 John 2:15-17; Romans 12:2

Practical considerations when you feel the emotional heat of anger rising.

1) \_\_\_\_\_ down: Proverbs 14:29, 15:18

2) Remain \_\_\_\_\_ - Proverbs 15:1; 19:11

3) Get the \_\_\_\_\_ - Proverbs 18:13 - 10:19; 15:1; 17:27

4) \_\_\_\_\_ - What are you actually thinking? What do you truly believe?

5) \_\_\_\_\_ - Compare your thoughts, beliefs & intended actions with God's word. A counselor can help

6) \_\_\_\_\_ - Be humble, change your mind and turn confessing anything contrary to God's commands

7) \_\_\_\_\_ - Determine the righteous actions that should be taken that reflect Jesus living in you

Do what is right and leave the results in the hands of the Lord - Psalm 37:7-9

### **KIDS CORNER**

**Young Children** - draw a picture about something you hear during the sermon. Explain your picture(s) to

your parents at lunch. **Older Children** - Do one or more of the following: 1) Count how many times the word “anger” said. 2) Discuss with your parents how to respond to anger in righteousness.

### **THINK ABOUT IT!**

Questions to consider in discussing the sermon with others. What is anger? Why must you be very cautious about your response to it even if it is a righteous anger? What is the range of meaning for the different Hebrew synonyms for anger? What do they teach you about the nature of anger? How does a person’s level of self-control either mask or exaggerate their actual level of anger? What is righteous anger? Define proper jealousy? How is God’s anger generated out of proper jealousy? Why are God’s actions taken in anger always righteous? List out some things about which you should have righteous anger. What is demonstrated when that righteous anger does not exist? Should righteous anger control you? Explain. Why is man’s anger, even when generated by a righteous motive, still usually unrighteous? Define unrighteous anger? What are the main causes of man’s unrighteous anger? What have you learned from Proverbs about the many specific actions of foolishness that can generate unrighteous anger - In general? In friendships? In marriage? In the family? In finances? In Government? In the use of the tongue? What internal battle that is fought against unrighteous anger and its causes? What external battle is fought against unrighteous anger and its causes? List out the seven steps to resisting unrighteous anger and pursuing a righteous response to anger? Which ones would be easy for you? Which ones would be difficult? How would practicing these steps change the way you live your life? - Your response to anger?