

# Anger

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## WHAT ARE THE EFFECTS OF ANGER?

### GENESIS 27:41-43

Anger isolates us from others.

<sup>41</sup>Esau hated Jacob because he had stolen his blessing, and he said to himself, “My father will soon be dead and gone. Then I will kill Jacob.”

<sup>42</sup>But someone got wind of what Esau was planning and reported it to Rebekah. She sent for Jacob and told him, “Esau is threatening to kill you. <sup>43</sup>This is what you should do. Flee to your uncle Laban in Haran.

### PSALM 37:8; JAMES 1:19-20

Anger produces ungodliness and evil motives in us.

<sup>8</sup> Stop your anger!  
Turn from your rage!  
Do not envy others—  
it only leads to harm.

<sup>19</sup>Dear brothers and sisters, be quick to listen, slow to speak, and slow to get angry. <sup>20</sup>Your anger can never make things right in God’s sight.

### 1 SAMUEL 20:30-31

Anger blinds us to what is really good and right. Saul’s jealous anger blinded him to the fact that God had already chosen David to be the next king because of his godly character.

<sup>30</sup>Saul boiled with rage at Jonathan. “You stupid son of a whore!”<sup>o</sup> he swore at him. “Do you think I don’t know that you want David to be king in your place, shaming yourself and your mother? <sup>31</sup>As long as that son of Jesse is alive, you’ll never be king. Now go and get him so I can kill him!”

### GENESIS 4:1-12

Anger in its strongest form can lead to murder.

<sup>1</sup>Now Adam<sup>o</sup> slept with his wife, Eve, and she became pregnant. When the time came, she gave birth to Cain,<sup>o</sup> and she said, “With the LORD’s help, I have brought forth<sup>o</sup> a man!” <sup>2</sup>Later she gave birth to a second son and named him Abel.

When they grew up, Abel became a shepherd, while Cain was a farmer. <sup>3</sup>At harvest time Cain brought to the LORD a gift of his farm produce, <sup>4</sup>while Abel brought several choice lambs from the best of his flock. The LORD accepted Abel and his offering, <sup>5</sup>but he did not accept Cain and his offering. This made Cain very angry and dejected.

<sup>6</sup>“Why are you so angry?” the LORD asked him. “Why do you look so dejected? <sup>7</sup>You will be accepted if you respond in the right way. But if you refuse to respond correctly, then watch out! Sin is waiting to attack and destroy you, and you must subdue it.”

<sup>8</sup>Later Cain suggested to his brother, Abel, “Let’s go out into the fields.”<sup>o</sup> And while they were there, Cain attacked and killed his brother.

<sup>9</sup>Afterward the LORD asked Cain, “Where is your brother? Where is Abel?”

“I don’t know!” Cain retorted. “Am I supposed to keep track of him wherever he goes?”

<sup>10</sup>But the LORD said, “What have you done? Listen—your brother’s blood cries out to me from the ground! <sup>11</sup>You are hereby banished from the ground you have defiled with your brother’s blood. <sup>12</sup>No longer will it yield abundant crops for you, no matter how hard you work! From now on you will be a homeless fugitive on the earth, constantly wandering from place to place.”

## PROVERBS 15:1

Anger leads to conflict and arguments.

<sup>1</sup>A gentle answer turns away wrath, but harsh words stir up anger.

## WHEN WE ARE ANGRY, WHAT SHOULD WE AVOID?

### 2 CORINTHIANS 2:5-7; EPHESIANS 6:4

Avoid discipline in the heat of anger.

<sup>5</sup>I am not overstating it when I say that the man who caused all the trouble hurt your entire church more than he hurt me. <sup>6</sup>He was punished enough when most of you were united in your judgment against him. <sup>7</sup>Now it is time to forgive him and comfort him. Otherwise he may become so discouraged that he won't be able to recover. <sup>8</sup>Now show him that you still love him.

<sup>4</sup>And now a word to you fathers. Don't make your children angry by the way you treat them. Rather, bring them up with the discipline and instruction approved by the Lord.

### JAMES 3:5

Avoid speaking your mind when you are angry. You are bound to say something you will regret.

<sup>5</sup>So also, the tongue is a small thing, but what enormous damage it can do. A tiny spark can set a great forest on fire.

### 1 SAMUEL 19:9-10

Avoid acting on impulse in the heat of anger. You are bound to do something you will regret.

<sup>9</sup>But one day as Saul was sitting at home, the tormenting spirit from the LORD suddenly came upon him again. As David played his harp for the king, <sup>10</sup>Saul hurled his spear at David in an attempt to kill him. But David dodged out of the way and escaped into the night, leaving the spear stuck in the wall.

## WE ALL GET ANGRY AT TIMES, SO WHAT SHOULD WE DO ABOUT IT?

### EPHESIANS 4:26

Anger is like a skunk in the house. Don't feed it to encourage it to stay. And try to get rid of it as soon as possible.

<sup>26</sup>And "don't sin by letting anger gain control over you." <sup>27</sup>Don't let the sun go down while you are still angry, <sup>27</sup>for anger gives a mighty foothold to the Devil.

### MATTHEW 5:21-26

Confront those with whom you are angry in order to restore your relationship.

<sup>21</sup>"You have heard that the law of Moses says, 'Do not murder. If you commit murder, you are subject to judgment.' <sup>22</sup>But I say, if you are angry with someone, you are subject to judgment! If you call someone an idiot, you are in danger of being brought before the high council. And if you curse someone, you are in danger of the fires of hell.

<sup>23</sup>"So if you are standing before the altar in the Temple, offering a sacrifice to God, and you suddenly remember that someone has something against you, <sup>24</sup>leave your sacrifice there beside the altar. Go and be reconciled to that person. Then come and offer your sacrifice to God. <sup>25</sup>Come to terms quickly with your

enemy before it is too late and you are dragged into court, handed over to an officer, and thrown in jail. <sup>26</sup>I assure you that you won't be free again until you have paid the last penny.

## 1 CORINTHIANS 13:5

Love is the mightiest weapon in overcoming anger.

Love does not demand its own way. Love is not irritable, and it keeps no record of when it has been wronged.

### *Promise from God: Psalm 103:8*

- <sup>8</sup> The LORD is merciful and gracious;  
he is slow to get angry and full of unfailing love.
- <sup>9</sup> He will not constantly accuse us,  
nor remain angry forever.
- <sup>10</sup> He has not punished us for all our sins,  
nor does he deal with us as we deserve.
- <sup>11</sup> For his unfailing love toward those who fear him  
is as great as the height of the heavens above the earth.
- <sup>12</sup> He has removed our rebellious acts  
as far away from us as the east is from the west.
- <sup>13</sup> The LORD is like a father to his children,  
tender and compassionate to those who fear him.
- <sup>14</sup> For he understands how weak we are;  
he knows we are only dust.