

# ANGER

A Care + Counsel Resource

## Anger is a powerful emotion that can damage and destroy.

Like a tornado that destroys communities, anger can rip through our homes and destroy marriages, destroy families, destroy relationships. Each of us have seen and experienced the consequences of anger. Anger can negatively affect our health - our physical, emotional, relational, and spiritual health.

<sup>19</sup> Know this, my beloved brothers: let every person be quick to hear, slow to speak, slow to anger; <sup>20</sup> for the anger of man does not produce the righteousness of God. | James 1:19-20

- The Problem of Anger: *“the anger of man.”*
- The Solution of Anger: Quick to Hear + Slow to Speak + Slow to Anger x Desire for Righteousness

### Three Types of Anger in the Bible

<b>Divine Anger</b>	God’s holy anger toward sin and disobedience	<i>The wrath of God is being revealed from heaven against all the godlessness and wickedness of men who suppress the truth by their wickedness. - Romans 1:18</i>
<b>Righteous Anger</b>	Human anger that acts and reacts for right reasons in the right way, right degree, right time	<i>Be angry and do not sin; do not let the sun go down on your anger Ephesians 4:26</i>
<b>Unrighteous Anger</b>	Human anger that acts and reacts for wrong reasons or in the wrong way	<i>for the anger of man does not produce the righteousness of God. James 1:20</i>

### How do we know if our anger is righteous or unrighteous?

1. **Is my anger for right reasons** - because God’s will not is being done not my will is not being done? Is my anger because God is dishonored or because I am dishonored? Is it because God is offended, or I am offended? Am I reacting to sin? Or am I reacting to a personal inconvenience or preference? Has a personal desire become a demand of others?
2. **Is my anger expressed in a right way, right degree, right time?** Is it self-controlled or out of control? Is your anger expressed through screaming, cursing, threatening, manipulating? Or does your anger lead to self-pity, despair, withdrawing? Is your anger red-hot or ice-cold?

Angry for wrong reasons	Angry for right reasons	Anger for wrong reasons	Angry for right reasons
Angry expressed wrongly	Anger expressed wrongly	Anger expressed rightly	Anger expressed rightly
Unrighteous Anger	Unrighteous Anger	Unrighteous Anger	Righteous Anger

You can be right to be angry but wrong in way you are right to be angry. For anger to be right, it needs to be for the right reason & expressed the right way.



Red Hot Anger	Ice Cold Anger
thumos (reactive)	orge (resentful)
<i>A hot-tempered man stirs up strife ... Proverbs 15:18</i>	<i>See to it that ... no "root of bitterness" springs up and causes trouble ... Hebrews 12:15</i>
Explodes	Implodes
Blows Up	Clams Up
Anger Revealed	Anger Concealed
Aggressive	Passive Aggressive
Volatile	Vindictive
Reactive	Resentful

Which is expression of anger - red-hot or ice-cold - is wrong? Both are wrong. Red-hot anger is the most obvious. Even though ice-cold anger can be more subtle, it is still wrong. Both expressions of anger are unrighteous and cause tremendous damage to relationships.

Which expression of anger do you most often express? Most lean one way or another. It's easy to spot anger in others - your parents, your spouse, your kids. But do you have self-awareness about yourself? Several factors influence how we express anger - including personality temperament, home of origin, and life experiences.

## Quick to Hear + Slow to Speak + Slow to Anger x Desire for Righteousness

**Quick to Hear** - “to understand, to consider, to perceive.”

*When anger increases, listening skills decrease.  
But when listening skills increase, anger decreases.*

### 3 A's for Active Listening

*Be available* - Be present when you're present. Focus your mind on the conversation.

*Be attentive* - Eye contact, body language, minimizing distractions.

*Be affirmative* - Encourage others to open up as you're listening - “tell me more ...”

These A's apply in marriage, in parenting,  
in friendships, in work relationships.

**Slow to Speak** - “to stop, to meditate, to ponder before speaking.”

Watch your words, filter what you say, use restraint to avoid saying things you later regret.

*When words are many, transgression is not lacking, but whoever restrains his lips is prudent* - Proverbs 10:19

*A soft answer turns away wrath. But a harsh word stirs up anger.*  
Proverbs 15:1

*Whoever keeps his mouth and his tongue keeps himself out of trouble.*  
Proverbs 21:23

**Slow to Anger** - it doesn't say “don't be angry”, rather it says, “slow to anger.”

Anger as an emotion is like the warning lights on your dashboard. They alert you that there may be a problem - a deeper problem under the hood.

*No good tree bears bad fruit, nor does a bad tree bear good fruit. Each tree is recognized by its own fruit ... for out of the overflow of his heart his mouth speaks.* - Luke 6:43, 45

When there is anger in your mouth, there is anger in the heart. If you have a problem with anger, you need to get to the root that can fuel our anger.

Things That Fuel Anger					
Hurt	Guilt	Shame	Betrayal	Insecurity	Powerlessness
Rejection	Resentment	Hopelessness	Pride	Failure	Helplessness
Loneliness	Depression	Worthlessness	Grief	Remorse	Low Self-esteem
Exhaustion	Worry	Feeling Trapped	Jealousy	Stressed	Disappointed
Fear	Sadness	Embarrassed	Loss	Nervousness	Humiliation

### Three Common Roots of Anger

- *Hurt from unmet needs:* When needs aren't met, we feel hurt. And when we are hurt, we become angry,
- *Frustration from unmet expectation:* When there is unexpected change or an unfulfilled expectation, we become frustrated. And frustration leads to anger.
- *Insecurity from being threatened:* When our self-esteem is under attack or our well-being is in danger, we feel insecure. Insecurity leads to anger.

### The heart of anger is anger in the heart.

Our hearts have desires. Even healthy desires can become unhealthy. How do you know when a good desire becomes a sinful desire? Consider these three questions:

- Do I dwell on this unmet desire constantly?
- Am I willing to sin to get my desire met?
- Do I sin when I don't get my desire met?

When you have any unmet desires, are you growing in godly contentment? Are you able to discuss it in healthy ways? Or do you show unrighteous anger?

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