

Healing of Emotions - II

"Be Angry and Sin Not"

Ephesians 4:26

I. WHAT IS ANGER

- A. A strong, usually temporary feeling of displeasure
- B. Not necessarily sin to express anger
 - 1. Can choose to channel anger in positive direction
 - 2. Energizer, stimulator
 - 3. Constructive anger
 - a. Righteous anger
 - b. Must be controlled
 - c. Must be no hatred, malice, or resentment
 - d. Motivation is unselfish
 - e. The motivating power of anger is used properly when it drives one to begin to rectify any wrong situation between brethren as soon as possible
- C. When anger is sinful
 - 1. When directed toward others in order to hurt them
 - 2. Manifested in uncontrolled outbursts
 - 3. Turned into oneself in resentment and bitterness
 - a. Eph. 4:31 - *"Let all bitterness and wrath, anger, and clamour be put away from you."*
 - b. Heb. 12:15 - *"...lest any root of bitterness springing up trouble you."*

II. FORMS OF ANGER

- A. Rage and fury
 - 1. Intense, uncontained, explosive emotion
 - 2. Interferes with our growth and relationships
 - 3. Produces attacks, tantrums, revenge
 - 4. Destroy others and self
- B. Resentment
 - 1. Usually signifies suppressed anger brought about by a sense of grievance
 - 2. Breeds bitterness
 - 3. Cancerous growth produced by unresolved anger
 - 4. Find flaws and faults in those you resent
 - 5. Energy diverted into blame
- C. Indignation
 - 1. Feeling which results when you see mistreatment of someone or something very important to you.

III. RESULTS OF ANGER

- A. Violence against family members

1. 60% homicide against family
 2. 26% of police deaths in family squabbles
- B. Affects body
1. Sugar pours into system
 2. Increased blood pressure
 3. Increased heart rate
- C. Damages testimony

IV. CAUSES OF ANGER

- A. Hurts lead to resentment and bitterness
1. Sins committed against you
 2. Rejection
- B. Frustration
1. Frustration is sense of insecurity or dissatisfaction arising from unresolved problems or unfulfilled needs
 - a. Blocked goals - Wanting something and not getting it
 - b. Not wanting something and forced into it
 - c. Unfulfilled expectations of others
 - (1) Worked in house all day, not notice
 - (2) Fixed self up; no response
 - (3) Something not appreciated
 - (4) Want to sleep in; but hindrances
 2. Failure brings on frustration
 - a. Look for culprit; someone to blame
 - b. Someone to vent feelings on
 3. Frustration leads to anger and hostility
 - a. Tend to respond with aggression
 - b. Two types of aggression
 - (1) *Overt-lashing out with tongue or fist*
 - (2) *Covert-seethe inside*
- C. Fear - mixed emotions

V. WAYS OF HANDLING ANGER

- A. Repression
1. Deny; ignore
 2. Often unconscious
 3. Repressed anger results in depression, anxiety, mental breakdown
- B. Suppression
1. Aware, but choose to hold it in
 2. May have appearance that nothing is wrong
 3. Usually unhappy people
 4. Build up, overflow at wrong time
 5. Could lead to displacement
 - a. Directing anger on less threatening person
 - b. Suppress feelings on job, but blow up at wife

6. Advantage of suppressing - Help to relax, cool down, begin to act rationally
- a. Pr. 14:29 - *"He that is slow to wrath is of great understanding; but he that is hasty of spirit exalteth folly"*
 - b. Pr. 15:18 - *"A wrathful man stirreth up strife, but he that is slow to anger appeaseth strife."*
 - c. Pr. 16:32 - *"He who is slow to anger is better than the mighty; and he that ruleth his spirit than he that taketh a city."*
 - d. Pr. 19:11 - *The discretion of a man defereth his anger; and it is his glory to pass over a transgression."*
 - e. Pr. 22:24 - *"Make no friendship with an angry man; and with a furious man thou shalt not go; lest thou learn his ways, and get a snare to thy soul."*
 - f. Pr. 29:11 - *A fool uttereth all his mind; but a wise man keepeth it in till afterwards."*
 - g. Jas. 1:19 - *"...let every man be swift to hear, slow to speak, slow to wrath."*
 - h. Suppressed anger results in bitterness
 - (1) Clenched teeth, but smiles
 - (2) Stomach in knots, blood pressure rising

C. Expression

1. Ventilation
 - a. React with violent passion (blowing up)
 - b. Constructive expression such as exercising
2. Internalizing (Clamming up)
 - a. May neither hold nor nurse grudges against others
 - b. Hard to bring resentment into the bed at night and expect to have freedom of joyous sexual expression under those circumstances
 - c. Anger or resentment root cause of most sexual problems

D. Confession

1. Confess to self, God, and offended
2. Confession helps to release feeling of anger and get message across in acceptable manner

VI. CONTROL ANGER BEST WHEN SOLUTION-ORIENTED RATHER THAN PROBLEM-ORIENTED

A. Problem-oriented

1. Talk about problem
2. Feel sorry for selves
3. Blameshifting
4. Focus energies on who is at fault

B. Solution-oriented

1. Size up problem

2. Must speak to the problem in wholesome words that do not tear others apart
3. Accept responsibility without blaming others, or accusing others
4. Turn as quickly as possible toward solving problem Biblically
 - a. Don't let the sun go down on your wrath
 - b. Rather than allowing matters to fester and abscess, must settle daily all emotional issues between self and

others

VII. RECONCILIATION NEEDED IN THE BODY OF CHRIST

- A. Few things are sapping the strength of the church of Jesus Christ more than the unreconciled state of so many believers
- B. Matters deeply imbedded in relationships
- C. Can't walk together without being in agreement
- D. Reconciliation takes precedence over worship