

Today's Theme

“Anger Reduction”

Series Title

“Success God's Style” Part 6

May 23, 2021

Type 1 *Uncontrolled Anger*

1. UA comes from a *lack of self-control*.

(1) Anger allowing emotions to *rule our actions*.

Prov 22:24 Do not make friends with a hot-tempered person, do not associate with one easily angered,

(2) Rather than allowing our *mind & will* to lead.

Proverbs 16:32 Better a patient person than a warrior, one with self-control than one who takes a city.

2. UA produces certain *results*.

(1) We can act like a *fool*.

Prov 14:29 Whoever is patient has great understanding, but one who is quick-tempered displays folly.

(2) We can treat others with *abuse*.

Proverbs 27:4 Anger is cruel and fury overwhelming, but who can stand before jealousy?

(3) We often *humiliate* ourselves.

Prov 25:8 do not bring hastily to court, for what will you do in the end if your neighbor puts you to shame?

(4) We end up doing *unwise* things.

Proverbs 29:20 Do you see someone who speaks in haste? There is more hope for a fool than for them.

3. UA changes *when priorities change*.

Proverbs 19:11 A person's wisdom yields patience; it is to one's glory to overlook an offense.

James 1:19 My dear brothers and sisters, take note of this: Everyone should be quick to listen, slow to speak and slow to become angry, 20 because human anger does not produce the righteousness that God desires.

Type 2 *Seething Anger*

1. SA can potentially *dominate* us.

Prov 19:19 A hot-tempered person must pay the penalty; rescue them, and you will have to do it again. Heb 12:15 See to it that no one falls short of the grace of God and that no bitter root grows up to cause trouble and defile many.

2. SA puts us on a *path to destruction*.

Eph 4:26 . . . Do not let the sun go down while you are still angry, 27 and do not give the devil a foothold.

1 Peter 5:8 Be alert and of sober mind. Your enemy the devil prowls around like a roaring lion looking for someone to devour.

3 Solution to SA is to *deal with bitterness*.

Eph 4: 31 Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice.

32 Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.

Type 3 *Righteous Anger*

1. There is a *time to experience RA*.

Eph 4:26 “In your anger do not sin” . . .

Mark 3:1 Another time Jesus went into the synagogue, and a man with a shriveled hand was there. 2 Some of them were looking for a reason to accuse Jesus, so they watched him closely to see if he would heal him on the Sabbath. 3 Jesus said to the man with the shriveled hand, “Stand up in front of everyone.” 4 Then Jesus asked them, “Which is lawful on the Sabbath: to do good or to do evil, to save life or to kill?” But they remained silent.

2. RA is to *bring about good*.

Mark 3:5 He looked around at them in anger and, deeply distressed at their stubborn hearts, said to the man, “Stretch out your hand.” He stretched it out, and his hand was completely restored. 6 Then the Pharisees went out and began to plot with the Herodians how they might kill Jesus