

Introduction:

¹⁹My dear brothers, take note of this: Everyone should be quick to listen, slow to speak and slow to become angry, ²⁰for man's anger does not bring about the righteous life that God desires.

James 1:19-20

Warning: Under pressure we are all prone to “blow a fuse,” or burn down the house.

A look at anger from God's perspective:

Definition: Anger is neither good nor bad; it is a “charged,” morally neutral, emotional response of protective preservation.

- **Positively** – It can be a healthy emotion that motivates us to correct **attitudes, behaviors, or injustices** that we perceive to be wrong.

²⁶In your anger do not sin. Do not let the sun go down while you are still angry, ²⁷and do not give the devil a foothold.

Ephesians 4:26-27

- **Negatively** – It can be an unhealthy and destructive emotional response to protect us from (real or perceived) **hurt, frustration, or personal attack**.

A hot-tempered man must pay the penalty; if you rescue him, you will have to do it again.

Proverbs 19:19

Do not make friends with a hot-tempered man; do not associate with one easily angered.

Proverbs 22:24

An angry man stirs up dissension, and a hot-tempered one commits many sins.

Proverbs 29:22

Anger wears many masks:

We **EXPRESS** our **ANGER** in such a wide variety of ways that many people assume anger is not an issue in their life.

I. Spewers: Anger is necessary – They're exploding or calculating time bombs

1. Fear –
2. Results –
3. Need –
4. Yes –
No –

II. Stuffers: Anger is wrong – They deny and avoid OR pretend and ignore

1. Fear –
2. Results –
3. Need –
4. Yes –
No –

III. Leakers: Showing anger is wrong – They're passive aggressive

1. Fear –
2. Results –
3. Need –
4. Yes –
No –

Application / Discussion Questions:

1. What makes me angry?
2. When or where would it be okay to be angry?
3. In what ways do I tend to misuse anger?
4. Which anger mask do I wear most often?
5. The one insight I received about anger and emotions that will be helpful to me is: