

Anger

Psalms 37:8

***“Cease from anger, and
forsake wrath; Do not fret –
it only causes harm.”***

Definition

thumos – speaks of a turbulent commotion, the boiling agitation of the feelings, passion, anger forthwith boiling up and soon subsiding, which is forbidden in Ephesians 4:31.

paroxysmos – translated “wrath” in Ephesians 4:26, is also forbidden. It refers to anger that is accompanied by irritation, exasperation, embitterment.

orge – is an anger which is an abiding and settled habit of the mind that is aroused under certain conditions. This is the anger spoken of in the words, “be ye angry.” Trench says “Under certain conditions, (anger) is a righteous passion …” (from Wuest’s Word Studies)

Proverbs and Ecclesiastes On Anger

- *Proverbs 14:17 “He that is soon angry will deal foolishly; And a man of wicked devices is hated.”*
- *Proverbs 16:32 “He that is slow to anger is better than the mighty; And he that ruleth his spirit, than he that taketh a city.”*

Proverbs and Ecclesiastes On Anger

- *Proverbs 19:11 “The discretion of a man maketh him slow to anger; And it is his glory to pass over a transgression.”*
- *Proverbs 22:24 “Make no friendship with a man that is given to anger; And with a wrathful man thou shalt not go”*

Proverbs and Ecclesiastes On Anger

- *Proverbs 29:11 “A fool uttereth all his anger; But a wise man keepeth it back and stilleth it.”*
- *Proverbs 29:22 “An angry man stirreth up strife, And a wrathful man aboundeth in transgression.”*
- *Ecclesiastes 7:9 “Be not hasty in thy spirit to be angry; for anger resteth in the bosom of fools.”*

Anger In The New Testament

- Anger and wrath are to be replaced by kindness and forgiveness - Ephesians 4:31-32
- We are told we must also “*put them all away: anger, wrath, malice ...*” - Colossians 3:8
- “*... slow to wrath; for the wrath of man worketh not the righteousness of God.*” - James 1:19-20

Why Are You Angry?

- Cain was angry because of envy. Genesis 4:5b-6; 1 John 3:11-12

Why Are You Angry?

God was angry because of the sin of His people.

1. With the wicked. Psalms 79:5
2. With Moses. Deuteronomy 1:37; 4:21
3. With Aaron. Deuteronomy 9:20
4. With Solomon. 1 Kings 11:9
5. With Israel. 2 Kings 17:18

Why Are You Angry?

Jesus became angry.

1. With the money changers in the temple. *cf. John 2:17 “make not my Father’s house a house of merchandise.”* Jesus was “eaten up” with anger.
2. Later in his ministry he cast them out again, “*And said unto them, It is written, My house shall be called the house of prayer; but ye have made it a den of thieves.*” Matthew 21:13 KJV
3. When the Pharisees hardened their hearts as Jesus healed on the Sabbath day. Mark 3:1-6

The Expression Of Anger

“Be ye angry, and sin not ...”

“... neither give place to the devil.” Ephesians 4:26-27

Yet, some situations actually do expect anger ... righteous anger.

1. Moses came down from Sinai and found Israel embroiled in idolatry and revelry. (Exodus 32:1, 19-20)
2. Potiphar came home to his wife crying about an assault on her by Joseph. (cf. Genesis 39:12-20)

How Do We Behave In Anger?

1. Cain killed Able, lied to God. Genesis 4:7-9
 2. Saul sought to kill David. 1 Samuel 18:7-9
 3. Haman sought to kill all the Jews because Mordecai refused to bow before him. Esther 3:6
- Tantrums, yell, stomp and kick, throw things, say things to hurt. Such unrestrained behavior is NEVER right! It is sinful!

Anger Must Not Void Self-Control

- Self-Control commanded.
- Virtues. 2 Peter 1:5-7
- Fruit of the Spirit. Galatians 5:22-23
- Example of Jesus demands it. 1 Peter 2:21-23

Wise man controls his anger.

- *Proverbs 16:32 “He that is slow to anger is better than the mighty; And he that ruleth his spirit, than he that taketh a city.”*
- *Proverbs 14:29 “He that is slow to anger is of great understanding; But he that is hasty of spirit exalteth folly.”*
- *Proverbs 19:11 “The discretion of a man maketh him slow to anger; And it is his glory to pass over a transgression.”*
- *Proverbs 15:18 “A wrathful man stirreth up contention; But he that is slow to anger appeaseth strife.”*

The fool does not control his anger.

- *Ecclesiastes 7:9 “Be not hasty in thy spirit to be angry; for anger resteth in the bosom of fools.”*
- *Proverbs 29:11 “A fool uttereth all his anger; But a wise man keepeth it back and stillleth it.”*

In Anger, What Do You Say?

Do you say insulting, hurtful things?

- *“Death and life are in the power of the tongue ...” (Proverbs 18:21).*
- *“There is that speaketh rashly like the piercings of a sword” (Proverbs 12:18)*
- *“An ungodly man digs up evil, and it is on his lips like a burning fire. A perverse man sows strife, and a whisperer separates the best of friends” (KJV Proverbs 16:27-28).*

In Anger, What Do You Say?

Do you curse?

- *“Thou shalt not take the name of Jehovah thy God in vain, for Jehovah will not hold him guiltless that taketh his name in vain” (Exodus 20:7).*
- *“Bring forth him that cursed without the camp ... and let all the congregation stone him” (Leviticus 24:14).*
- *“Let no corrupt speech proceed out of your mouth, but such as is good for edifying as the need may be that it may give grace to them that hear” (Ephesians 4:29).*

In Anger, What Do You Say?

Do you argue?

- *“A soft answer turneth away wrath: but a grievous word stirreth up anger” (Proverbs 15:1).*
- *“Let your speech be always with grace, seasoned with salt, that ye may know how ye ought to answer each one” (Colossians 4:6).*

In Anger, What Do You Say?

- *“The tongue of the righteous is as choice silver” (Proverbs 10:20).*
- *“Pleasant words are as a honeycomb, sweet to the soul, and health to the bones” (Proverbs 16:24).*
- *“A word fitly spoken is like apples of gold in network of silver” (Proverbs 25:11).*

In Anger, Do You Accuse God?

- Job knew better. Job 1:13-22
- David became angry with God. 2 Samuel 6:6-8
- Jonah was angry when Nineveh was spared. Jonah 4:1

How Long Do You Stay Angry?

Ephesians 4:26 “Be ye angry, and sin not: let not the sun go down upon your wrath”

Be like God (He gets over His anger).

Micah 7:18-19 “Who is a God like unto thee, that pardoneth iniquity, and passeth over the transgression of the remnant of his heritage? he retaineth not his anger for ever, because he delighteth in lovingkindness. He will again have compassion upon us; he will tread our iniquities under foot; and thou wilt cast all their sins into the depths of the sea.”

Conclusion:

Don't Be A Fool ...

Proverbs 29:11 “A fool uttereth all his anger; But a wise man keepeth it back and stilleth it.”