

CAN'T WE ALL JUST
GET ALONG?



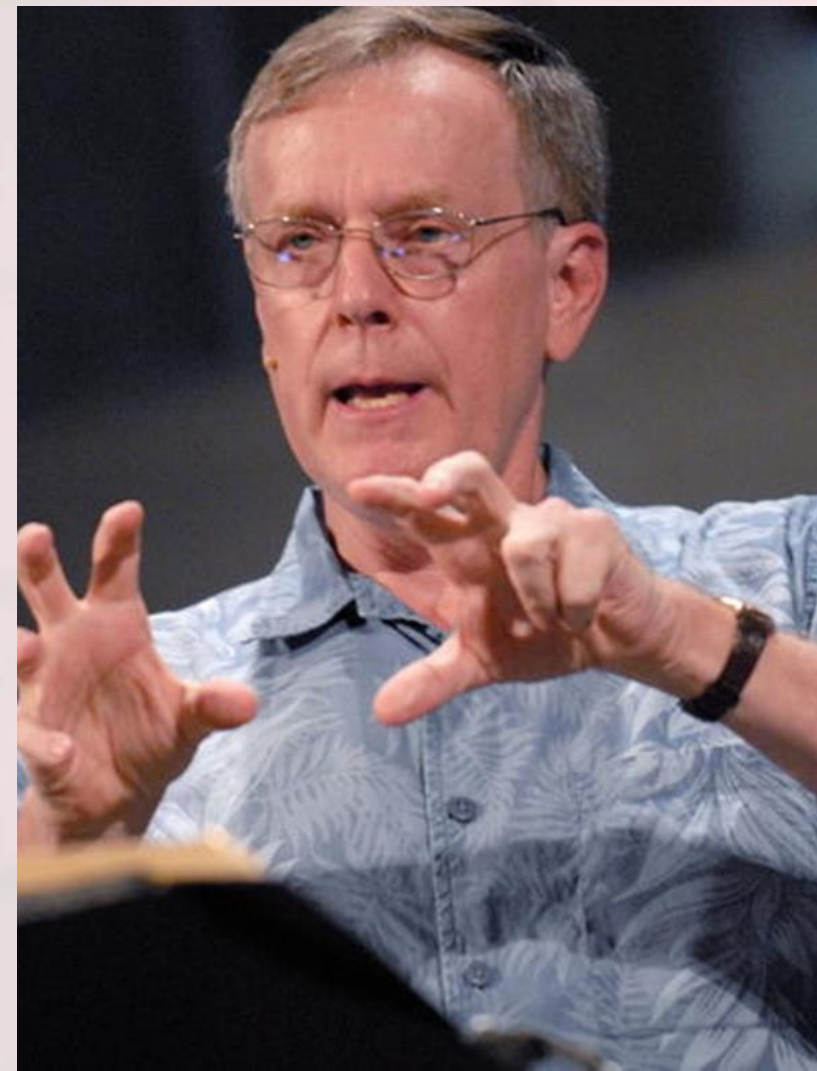
“Disarm Your Anger”

SELECTED PROVERBS

- Merriam-Webster - “a strong feeling of displeasure and usually of antagonism”
- John Piper - “involves strong displeasure with something that is happening intentionally that we think should not be happening.”

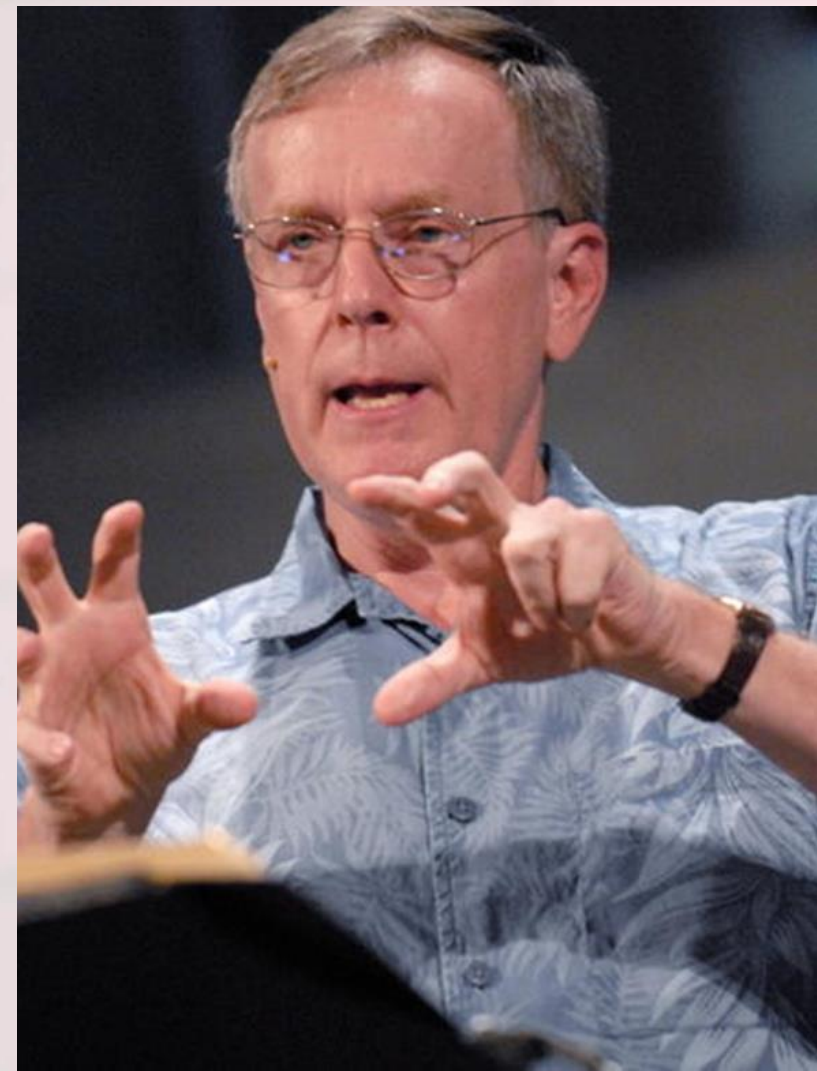
“Anger”

“Where does the emotional charge come from? The more something matters, the more you care, the more important it is – the more you value something – the more force you’ll pour into your displeasure ...



**David Powlison,
*Good and Angry***

“What is anger? It’s the way we react when something we think important is not the way it’s supposed to be.”



**David Powlison,
*Good and Angry***

- a. Cain and Abel (Genesis 4)
- b. King Saul and David (I Samuel 18)
- c. King Saul and Jonathan (I Samuel 20)
- d. King Herod and John the Baptist (Mark 6)
- e. Jewish leaders and Stephen (Acts 7)

Examples of Sinful Anger in the Bible

- a. God is angry with sin everyday (Psalm 7:11).
- b. Jesus was angry with the hard-heartedness of the religious leaders (Mark 3:5).
- c. Paul was angry with the idolatry of Athens (Acts 17:16).

Examples of Righteous Anger

1. If you become angry for the wrong reasons

5 Ways to Determine If Your Anger Is Sinful (Wayne Mack)

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2. If it controls you

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3. If it becomes the dominate feature of your life
4. If you keep a running record of wrongs
5. If you return evil for evil

5 Ways to Determine If Your Anger Is Sinful (Wayne Mack)

- I. Introduction to the Series
- II. Who God Is as a Reconciler
- III. Who We Are In Conflict
 - A. What Is the Cause of Conflict?
 - B. What Should Motivate Us to Resolve Conflicts?
- IV. How We Must Respond – 5 Ways
 - A. Disarm Your Anger**
 - B. Be a Peacemaker
 - C. Be Forgiving
 - D. Manage the Criticism
 - E. Learn the Righteous Way to Disagree

KEY POINT:

Patience and **self-control** are key virtues for disarming anger.

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I. Don't react; reflect
(Proverbs 14:17, 29; 16:32).

¹¹ But Naaman was angry and went away, saying, "Behold, I thought that he would surely come out to me and stand and call upon the name of the LORD his God, and wave his hand over the place and cure the leper.

*¹² Are not Abana and Pharpar, the rivers of Damascus, better than all the waters of Israel? Could I not wash in them and be clean?"
So he turned and went away in a rage.*

II Kings 5:11-12

*Know this, my beloved brothers:
let every person be quick to hear,
slow to speak, slow to anger;*

James 1:19

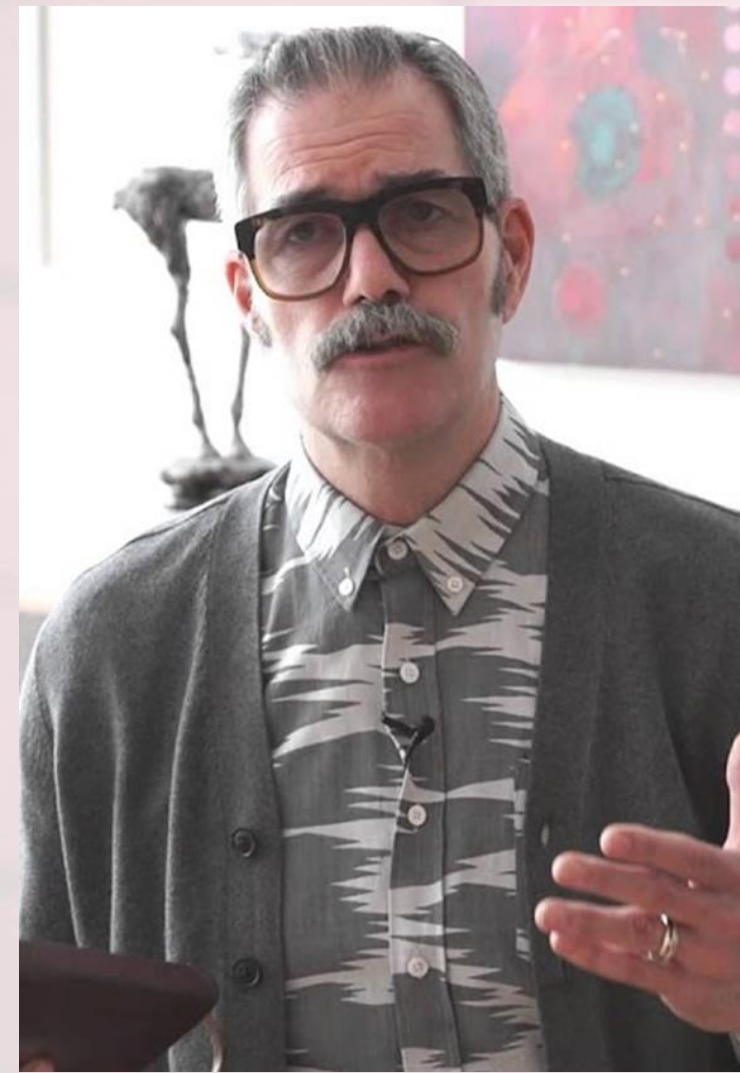
- I. Don't react; reflect
(Proverbs 14:17, 29; 16:32).
- II. Be habitually gentle (Proverbs 15:1, 18).

*When he was reviled,
he did not revile in return;
when he suffered, he did not threaten,
but continued entrusting himself to him who
judges justly.*

1 Peter 2:23

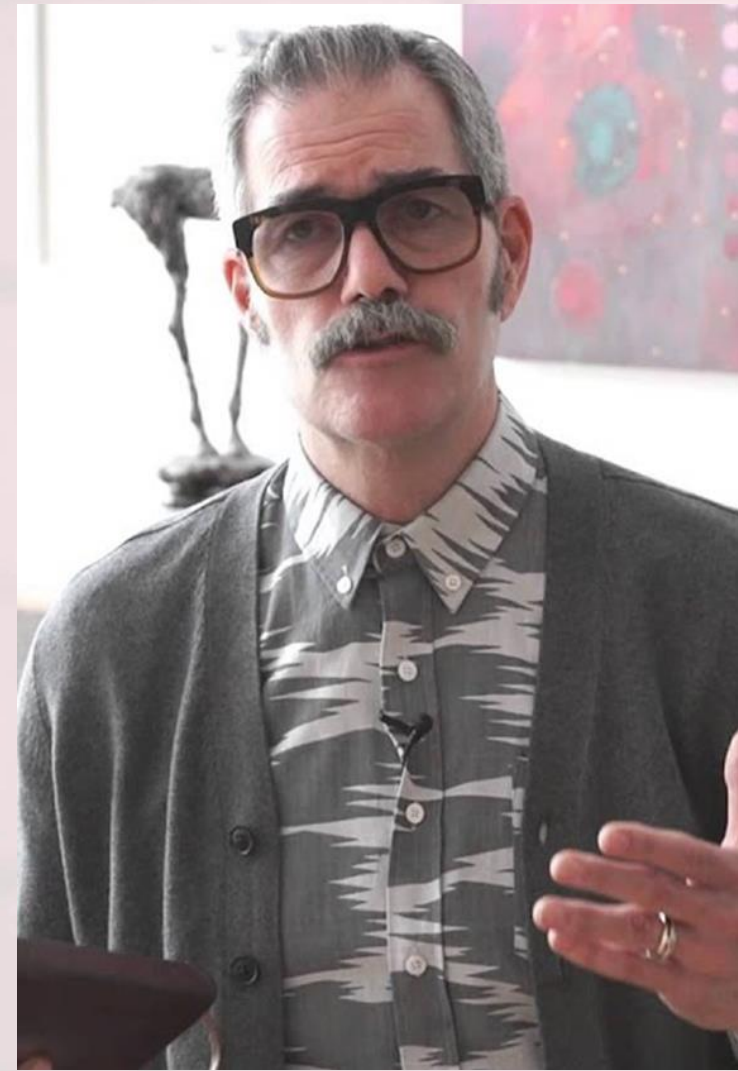
“Gentleness should be our natural response when we see a brother or sister ensnared in sin.

We must recognize that except for God’s grace, we would be where they are. Thus we should respond to them with the same grace we ...



**David Powlison,
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"... have received. God loved us when we were unlovely. He has forgiven us in the face of repeated sin.



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- I. Don't react; reflect
(Proverbs 14:17, 29; 16:32).
- II. Be habitually gentle (Proverbs 15:1, 18).
- III. Make the right kinds of friends
(Proverbs 22:24-25).

*Blessed is the man who walks not in the
counsel of the wicked,
nor stands in the way of sinners,
nor sits in the seat of scoffers;*

Psalm 1:1

- I. Don't react; reflect
(Proverbs 14:17, 29; 16:32).
- II. Be habitually gentle (Proverbs 15:1, 18).
- III. Make the right kinds of friends
(Proverbs 22:24-25).
- IV. When anger is shown to you, don't return it (Proverbs 29:8).

*As I have seen,
those who plow iniquity and sow trouble
reap the same.*

Job 4:8

- a. Tell them you appreciate their concern.
- b. Ask, "Am I hearing you correctly?"
- c. Ask for time to consider their concerns.
- d. Ask, "How could I have done that differently?"
- e. Remember that angry people are often blind to their own anger.
- f. Treat them with love and humility.

Instead of Returning Your Anger ...

- I. Don't react; reflect
(Proverbs 14:17, 29; 16:32).
- II. Be habitually gentle (Proverbs 15:1, 18).
- III. Make the right kinds of friends
(Proverbs 22:24-25).
- IV. When anger is shown to you, don't
return it (Proverbs 29:8).
- V. Practice self-control (Prov 29:11).

Thoughts that Lead to Anger

"I can't believe she is running late again! I hate being late. I insist on being on time! I'm not going to stand for this anymore!"

Thoughts that Lead to Self-Control

"I don't like to be late but love is patient. I will show love to her by being patient. How can I help her to be on time more for her good? Thank you, Lord, that she takes the time to look nice."

Anger vs. Self-Control

Thoughts that Lead to Anger

“How dare she talk to me like that! I deserve more respect than that. I will not be treated this way!”

Thoughts that Lead to Self-Control

“I’m not going to let my pride flare up. Lord, you didn’t sin when you were not respected. What is she trying to say? I’ll deal with her sin later. I’m thankful to be made aware that I have done something wrong.

Anger vs. Self-Control

Thoughts that Lead to Anger

“Why can’t the kid just do right and leave me alone! I’m tired and want to watch this TV show. They’re going to get it!”

Thoughts that Lead to Self-Control

“Dealing with the children is my job as a parent and it pleases you, Lord. I’m tired but give me the grace to help the children to learn. Thank you for them, Lord, and for the opportunity to teach them.”

Anger vs. Self-Control

*A man of wrath stirs up strife,
and one given to anger causes
much transgression.*

Proverbs 29:22

1. Confess your sin of anger.
2. Ask God to help you change.
3. Memorize the right Scriptures.
4. Make a list of how you can be more thankful.
5. Study God's patience and self-control.
6. Ask for accountability.

Now What?