

The Surprising Virtue of Anger

Satisfied-part 6

May 5, 2024

DAY 1: The taproot of anger

There are common threads in each of our messages in this Satisfied sermon series. Let's review what we've studied, and then compare them.

1. **The Ecclesiastes Experience**--Only God can meet our deepest needs. Nothing else we try will do. A deep sense of **loneliness**, **emptiness** or **discouragement** are dashboard lights, telling us our heart is trusting something other than drawing close to Christ and reflecting Him to others.

2. **The Job Experience-Depression, fear, and anger** are also dashboard lights that alert us to a deep-seated commitment to get the "life" we think we need and deserve without having to depend on God. This is the taproot of every sin.

a. **Depression** is fueled by a priority belief that **no matter what I do**, I cannot get the "**life**" I believe I **need** and **deserve** in order to be happy.

b. **Fear** occurs when it appears to me that **I may not get** what I believe I need and deserve in order to be happy.

c. **Anger** occurs when someone or something **blocks** what **I believe I need** and **deserve** in order to be happy.

3. What components of our sin nature strike you from this review?

4. As Christians, we typically see these "negative emotions" as problems to solve. In one sense that is true. We do not need to respond, live and relate to others out of our negative emotions.

5. However, negative emotions expose **a far deeper problem** than just trying to overcome them. They expose core parts of our fallen nature that we don't see, but need to see. Negative emotions expose:

a. Our determination to get what we think we need...

b. Without having to depend on God,

c. While expecting (and demanding) others come through for us.

d. We are using God and using people to feel good about ourselves, to find our needs of love, validation, importance, etc., in people rather than at the cross of Christ.

6. What strikes you from today's writing?

DAY 2: How anger seems to us

1. When we get angry this is how it looks to us:

IF someone had not said something or done something we didn't like,
we wouldn't have gotten angry.

2. Someone says something or does something that “provokes” anger in us. We automatically lay the blame at the “someone,” not ourselves. And, therefore, we assume our anger is justified. Here is a schematic illustrating this:

Someone Else's **Event**-----→My **Emotion**

3. But, there is more to this than we see. There is a third component to our anger.

Someone Else's **Event**-----→**My Evaluation** of the Event→-----My **Emotion**

4. That “Evaluation” happens in a nanosecond. It happens sub-consciously. It happens so quickly that we are completely unaware that we are even making an evaluation.

5. What are we sub-consciously evaluating?

Is someone treating me or relating to me in such a way that meets my needs?

6. What anger exposes involves the following:

- They are **blocking** what I think I need, and deserve.

7. That list of needs includes things like

- a. How someone treats me, their actions,
- b. Their attitude toward me,
- c. Their words

8. Where the rubber meets the road:

a. We foolishly think we deserve to be treated the way we think we should be treated, (“I don't deserve to be treated this way.”)

b. We are entitled to better treatment.

9. What strikes you from today's writing?

DAY 3: Responding to Others' Anger

1. Underline and write in what strikes you from these verses:

Prov. 15:1 A soft answer turns away wrath, but a harsh word stirs up anger.

Pro. 22:24 Do not make friends with a hot-tempered person, do not associate with one easily angered,²⁵ or you may learn their ways and get yourself ensnared.

Prov. 29:8 Mockers stir up a city, but the wise turn away anger.

Prov. 29:9 If a wise person goes to court with a fool, the fool rages and scoffs, and there is no peace.

Prov. 30:33 For as churning cream produces butter, and as twisting the nose produces blood, so stirring up anger produces strife." Do not be quickly provoked in your spirit, for anger resides in the lap of fools.

Romans 2:8 But for those who are self-seeking and who reject the truth and follow evil, there will be wrath and anger.

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.²¹ Therefore, get rid of all moral filth and the evil that is so prevalent and humbly accept the word planted in you, which can save you.

2. What things strike you most from today's writing?

3. Is there something you want to remember or do differently when someone is angry with you?

DAY 4: Responding when you are angry

1. Underline and write in what strikes you from these verses:

*Ephesians 4:26 “In your anger do not sin”: Do not let the sun go down while you are still angry,
²⁷ and do not give the devil a foothold.*

Psalm 4:4 Be angry but do sin. Commune with your own hearts on your beds and be silent.

2. Consider David’s example. Psalm 139 is one of the most beautiful works of literature ever penned—that is until...

*Psalm 139:19 If only you, God, would slay the wicked! Away from me, you who are bloodthirsty!
²⁰ They speak of you with evil intent; your adversaries misuse your name.*

²¹ Do I not hate those who hate you, LORD, and abhor those who are in rebellion against you?

²² I have nothing but hatred for them; I count them my enemies.

3. While he was writing the first eighteen verses of this psalm, David’s mind went to the evil of evil men. His anger is clearly seen in these verses.

a. Sometimes, our anger is very confusing to us. All we can see is the other person’s wrong and blame them. We are blind to what is driving our own anger.

b. What is he to do with his hatred and anger? Here is David’s response:

Psalm 139:23 Search me, O God, and know my heart. Try me and know my thoughts, and see what wicked thing lie within. And lead me in the way everlasting.

Jot down your thoughts in each of David’s pieces of this prayer:

a. *Search me, O God, and know my heart.* -

b. *Try me and know my thoughts,* -

c. *and see what wicked thing lie within.*

d. *And lead me in the way everlasting.* -

4. David assumes that his anger creates new ground for redemptive growth in his heart. What strikes you from today’s writing?

DAY 5: Putting off anger; putting on virtue

1. In trying to not be angry, there is a **replacement** of anger that we are to pursue.
2. In real time, we are attempting to not be driven by anger and our angry response, but at the same time to live and **respond redemptively** to someone!
3. The imagery Paul uses is taking off the filthy clothes of anger, and putting on the clean clothes of virtues like forgiveness, mercy, compassion, love, etc.

Ephesians 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.

*Colossians 3:8 But now you must also **rid yourselves** of all such things as these: anger, rage, malice, slander, and filthy language from your lips.... ¹⁰ and **have put on** the new self, which is being renewed in knowledge in the image of its Creator.*

*Colossians 3:12 Therefore, as God's chosen people, holy and dearly loved, **clothe yourselves** with compassion, kindness, humility, gentleness and patience. ¹³ Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you. ¹⁴ And over all these virtues **put on** love, which binds them all together in perfect unity.*

¹⁵ Let the peace of Christ rule in your hearts, since as members of one body you were called to peace. And be thankful.

1 Corinthians 13:5 It does not dishonor others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs.

4. This redemptive work is God's greatest work in us. He is transforming us from people who are self-centered, "deserving," entitled, and justified in our self-centeredness to people who are people of redemption! He is slowly re-making us into the personal and relational image of Jesus. As we learn to reply to our own anger and the anger of other people differently, we take on the aura of Jesus to people. We put Him on display.

5. What strikes you from today's writing?