
Putting off anger; putting on virtue

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.*

“But, I’m a loving person...”

Matthew 5:46 If you love those who love you, what reward will you get? Are not even the tax collectors doing that? ⁴⁷ And if you greet only your own people, what are you doing more than others? Do not even pagans do that?

*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**.*

Key: p.1. blocks; p.2: Evaluation

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The Surprising Virtue of Anger

Satisfied-part 6

May 5, 2024

Proverbs 27:20 Hell and destruction are never satisfied, and never satisfied are the eyes of man.

The taproot of anger

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 Him, 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.

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 **b**_____ what **I believe I need and deserve** in order to be happy.

Negative emotions expose:

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

b. Without having to depend on God,

c. While expecting / 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.

James 4:1 What causes fights and quarrels among you? Don't they come from your desires that battle within you? ² You desire but do not have, so you kill. You covet but you cannot get what you want, so you quarrel and fight. You do not have because you do not ask God. ³ When you ask, you do not receive, because you ask with wrong motives, that you may spend what you get on your pleasures.

How anger seems to us

Someone Else's **Event**—> **My Emotion**

Someone Else's **Event**—> **My E _____**—> **My Emotion**

Responding to others' anger

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

*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.*

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

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

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

Responding when you are angry

*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.*

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.

David's anger:

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.*

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.
