

**HOW TO  
DEAL  
WITH ANGER.**

*EQUIPING YOURSELF TO DEAL WITH ANGER FOR A HEALTHIER  
RELATIONSHIP.*

AUBREY DES-BORDES MENDS

OXFORD PUBLICATIONS

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Seneca, a Roman philosopher-educator (4-65 A.D.), From his Book "Of Anger".

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## **DEDICATION**

This book is dedicated to the founders of KINGDOM FIRST MINISTRY INTERNATIONAL, also known as OXFORD INTERNATIONAL WORSHIP MINISTRY in Harding, Kwazulu Natal, South Africa, Mr. and Mrs. Ernest Agyeman-Duah for their encouragement and support to my ministry. I say God Bless you.

This book is also dedicated to my one and only beloved wife, Comfort who stood by me in putting this piece together. I say you are one in a million.

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## **FORWARD**

In this hour of all-but-universal darkness, one of the things that is endangering our lives and breaking homes is the spirit of anger. Many are eager for spiritual realities and will not be put off with words, nor will they be content with correct “interpretations” of truth. The thirst for God is almost dying out, and men will not be satisfied till they have drunk deep of the Fountain of Living Water.

The spirit of anger is fueling the vehicle of man’s ego leading us to the destination of destruction in our day to day activities. It also has transcended into the room of power and has caused many homeless due to war both locally and internationally.

The time has come where the root of anger must be dealt with so that the peace we need inwardly and outwardly can be realized. By familiarizing ourselves with knowledge from this script I believe the Holy Spirit will enlighten us with the keys to fathom the mystery behind this enemy called ANGER.

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## INTRODUCTION

Every human being one way or the other gets angry. We all have times when we become angry. Sometimes people make us angry, and other times things also make us angry. We all get angry when things do not go the way we expect them to go. We get angry when people talk about us in a negative manner.

There are people who have what I call personality disorder. One of the manifestations of this disorder was that any small problem would trigger an angry outburst. People blow up at almost anything. People are always afraid to be around people with this disorder.

Anger has devastated marriages, separate children and parents, and poison relationships. That is why the Apostle Paul encouraged believers to deal with anger quickly—before it could take a toll on their lives.

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

(Eph. 4:26-27).

In any way that anger comes to us, Anger is a monster within us that does terrible things. A person with extreme anger does terrible things that they regret later.

The multimillion question is “how do we handle our anger?”

I do believe that anger is wrecking so many homes, churches and ministries, businesses, that all of us would want to know how we can be able to deal with this terrible monster called anger.

I trust God that by the end of reading this book, you will know how to come out of anger.

Last year a driver in Philadelphia shot another driver on the highway. There was a construction blockage on the road, narrowing traffic down to only one lane, creating long backups as cars from each direction took turns getting past the blockage. Well, this driver patiently waited his turn. But just as he was about to get past the blockage, a car came up fast on the shoulder, passing all the waiting cars, and crowded just in front of him. Then after doing that, the driver turned around with a smirk on his face and made an obscene gesture. Well, that infuriated the first driver. So when traffic was stopped at the next construction bottleneck, he got out of his car, took out his gun & shot the man to death.

That happened in Philadelphia you would say, but Stories like this happens all over the World.

Now, of course, we would not do anything like that, you will say.

But have you ever lost your temper?

Do you ever do things you wish you had not done, or say things you wish you had never said?

Well, the Bible has something to say about overcoming anger.

Proverbs 19:11 says,

***"A man's wisdom gives him patience. It is to his glory to overlook an offence."***

Now this is the secret.

If someone offends you and if you are a man of wisdom, then you overlook it, and not allow the situation to become a major event that will overwhelm you.

## THE CANKERWORM

Anger is an intense emotional response. Often it indicates when one's basic boundaries are violated.

Anger is a strong feeling of intense displeasure, hostility, or indignation results from a real or imagined threat, insult, frustration, or injustice toward yourself or others important to you.

The external expression of anger can be found in facial expressions, body language, physiological responses, and at times in public acts of. Animals, for example, make loud sounds, attempt to look physically larger, bare their teeth, and stare. The behaviors associated with anger are designed to warn aggressors to stop their threatening behavior.

### THE CATEGORIES OF ANGER.

There are three categories of anger.

- **RAGE:** an explosive, uncontrolled expression of anger.
- **RESENTMENT:** unexpressed anger. When people try to deny their hurts and frustrations, resentment is the result. This type of anger destroys from the inside out.
- **INDIGNATION:** righteous anger about injustice, oppression, or an unholy situation. God's anger falls into this category.

### CAUSES OF ANGER.

- **NOT GETTING OUR WAY:**  
Some people grow angry when they lose control of a situation.
- **FEELING REJECTED:**  
Being excluded, overlooked, or mistreated can stir up hostility.
- **LOSS:**  
Losing what we cherish, or simply fearing that loss, can make us angry.
- **DISAPPOINTMENT:**  
Unmet expectations can lead to anger.
- **INJUSTICE:**  
When we see people mistreated, we can become indignant on their behalf.



- *FEELING INADEQUATE:*

Comparing our life to the lives of others may upset us.

## **TWO WAYS OF SHOWING ANGER.**

Basically there are two typical ways we show our anger. Anger can be EXPRESSED, or REPRESSED.

While we have been created in the image of God with the capacity to use our anger to right wrongs and overcome evil, sin has distorted that image within us. Sin keeps us from having a healthy response to our anger. Our anger becomes misdirected and misused because all too often our anger only leads to sin.

## **PSYCHOLOGISTS LABEL**

Psychologists label anger in four ways.

1. **Maniac**, this is the person who just let their anger explode. Anger is expressed with no thought of the consequences. This person just blows up and can pick up the pieces later.
2. **Mute** this person represses their anger deeply. Instead of exploding they implode holding anger inside. Instead of expressing healthy anger, the mute bottle anger inside and pretends as if nothing is wrong. This person is determined never to "get angry." This person never talks about the wrong done him or her.
3. **Martyr**, this is the person who is always throwing a pity party. The martyr represses their anger until it is finally expressed as, depression. So many depressed patients we come across are so due to anger bottled in them.
4. **Manipulator**, this person is the exploiter. The Manipulator is an expert at making other people feel guilty. Their motto is simply, "I don't get mad, I just get even." "I will get at him/her one day. I will pay him in his or her own coin."

## **PASSIVE ANGER AGGRESSIVE ANGER:**

These two types of anger have some characteristic symptoms.

Passive and Aggressive anger can be expressed in the following ways:

**Dispassion**, such as giving someone the cold shoulder a fake smile, looking unconcerned or "sitting on the fence" while others sort things out, dampening feelings with substance abuse, overreacting, oversleeping, not responding to another's anger, frigidity, indulging in sexual practices that depress spontaneity and make objects of participants, giving inordinate amounts of time to machines, objects or intellectual pursuits, talking of frustrations but showing no feeling.

**Evasiveness**, such as turning one's back in a crisis, avoiding conflict, not arguing back, becoming phobic.

**Defeatism**, such asserting yourself and others up for failure, choosing unreliable people to depend on, being prone, impotence, expressing frustration at insignificant things but ignoring serious ones.

**Obsessive behavior**, such as needing to be inordinately clean and tidy, making a habit of constantly checking things, over-dieting or overeating, demanding that all jobs be done perfectly.

**Psychological manipulation**, such as provoking people to aggression and then patronizing them, provoking aggression but staying on the sidelines, emotional blackmail, false tearfulness, feigning illness, sabotaging relationships, using sexual provocation, using a third party to convey negative feelings, withholding money or resources.

**Secretive behavior**, such as stockpiling resentments that are expressed behind people's backs, giving the silent treatment under the breath mutterings, avoiding eye contact, putting people down,, anonymous complaints, pen letters, stealing, and conning.

**Self-blame**, such as apologizing too often, being overly critical, inviting criticism.

## IN THE IMAGE OF GOD

Unlike most other mental issues, anger is not always bad or harmful. God understands our inborn capacity for anger. As beings created in God's image, we tend to exhibit God's personality. If God gets angry from time to time, then it is not always wrong for us to experience anger. The Old Testament books of wisdom provide some of the best verses on this subject.

Proverbs 16:32 (AMP),

***“He who is slow to anger is better than the mighty, and he who rules his spirit, than he who captures a city.”***

Those who are slow to become angry may still feel upset, but they control their emotions rather than letting anger turn to rage.

The Word of God also cautions us against associating with those whose lives are characterized by anger.

***Do not make friends with a hot-tempered person, do not associate with one who is easily angered, or you may learn their ways and get yourself ensnared.***

Proverbs. 22:24-25.

Anger plays an important role in many well-known Bible stories. The first person to become angry in the bible was Cain, and the Moses, Saul, Jonah, and Peter are just a few others who were motivated by anger.

### GOOD ANGER VERSES BAD ANGER

Good anger leads us to readiness. Readiness leads us in a good direction. Jesus' good anger made Him ready to take on greed in the temple. Good anger sounds like "Ready, aim, fire!"

Bad anger, however, leads us in a direction in which things go from bad to worse. Bad anger sounds more like "Anger, rage, fury!" this kind of anger does not lead anywhere productive because it is self-absorbed.

Instead of making us physically ready, it ruins our readiness by causing us to lose control of our actions.

- The Lord became angry with the Israelites for marrying foreign women. He knew that their wives would introduce the worship of pagan gods.
- Jesus angrily rebuked the Pharisees for their hypocrisy and unmerciful interpretations of God's laws.

***“Woe to you, teachers of the law and Pharisees, you hypocrites! You shut the door of the kingdom of heaven in people's faces. You yourselves do not enter, nor will you let those enter who are trying to.***

***Woe to you, teachers of the law and Pharisees, you hypocrites! You travel over land and sea to win a single convert, and when you have succeeded, you make them twice as much a child of hell as you are.***

Matthew. 23:13-15

***Some of them were looking for a reason to accuse Jesus, so they watched him closely to see if he would heal him on the Sabbath. Jesus said to the man with the shriveled hand, "Stand up in front of everyone." Then Jesus asked them, "Which is lawful on the Sabbath: to do good or to do evil, to save life or to kill?" but they remained silent. He looked around at them in anger and, deeply distressed at their stubborn hearts, said to the man, "stretch out your hand." He stretched it out, and his hand was completely restored.***

Mark 3:2-5.

- His indignation at their misuse of the temple led Him to turn over their tables and chase them from His Father's house.

***"It is written," he said to them, "my house will be called a house of prayer, but you are making it a den of robbers." The blind and the lame came to Him at the temple, and He healed them.***

Matthew. 21:13-14.

You and I can have righteous anger we become upset over the mistreatment of others or when we feel compelled to rectify an unholy situation. But most of our anger is wrongly motivated by self-interest.

Anger is a normal God-given emotion! God created us in His image and after His likeness, and one of the things he gave us was His nature. The God's nature in us gives us the tendencies of getting angry.

The emotional response of anger is NOT a sin because God gets angry. God is not void of emotion. The difference is found in how God and man respond to the emotion of anger.

***"For His anger lasts only a moment, but His favor lasts a lifetime"***

Psalms 30:5a

David in this prayer of thanksgiving indicated that the anger of God last for a short while. This shows that as we are created in the image of God and the Apostle Paul said we should imitate him, it therefore means that we should let our anger last only for a short while.

***"But you, Lord, are a compassionate and gracious God, slow to anger, abounding in love and faithfulness."***

Psalms 86:15

The writer of this psalm unfolded the character of God. The psalm tells us about the patience of God.

Jesus became angry, YET HE DID NOT SIN! We most often think of Jesus being angry when He cleansed the temple, but that is not the only time Jesus was ever angry.

In Mark 3 Jesus is at the temple on the Sabbath;

***the Pharisees and religious leaders were watching to see if Jesus would perform a miracle on the Sabbath. A man with a shriveled hand was there. Jesus asked them, "What is legal on the Sabbath, to do good or evil, to save life or kill?" They refused to answer him. "He looked around at them in anger and, deeply distressed at their stubborn hearts, said to the man, "Stretch out your hand." He stretched it out, and his hand was completely restored."***

Mark 3:1-5

In this verse we have just exposed, we have a marvelous example of tact, decision and self-control in action. The anger Jesus was feeling is what I called a righteous or holy anger. This is the anger one experiences as a result of injustice against others or against God.

### **A LESSON FROM JESUS.**

Most of the great lessons learnt from Jesus include:

- The man's case was so piteous. He had a withered hand, by which he was unable to work for his living.
- The Pharisees were very unkind, both to the man and to Jesus. Instead of interceding for a poor neighbour, they did everything possible to hinder the man from being restored.
- Jesus dealt very fairly with the religious leaders. He dealt with them first, possibly to prevent the offense.
- Jesus looked round about them with anger, but not in bitter personal resentment. The sin He had an eye on was, the hardness of their hearts.

Freedom from anger is found when we learn to control our anger expressing it in healthy and constructive ways like Jesus.

### **MAN'S ANGER VERSUS GOD'S ANGER**

James called bad anger "man's anger."

***"For man's anger does not bring about the righteous life that God desires"***

James 1:20

This was significant because he was differentiating between man's anger and God's anger. The difference between the two is the speed. The previous verse outlines it all.

***"Everyone should be quick to listen, slow to speak and slow to become angry"***

- **MAN'S ANGER IS QUICK; GOD'S ANGER IS SLOW.**

**GOD'S ANGER IS A SLOW-BURNING ANGER.**

***"But you, O Lord, are a compassionate and gracious God, slow to anger, abounding in love and faithfulness."***

Psalm 86:15

God gets angry but the bible tells us He is "slow to anger." We should learn to avoid quick reactions when we feel anger. Think first before you act. Thomas Jefferson loved to say, "Count to ten when you are angry."

The issue is not anger but the sin that anger can produce. Be honest about your feelings and why you are angry. There are not many sins that actually make us look ugly, but anger is one that does. No one is pretty or handsome when he or she is angry.

- **MAN'S ANGER IS LONG; GOD'S ANGER IS SHORT.**

Man's anger is different to God's in terms of duration.

Psalm 30:5 tells us

***"For His anger lasts only a moment, but His favour lasts a lifetime."***

In the bible, whenever God was angry and showed it through His discipline, it was intended only to bring "His favor" back into a person's life. It is alright to be angry at people, but you must express your anger only in a way that brings reconciliation. If you remain angry, you are not being Christ like.

It is normal to feel hurt when someone wrongs you, but you must act to address your wounds before infection sets in.

- **MAN'S ANGER IS DESTRUCTIVE; GOD'S ANGER IS CONSTRUCTIVE.**

In a case, a 3 year old boy found his father's hammer and, without knowing better, began to bang the father's new car with the hammer. The father heard the noise and came out of the house to see what his child had done. He was so angry that he grabbed the same hammer began to hit his son's hands with it, crushing the boy's fingers. Realizing what he had done, the father quickly rushed his son to the hospital. Sadly, the doctors could not save the boy's fingers. With tears in his eyes, the father went to his son and said, "I am so sorry." The little boy said, "Its okay, Daddy." Then the boy smiled and looked at his father in the eyes and asked, "Daddy, when will my fingers grow back?"

Man's anger destroys; God's anger restores. Man's anger will never bring about the righteous life God desires. The person who cannot feel anger at evil is a person who lacks enthusiasm for good. Your anger must be expressed towards evil not towards good. To not express anger is to not be human.

There is an organization that was founded by a mother whose daughter was killed by a drunk driver called MADD (mothers Against Drunk Driving). This woman did not want others to go through what she went through, so, instead of languishing in anger against the one who took her daughter's life, she channeled her anger and founded this organization that lobbies lawmakers for tougher laws against those who drink and drive. I believe so many lives have been saved by her angry energy.

In making the connection we realize that as we are made in the image of God we should learn to handle our anger just like God. Paul tells the Ephesians' church how to manage their anger.

Ephesians 4:26, 5:1, 2

***4:26 - "In your anger do not sin: do not let the sun go down while you are still angry."***

***5:1 - "Follow God's example, therefore, as dearly loved children***

***5:2 - "And walk in the way of love, just as Christ loved us and gave Himself up for us as a fragrant offering and sacrifice to God."***

In light of everything we just said about anger and how to effectively control your anger do these things. Be an imitator of God. Live a life of love just like Jesus.

Jesus was angry and never sinned. The only way we will not sin when we are angry is to learn that anger is a: Necessary Warning Signal.

## THE WARNING SIGNAL

Just as at the traffic lights (Robots as called in South Africa); we have the Amber sign that means that get ready to stop or to go.

In the same way, Anger is not a sin, but it warns us that sin is not far away.

Anger acts as a warning light telling us that we are getting close to sin.

"In your anger do not sin."

It is what you do with your anger that determines whether you have sinned or not.

This part of the scripture was borrowed from the Old Testament and shaped to the use of the New Testament.

***"Don't sin by letting anger control you. Think about it overnight and remain silent."***

Psalm 4:4(NLT)

This scripture means if you have a just occasion to be angry at any time, see that it is without sin, and therefore be careful of excesses in your anger.

As the day's heat cools and its strain is relaxed, the fires of anger should die down.

There was an ancient rule of the Pythagoreans, if at any time one happens to be provoked by anger, before the sun set they would take each other's hands and embracing make up their quarrel.

I strongly believe this should be the practice of the end time believers and the end time church.

There is no surer way of tempting the devil to tempt us than to brood over the wrongs done us.

The devil gains over us a double advantage, by the wicked provocation and by the uncontrolled resentment it excites.

The passion which outlives the day, on which an angry man wakes with in the morning, becomes a settled rancor, prompting ill thoughts and deeds.

### CLASSIFICATION OF ANGER

- There is sudden anger. And it must be controlled.

Proverbs 14:17 says,

***"A quick-tempered man does foolish things."***



We already know that, because we have experienced that in our own lives more often than not. We may blame our quick temper on a lot of things, mostly on our heritage. We may even be proud of it. We may sometimes say, I inherited it from my grandparents. It is in our family.

But the bottom line is, if we have a short fuse, we are going to do a lot of foolish things. When we lose our temper we will say things we know we should not have said, and do things that we are going to be sorry for later on.

Proverbs 15:18 says,

***"A hot tempered man stirs up conflict"***

That simply means that if you have a short fuse, if you are always losing your temper, if you are just looking for somebody to say something that will irritate you, then you are going to leave a trail of hurt feelings and unhappiness behind you. "I got so angry that I gave him a piece of my mind." that is what we usually say in reaction to our being angered.

Proverbs 18:13 says,

***"He who answers a matter before he hears the facts - it is folly and shame to him."***

He is talking about jumping to conclusions. We hear just a little bit of what is said, and we instantly jump to a conclusion, and oftentimes it is the wrong conclusion. Sometimes we jump to conclusions, and Solomon says that it is to our folly and our shame.

Proverbs 19:19 says,

***"A hot-tempered man must pay the penalty."***

We are being told that almost every day. Doctors tell us that losing our temper consistently brings about high blood pressure, dryness of mouth, and a fast-beating heart. It could even bring pre-mature death.

A hot temper could also mean loss of family and friends. The penalties of losing our temper are many.

- There is sinful anger. And it must be condemned.

Not all anger is sinful. But some anger is.

If it is sinful, then we need to repent, to turn away from it, and allow God to forgive us of it so that we can become forgiving people, too.

- There is stubborn anger. And it must be conquered.

It is an anger that just stays there, day after day after day.

Every cherished anger is a place given to the tempter in his war against us from which he may shoot his arrows towards us.

The King James Version says,

***"Be ye angry, and sin not. Let not the sun go down on your wrath."***

Ephesians 4:26

And the next verse says,

***"And do not give the devil a foothold."***

Ephesians 4:27

### **ILLUSTRATION.**

One day you go home whilst you are angry. You are carrying a burden from work on your shoulder, just waiting for someone to knock it off. Then your wife says something you do not particularly appreciate, and soon heated words are being exchanged. It really does not amount to much, but you are determined to get your way, and she is determined to get her way. So the argument continues.

The sun goes down and night time comes. Then in bed she faces that way and you face this way, and you both make very sure that you do not touch each other.

Do you realize what has happened?

The Bible says that you have opened the door, saying, "Mr. Devil, come right in. We'll make you welcome here."

Then in Ephesians 4:31, the Apostle Paul mentions what happens when Satan begins to do his dirty work.

The first result is "bitterness." You begin to think about all the bad things people do and say to you, all the insults, all of the inconsiderate things that go on.

Then Apostle Paul says, "After bitterness comes rage and anger." "Rage" is bitterness boiling and bubbling inside of you. And "anger" is rage being expressed. It is no longer just inside you. Now you begin to kick the cat, and hit the wall. Now you begin to say all kinds of things, until finally it becomes "brawling," which means "shouting loudly," and "slander" or "insults."

"Look at this house. It's dirty. I come home every day and these kids are dirty. You don't know how to take care of them. What makes you think you're a homemaker?" And on and on it goes, back and forth.

And the end result of it all, Paul says, is "malice." And "malice" means that you really desire to harm.

That's why we are always reading about someone shooting his wife and turning the gun on himself. Because the ultimate end of stubborn anger is malice.

The Apostle Paul said, "Here is the way to get rid of stubborn anger. Don't let the sun go down on your anger."

## **THE CONSEQUENCES OF ANGER.**

Anger is not one of these seven sins that are detestable to God.

***“There are six things the Lord hates, seven that are detestable to Him: haughty eyes, a lying tongue, hands that shed innocent blood, a heart that devises wicked schemes, feet that are quick to rush to evil, a false witness who pours out lies and a man who stirs up dissension among brothers.”***

Proverbs 6:16-19

UNCONTROLLED ANGER CAN LEAD TO ALL THE SEVEN SINS THE LORD HATES, if you do not learn to see anger as a warning sign pointing to the danger of sin that is at your side.

**Anger can lead to a heart full of pride.**

**Anger can cause your tongue to be full of lies.**

**Anger can bring your hands to shed innocent blood.**

**Anger leads the heart to invent all kinds of evil schemes**

**Anger can make your feet run to evil.**

**Anger can cause you to speak lies about other people.**

**Anger can cause division and stir up strife between people.**

Because anger is a warning signal that sin is near, ANGER MUST BE RESOLVED QUICKLY.

## GUARDING AGAINST ANGER.

Unresolved anger is an invitation to more and more sin.

When we hold onto anger we give Satan a foothold in our lives. Put simply, the devil will start to push our buttons.

Anger will cause us to do and say things we normally would not.

In the Ephesians church, people were getting upset with one another, so instead of meeting one another's needs they began to just look out for themselves even taking things that didn't belong to them. Wrong actions only escalated the bad talk among the members of the church. Unresolved anger was creating more and more problems.

In Matthew 5:21, Jesus says,

***"You have heard that it was said to the people long ago, 'Do not murder, and anyone who murders will be subject to judgment.' But I tell you that anyone who is angry with his brother will be subject to judgment."***

Now that passage tells us some things about anger that should help us realize when our anger is sinful and when it is not.

Notice first of all that it says, "Anyone who is angry with his brother." Now if you are a brother or sister to someone it indicates that you are a member of the same family, whether a domestic family or the family of God. If we are brothers and sisters, we ought to be lifting each other up, supporting and helping each other. We should not spend our time being angry at one another.

The Bible speaks about being angry at your brother "without a cause." If we are angry and do not have a legitimate reason for being angry, then this tells us that our anger is sinful.

Then if you are angry at your brother that indicates you are focusing your anger on a person. We should never focus our anger on people, but rather on the sins they commit. Jesus was never angry at people, but He was angry at their sins. So look beyond the person.

We must love the person, but hate their sin. So if you are angry at your brother, and you are focusing on a person, then that means that your anger is sinful.

In Romans 12:19, the Apostle Paul says,

***"Do not take revenge, my friends, but leave room for God's wrath, for it is written: It is mine to avenge; I will repay," says the Lord."***

So the test of our anger is this: Is it anger that seeks revenge? Are we always trying to get even? The Bible teaches that God is the one who has the right of vengeance. Not us. "Vengeance is mine," says the Lord. We don't have the right to repay anyone. But rather, turn that over to God.

So if our anger is geared towards seeking revenge, then it is definitely sinful anger. If it is vengeful, then most likely it is also an anger that is cherished.

Remember what Jesus said to the man who was by the pool, waiting to be healed, and he could not get to the water soon enough? Jesus asked him, "Do you want to be healed?" Important question!

There are a lot of people who enjoy being sick because of the attention it gets them. And there are a lot of people who love being angry. They have been angry for years. Inside of them there is a boiling mass of anger.

If anger is cherished, it is most certainly sinful anger. If it is a cherished anger it will also be anger with an unforgiving spirit.

The secret to getting rid of anger is to be able to forgive. But if you can't forgive, if you cannot release it, then it is a sinful anger.

***"A quick tempered man does foolish things, and a crafty man is hated."***

Proverbs 14:17

A quick tempered man says and does things which are ridiculous.

When Satan gets a foothold in your life through anger you are liable to do and say lots of things that you latter regret. They themselves become ashamed of themselves when the heat is over.

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

Proverbs 29:22

An angry man is always troublesome and quarrelsome in the family and in the neighborhood.

Undue anger is a sin which is the cause of many sins.

Do not let the devil gain control of you through a bad temper. YOU HAVE THE POWER TO CHOOSE HOW TO RESPOND EVEN WHEN YOU ARE ANGRY. MAKE THE RIGHT CHOICES!

***"Do not let the sun go down while you are still angry."*** Apostle Paul encourages us to resolve our anger before the day is over. Do not sleep on it; resolve your anger!

Unrestrained anger is a satanic manipulation and you must not give room to it in your life.

People who give room to such anger gives opportunity for the demon of anger to take hold of their minds.

## THE EXAMPLE OF JESUS

Jesus did not allow Himself to be trapped by anger. His anger motivated Him to action, but then He would simply let it go.

Notice the contrast between Jesus' anger and the healing of the cripple and blind.

***“Jesus entered the temple area and drove out all who were buying and selling there. He overturned the tables of the money-changers and the benches of those selling doves.” It is written, “He said to them, “my house will be called a house of prayer, but you are making it a den of robbers. The blind and the lame came to him at the temple, and He healed them.”***

Matthew 21:12-14

## HOW MIGHT WE HAVE RESPONDED IF WE WERE IN JESUS' SANDALS?

If I were Jesus after cleansing the temple I would likely tell the blind and lame to come back some other time because I am just too upset to help them right now. Or worse my anger might have even spilled over onto those who came for help.

There is a deep revelation that we have to grasp. The casting out of the traders illustrated the righteousness of the kingdom of God, and the healing of the blind and lame, its peace. Meaning that as you become right with God, He gives you peace also.

It is time to let your wrath subside and learn how to forgive.

Offenses will come, according to the Bible. People will do things that will hurt or offend you, but never allow anger provoke and make you react in a way that you will regret.

You have to let go of your anger and replace it.

Let kindness, compassion and forgiveness fill your heart instead of anger.

## ILLUSTRATION.

How often have you been involved in an argument at home and then the phone rings or someone knocks at the door. How about when you are fighting in the car on the way to church and then suddenly you turn into the church parking lot. Suddenly you are able to control yourself when other people are around!

***A fool gives full vent to his anger, but a wise man keeps himself under control.***

Proverbs 29:11

You say, "Why, I just cannot control my temper. It gets away from me." But you can. Have you ever found yourself engaged in a heated discussion with your voice getting louder and your words becoming more rapid? Then the telephone rings and you say, "Hello." Sure, you can control your temper.

So we need to recognize that we have a problem with temper. As long as we deny it, as long as we blame it on heritage or short-fuse or whatever we choose to blame it on, we'll never improve.

Then we must confess our problem to God and ask for His help.

**"Lord, I am beginning to lose my temper, and I have done it many times before. Please help me see what is causing it to happen, and then help me to overcome it."**

The Bible teaches that when the Holy Spirit guides our life, that one fruit of the spirit is self control. And if you have a sudden temper, you need to control it.

### **REMEMBER THE STORY OF CAIN AND ABEL.**

Cain let anger get a foothold in his life so he made the wrong choices.

Cain and his brother Abel both offered sacrifices to the Lord. God accepted Abel's sacrifice but not Cain's; therefore Cain despised his brother.

***Then the lord said to Cain, "Why are you angry? Why are you angry? Why is your face downcast? If you do what is right, will you not be accepted? But if you do not do what is right, sin is crouching at your door; it desires to have you, but you must master it."***

Genesis 4:6-7

What was in Cain was shown by what came out of him, murder.

Notice that Cain was angry before he sinned. At that time, according to God, sin was only at the door. Cain had not yet let it come into his life. This tells us that it is possible to feel the emotion of anger and not be sinning. You do not need to repent of anger. However, anger over feelings of personal injustice can bring sin to your door. God's command to Cain was clear: "you must master it." He did not say to get rid of it, but master it. You should not look to get rid of anger or to kill it. Instead, you must use it for the good of others and for God's kingdom.

We need anger but we need to master it. Cain did not master his anger; he let it master him, and it led to the murder of his brother.

The reason of the rejection of his offering was his own evil condition of heart.

Anger was produced, that deep anger of the humble and godly which proud men of the world cannot help betraying and which has so very often in the world's history produced persecution.

These days we have now learned better how to disguise our feelings, and we are compelled to control them better; but now and again we meet with a deep-seated hatred of goodness which might give rise to almost any crime.

Many of us have a true delight in goodness and humble ourselves before it when we see it.

Familiarity with evil thought ripens us for evil action. A moment of passion, an hour's loss of self-control, a tempting occasion, may hurry us into irremediable evil.

Cain did not heed to God's warning. Cain held on to his anger and sin quickly mastered him. Instead of doing what was right thus what God wanted him to do, Cain killed his brother. Sin exploded in Cain's life.

Just as God directed Cain to do what was right; the Lord will show us how to stay clear of sin.

There is a story about a hunter called Genghis Khan. This hunter whenever he goes hunting, he always had his faithful hunting hawk by his side. It flew high above Khan and circled the sky until it spotted potential game. Khan then tracks and hunted the preys this way.

One hot summer day, according to the story, Khan was thirsty, and his water pouch was dry. In the distance, he heard the faint sound of a waterfall. He tracked its sound until he found a small stream of water, coming from a narrow opening at the top of a rocky hill, which flowed into a small pool at Khan's feet. He unpacked a metal cup and dipped it into the pool of water. As he brought the cup to his mouth, however, the trusty hawk flew in and knocked it from his hand. He tried again to drink the water, but the hawk did the same thing. This made Khan very angry. Once again, he dipped the cup into the water, but this time he held a sword in his hand. As he saw the hawk approach to knock the cup from his hand, he struck his beloved bird and killed it.

At first, Khan was delighted at having removed the pest, but then regret settled in. why had his faithful hawk tried to keep him from drinking the water? Just then, he saw something strange at the mouth of the narrow opening from which the water flowed. He climbed the small hill, and there in the pool of water leading to the falls was a dead animal. The water coming from the hill had been contaminated by the carcass of the animal.

Khan ran back down the hill and fell to his knees beside his faithful hawk and wept. It was all because of his quick anger.

Like khan, we, also get angry at the people who love us, often because they are telling us the truth or trying to help us avoid making mistakes in our lives.



## THE FEELING INSIDE.

Unresolved anger will leave you feeling empty inside because your anger is separating you from God.

Unresolved anger causes a gap between you and God.

The longer you leave your anger unresolved the wider and deeper the separation becomes.

Unresolved anger can also lead to bitterness in your heart. The word of God commands us to

***“get rid of all bitterness, rage and anger..”***

Ephesians 4:31

The Holy Spirit dwells and lives within the heart of every believer. When we become angry the Spirit wants to help us to have a healthy response to our anger, but when we resist the prompting of the Holy Spirit and leave our anger unresolved, the Spirit is grieved. The Holy Spirit is further saddened when we give in to sin.

Satan will seek to justify our burst of anger. The devil wants to do all he can to continue to pull you away from God.

Break free from the devil’s empty trap of anger!

Satan is powerless to separate you from God, but you give him power to hold you captive to sin when you don’t resolve your anger in a healthy way.

The Holy Spirit wants to bring us back into fellowship with God; the Spirit wants to fill the emptiness within our hearts, BUT THE CHOICE IS OURS.

Unresolved anger is extremely dangerous because when the devil gains a foothold in our lives our hearts become hardened to the leading of the Holy Spirit. Thus it can become a cycle of anger, sin and further separation from God.

Don’t let your heart become hardened by disobedience and sin. Hear the voice of the Spirit. Repent of your sin; release your anger. God will fill the emptiness of your heart and give you a new start.

***It still remains that some will enter that rest, and those who formerly had the gospel preached to them did not go in, because of their disobedience. Therefore God against a certain day, calling it today, when a long time later spoke through David, as was said before: “Today, if you hear His voice, do not harden your hearts.”***

Hebrews 4:6-7

You can be set free from anger if you choose to listen to the voice of the Spirit and do not harden your heart.

Stop justifying your anger.

Stop making excuses for your frustration and your rage.

Stop rationalizing what you say and do.

Don't give the devil a foothold; don't let your heart be hardened. Let the Holy Spirit set you free from your anger as you respond to His voice.

**WHAT TO DO.**

The Apostle Paul makes it abundantly clear.

**WE CANNOT HOLD ON TO OUR ANGER.**

Anger must be resolved and replaced. Stop the fights; end the arguments. Your anger has to go.

Anger should be replaced with kindness, compassion and forgiveness.

**KEYS TO BEING SET FREE FROM ANGER**

These are the three keys to being set free from anger.

**KINDNESSES** — learn to be helpful; do something for someone else without expecting anything in return. Be gentle both in what you do and what you say. Show some thoughtfulness by thinking about others instead of only yourself. Be considerate and caring.

**COMPASSION**— Think about how others have been hurt from your unresolved anger; what wounds have you caused by an outburst of anger and rage? Show sympathy for other people by learning to identify with their pain and do whatever you can to bring healing to their hearts.

**FORGIVENESS** — don't hold on to bitterness and resentment; these are just a breeding ground for more anger. Forgive as Christ forgave you; forgive without strings attached; forgive unconditionally. Forgiveness is an act of love for others.

God has given you the power of choice. Make the right choice.

**SELF ASSESSMENT.**

Here are five questions you can ask about your anger that will help you be set free from unresolved anger and to replace it with those things that will honor God.

*Is your anger directed toward a person?*

God wants us to love people; even our enemies. We need to be careful not to direct our anger at people. Anger should be directed to right a wrong or stop evil and sin in its tracks. Make sure your anger is not directed toward a person. Try to identify the individual.

*Is your anger misplaced or misdirected?*

Do you know what the root of your anger is? What is the source? When you stop to recognize the cause of your anger you may realize that it is impossible for you to do anything about it; that will make it easy to let go of your anger.

*Is your anger that which seeks revenge?*

If you want to get even, then your anger is directed at a person. No matter what that person may have done or said it is not your place to execute judgment upon them. Leave vengeance in God's hands. Forgive and move on. If you have a desire to "get even," or harm the other person in some way for a misdeed, you are not operating according to Scripture.

*Is your anger cherished?*

Do you continue to get angry about the same things? Maybe your problem is that you enjoy it and you want to control or manipulate people or circumstances. Let go of your pride and break free of your anger. You might resist surrendering your frustration to the Lord. Maybe on some level, you want to be upset. Unless you release it to God, however, you will be unable to experience the freedom He longs to give you.

*Is your anger unforgiving?*

Who is it that at the mention of their name you are instantly angry? That person doesn't even have to be with you and your blood begins to boil just thinking about what they have done.

You can choose to be like God and let love direct what you say and do. Perhaps you feel that you simply can't lay down your anger. But with the Lord's help, I'm confident you can.

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

Do not let anger drive you. Stay in the driver's seat listening to the instruction of the Holy Spirit. Let God direct your response and not your anger. You can be free from the grip of anger. YOU CAN BE FREE TO LIVE THE RIGHTEOUS LIFE GOD HAS DESIGNED FOR YOU TO LIVE.

Remember Moses, God testifies of him to be the meekest man on the face of the earth.

***Now Moses was a very humble man, more humble than anyone else on the face of the earth.***

Numbers 12:3.

Nevertheless, when Moses yielded to ANGER, he was fired from the ministry.

***“Take the staff, and you and your brother Aaron gather the assembly together. Speak to that rock before their eyes and it will pour out its water. You will bring water out of the rock for the community so they and their livestock can drink.”... Then Moses raised his arm and struck the rock twice with his staff. Water gushed out, and the community and their livestock drank. But the lord said to Moses and Aaron, “BECAUSE you did not trust in me enough to honor me as holy in the sight of the Israelites, you will not bring this community into the land I give them.”***

Numbers 20:8, 11, 12

## **HOW TO MANAGE ANGER.**

Seneca, a Roman philosopher-educator (4-65 A.D.), offered the following self-control techniques in his book "Of Anger".

- a. Avoid frustrating situations by noting where you got angry in the past.
- b. Reduce your anger by taking time, focusing on other emotions (pleasure, shame, or fear), avoiding weapons of aggression, and attending to other matters.
- c. Respond calmly to an aggressor with empathy or mild, unprovocative comments or with no response at all.
- d. If angry, concentrate on the undesirable consequences of becoming aggressive.
  - Tell yourself: "Why give them the satisfaction of knowing you are upset?"
  - Or "It isn't worth being mad over."
- e. Reconsider the circumstances and try to understand the motives or viewpoint of the other person.
- f. Train yourself to be empathic with others.
  - Be tolerant of human weakness
  - Be forgiving (ask yourself if you haven't done something as bad before)
  - Follow the "great lesson of mankind: to do as you want to be done to you."

### **HOW TO MANAGE ANGER**

From MyMindField.com come these suggestions for controlling anger through behavior modification.

- a. Reduce your frustrations
  - 1) Find the source of your frustration, whether they be people or subjects or situations
  - 2) Attempt to reduce or eliminate your exposure to these negative stimuli
- b. Reduce violent stimuli in your life
  - 1) Choosing to avoid violent movies, violent and aggressive friends is part of this approach
  - 2) Be very selective with your friends so that they do not lead you into anger and rage
  - 3) Eliminate drugs and alcohol as stimulants of anger.

- c. Reveal yourself and understand others
  - 1) Announce you may be having a bad day to others
  - 2) Attempt to indicate to others they are having a bad day and offer to listen or let them vent.
- d. Stop hostile fantasies
  - 1) Cease dwelling on issues or people which aggravate
  - 2) Think smooth. Think cool.
- e. Do not escalate the violence

Aggressive action on your part may cause an equally aggressive response which starts a vicious cycle
- f. Suppress or convert your violent reaction
  - 1) Count to ten, take a deep breath, or go work out are variations on this theme
  - 2) Think of the source of the aggravation and whether a violent reaction will accomplish any purpose other than remorse, which is not a goal.
- g. Cease using temper to get your way

While successful in the short term, using anger to win points is a losing strategy in the long run
- h. Use stress inoculation

This approach involves awareness of our own irrational fantasies, learning better understanding of why others are weak when they show rage, and rehearsing how to be calm in the face of angering stimulation.
- i. Disconnect anger from frustrating people or issues or desensitization.
- J. Consider meditation and mild exercise to relax

#### **STEPS TO MANAGING ANGER BY TOM BROWN**

1. *TAKE RESPONSIBILITY FOR YOUR ANGER*

People can tempt us, but they cannot force you to be angry.  
That is your choice. People tell all sorts of lies to justify their anger. Sometimes abused wives will make excuses for their violent husbands. The fact of the matter is no one can make anyone react violently. You must not excuse others or yourself from outburst of anger.

***For as churning the milk produces butter, and as twisting the nose produces blood, so stirring up anger produces strife.***

Proverbs 30:33

If you keep stirring up an angry man, you will get strife. The fact that he becomes angry only proves the kind of person he is. But a self controlled, patient man will not produce strife or inappropriate anger, no matter how much he is provoked.

You cannot control other people, only yourself.

2. ***RECTIFY THE SITUATION, IF YOU CAN.***

If something is bothering you, do your best to express to the person responsible what it is and what can be done? Passive aggressive people are known to show their anger through actions rather than express it through words.

3. ***PUT YOUR TRUST IN GOD'S JUSTICE.***

When someone offends you and you don't get the opportunity to express it to them in words of what they have done, you must let God handle it. Do not try to seek revenge.

***Do not take revenge, my friends, but leave room for God's wrath, for it is written: "it is mine to avenge; I will repay," says the Lord.***

Romans 12:19

Let some things go and put your trust in God's justice. Leave the situations in God's hands, and trust that His will be done.



## OVER TO YOU.

Symptoms are visible indications of an inner sickness. Symptoms are not the real sickness but a sign that something is wrong inside. Jesus told the Pharisees to rather wash the inside of the cup not the outward. John the Baptist confirmed that, when Jesus Christ comes he is going to lay the axe to the root, not prune the fruits.

Anger is one of the fruits stemming from the root of sinning man. When one is sick, drugs are taken to kill the pathogens in the body and the outward symptoms will vanish.

Dealing with the symptoms alone is like caging a pig after washing it. The moment it is left alone it will go straight and dirty itself. The root of sin of which anger is a fruit is fueled by two things, Insecurity and Inferiority complex.

When one is crucified to the world as Paul encouraged us in the book of Galatians, his rights, ego and personality were also crucified. The apostle Paul said we have become fools so we can be wise in God. Jesus never got angry when he was insulted or beaten because he was crucified to the world. According to the roman customs a crucified person has no right and anyone could throw stones, rotten eggs, rain insults on the person being crucified and the person cannot complain or even curse. In the same way when we are crucified to the world. The rejection, the insults, the disgrace and so on the world put on us will not affect us because we see ourselves as nothing.

We need to allow our lives to be changed by Jesus as inviting Him into our lives to change that heart of ours. Without Him we cannot be able to overcome anger.

Ezekiel 36:26 says ***“A new heart also will I give you, and a new spirit will I put within you: and I will take away the stony heart out of your flesh, and I will give you an heart of flesh. (KJV)***

The Holy Bible tells us to guard our hearts, because out of which comes all the issues of life. Job also says “who can bring a clean thing out of an unclean? Not one.” Job 14:4(KJV) God’s glory is revealed in making a saint out of a worse sinner. God is about to change your life by allowing his spirit to give you peace in your troubled life, so your heart can be receptive to His word. If a chaotic earth changed to a beautiful garden, then God is able to change your anger issues and make you a new being.

**CONCLUSION.**

While suffering a horrible death on the cross, Jesus prayed,

***“Father, forgive them; for they do not know what they are doing”***

Luke 23:34.

Let’s follow His example and graciously forgive anyone who offends us. That way, you and I will be free to enjoy the abundant life God has planned for us.

Maybe also an infusion of anger is what the church needs.

To become angry at the corruption of the world.

To become angry at the forces of evil.

To become angry at pornography that reaches into every segment of society.

To become angry at the millions of abortions.

To become angry at the increase in crime and murders and rapes.

To become angry at the abuse of alcohol and drugs in our society.

To become angry because there are millions of people who are dying and going to the grave without Christ.

It is time for the church to become angry, with a sanctified anger, a holy anger that is channeled in the right places.

There are all kinds of anger. And if you are wrestling with them, God promises to give you victory, if you’ll let Him.

So be angry, but don’t sin. Don’t let the sun go down upon your wrath. Don’t allow the devil to have a foothold in your life. But channel that anger so it can begin to accomplish victories for Jesus.