

“Anger”
All the Feels: When Emotions Get the Best of Us
Dr. Mark Foster
James 1:19-20
August 23, 2020

Introduction: What God cares about is not our religiosity, but our _____.

Week 1: What we say and do _____ our heart.

Week 2: Guilt is good when it leads to _____ and destructive when it lingers and leads to shame.

Week 3: Envy _____ relationships and is a _____ of your life.

“If you don’t deal with your demons, they go into the cellar of your soul and lift weights.”
– Amanda Palmer

This Week: All of us have some level of _____ in us.

Most people report being angry from several times a _____ to several times a _____.

“Anger conveys more information, more quickly, than almost any other type of emotion. And it does an excellent job of forcing us to listen to and confront problems we might otherwise avoid.”
– James Averill, University of Massachusetts

Being angry can make you _____ like you are in control even when you are not.

“Speak when you are angry and you will make the best speech you will ever regret.”
– Ambrose Bierce 1842-1914

You will be angry. Don’t let it make you _____.

You will be angry. Don’t let it _____. Don’t ruminate on it.

Prolonged anger leads to _____.

Desire for revenge, punishment, and pain puts us in _____ with God.

Anger can harm your _____: cardiovascular, endocrine, and neurological. - Duke University

If anger is getting the best of you, your _____ is not.

Types of Anger

Extroverted Anger vs. Introverted Anger

_____ Anger: “Somebody needs to do something about this.”

This anger is concerned with what _____ are not getting that they need: food, medical care, justice.

“All anger thinks itself righteous at the time.” – Dallas Willard

Wisdom from the Bible: Listen first, and then be slow to speak and slow to anger.

Why? Because _____ anger does not produce God’s righteousness.

Throw off like dirty clothes anything that could grow wickedness.

It is meekness and the humility of Jesus that has the power to _____.

“Humility is so powerful. But, humility is not natural.” – Andy Stanley

Where does anger come from? First, anger is a _____ not a who.

Anger happens when our _____ is thwarted, when we don’t get what we want.

_____ yourself, and God will lift you up.

Action Steps: Appreciation, affiliation, aspiration, distraction, take action, & limit exposure.

Say out loud, “You know what part of the problem is, I’m not _____ what I want.”

Weekly Reading and Reflection

August 24-28

Monday – Psalm 86: *“Teach me your way, O Lord, that I may walk in your truth; give me an undivided heart to revere your name.” Psalm 86:11*

Phrases like “bubbles up,” “surges,” and “from deep within” all describe the experience of anger. It’s something that comes from our innermost being. Sometimes it’s because we’ve been wronged, and other times it’s because someone or something that matters to us has been hurt. Sometimes we express anger because the real emotion that we’re feeling is fear, but we’re not quite sure the best way to convey that. However we choose to assess anger in our lives or in the lives of others, we know that it comes from the heart.

Pray today that God would give you an undivided heart. Ask that your heart be aligned with God’s and remember that prayer when you begin to feel anger swell up within you.

Tuesday – Colossians 3: *“But now you must get rid of all such things – anger, wrath, malice, slander, and abusive language from your mouth. Do not lie to one another, seeing that you have stripped off the old self with its practices and clothed yourselves with the new self, which is being renewed in knowledge according to the image of its creator.” Colossians 3:8-10*

We’re going to mess up. Something will happen in our day that just sets us off – a driver cutting us off, stepping on a Lego that was left out, or discovering that your bread was bagged and smashed beneath a jar of tomato sauce at the grocery store. As Pastor Mark reminded us on Sunday, “You will be angry. Don’t let it make you stupid.”

Extend yourself grace this week. Remember that the Holy Spirit is continually renewing and restoring you.

Wednesday – Proverbs 15: *“Those who are hot-tempered stir up strife, but those who are slow to anger calm contention.” Proverbs 15:18*

Have you ever been in a room and things just seemed oddly tense? Maybe there’s little conversation or heads are down, and the exchanges between people are short and edgy? And then a particular person steps out of the room and the mood just seems to lift and lighten? Unfortunately, we can all sometimes be the person that just needs to step out of the room. When we’re hot-tempered or quick to anger, we leave destruction and harm in our wake. It takes a lot of work and practice to allow ourselves the space and time to process everything that we are experiencing in a given moment, and to then respond appropriately.

When you’re confronted with something that sparks your anger, pause for just 60 seconds and measure your breaths. Then respond.

Thursday – James 1: *“You must understand this, my beloved: let everyone be quick to listen, slow to speak, slow to anger; for your anger does not produce God’s righteousness.” James 1:19-20*

Our end goals are not always well defined when we engage a conversation or situation while we’re angry. We want to win, we want to dominate, we want to be right. On Sunday, Pastor Mark shared some wisdom from the great teacher Dallas Willard: “All anger thinks itself righteous at the time.” What a bucket of water on the hot coals of our indignation! God’s righteousness is achieved when we quiet ourselves, when we create an environment for safe listening and speaking, when we approach one another with a gentle spirit.

Take a moment at the end of your day to self-reflect and take inventory of your conversations. Where was there an opportunity to practice gentleness that was maybe missed?

Friday – Ephesians 4: *“So then, putting away falsehood, let all of us speak the truth to our neighbors, for we are members of one another. Be angry but do not sin; do not let the sun go down on your anger.” Ephesians 4:25-26*
“Desire for revenge, punishment, and pain,” Pastor Mark said, “puts us in conflict with God.” When we allow our anger to drive our thoughts, speech, and actions, we aren’t just in conflict with other people, we are in conflict with God. Christ gave His life that we might be reconciled to God. When we allow our anger to drive us, we drive a wedge deep into that reconciliation. When we are reconciled to God, reconciliation with one another becomes much easier. Why wait?
Think of someone you haven’t spoken to in a while because of disagreement or argument that you had. What would it look like for you to reach out a hand of reconciliation towards them. How might you feel?