

Anger

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I. Introduction.

- A. At the root of most problems is either anger or fear.
- B. Anger grieves the Spirit of God and fear quenches the Spirit of God.
- C. Subject: Anger.
- D. Synonyms with anger: bitterness, malice, clamor, envy, resentment, intolerance, criticism, revenge, wrath, hatred, sedition, jealousy, attack, gossip, sarcasm and unforgiveness.

II. Its source.

- A. Our temperament.
- B. Thought patterns. We change our outputs by our input. (Proverbs 23:7)
- C. Habits.
- D. Selfishness.
 - 1. This is the real root.
 - 2. Most of the time our anger comes from the belief that our rights have been violated.

III. Its results.

- A. Emotionally.
 - 1. Anger causes emotional fatigue.
 - 2. Our heart is the emotional center and affects us physically.
- B. Social exclusion. (Proverbs 22:24-25)
- C. Spiritually. (Ephesians 4:30)
 - 1. Anger grieves the Holy Spirit.
 - 2. It separates us from God. (Psalm 37:8; Ecclesiastes 7:9; Proverbs 16:32; James 1:19-20; Proverbs 14:30)

IV. Its cure.

- A. God makes people in Christ a new creation. (2 Corinthians 5:17)
- B. Plan for being filled with the Spirit.
 - 1. Examine yourself and confess all known sin. (1 John 1:9)

2. Submit yourself completely to God. (Romans 6:11-13)
3. Ask to be filled with the Spirit. (Luke 11:13)
4. Take God's word and know you are filled. (Romans 14:23)
5. Thank God that you are filled. (1 John 5:14-15)
6. Repeat the procedure every time you are filled.

C. Being filled is not constant, so we need to walk in the Spirit. (Galatians 5:15-16)

1. Make it a daily priority.
2. Develop a keen sensitivity to fellowship.
3. Daily read and study the Bible.
4. Guard against grieving the Holy Spirit through hostility, anger or bitterness.
5. Avoid quenching the Holy Spirit through fear.

D. The cure is...

1. To face it as sin.
2. To ask God to break the habit.
3. To saturate your mind with the Word of God. (Philippians 4:8)
4. To ask for the filling of the Holy Spirit and thank God for it.
5. To repeat the process.

V. Conclusion.

Application questions:

1. Where does anger come from?

2. How have you experienced unhealthy anger? What can you learn from that experience?

3. How will you go about curing your anger and helping others? Explain.
