

Summer School -

Title – Living in a World filled with Anger

Prayer

Purpose/Review

There was a television series that came out in 1977... titled... The Incredible Hulk

From this television series a famous couple of lines became very well known...
As the main character... Bruce Banner (sometimes called David Banner) would repeat often

Banner would issue a warning...

Don't make me angry.... You wouldn't like me when I'm angry...

Now why did he say this...?

Because when he became angry... he went from this...

SLIDE – Bruce Banner

To this...

SLIDE – The Hulk

One website has this to say about Bruce Banner's transformation...

The phrase signifies that the mild-mannered scientist is consciously aware that his anger unleashes a "monster" capable of indiscriminate destruction, urging others to de-escalate the situation to prevent catastrophic violence.

Anger... it seems to have permeated society these days... hasn't it?

SERMON TITLE – Living in a World filled with Anger

BRIDGE-

It's not just a feeling... it's a fact...

The Huffpost

It's Not Just You – This Is Why Everyone Is So Much Angrier These Days

According to the Gallup Global Emotions Report, anger around the world has been rising since 2016, with 23% of respondents now feeling angry on any given day. Additionally, according to new research from the Institute of Customer Service, 60% of customer service workers have experienced hostility in the past year.

How many times does the subject of anger appear in the bible...?

When combining all terms related to divine and human indignation (including wrath, fury, and displeasure), the total count exceeds 650 occurrences across the Old and New Testaments.

NOTE-

One of those occurrences is found in our reading this morning...

Reading

Matthew 5 NIV

21 You have heard that people were told in the past, 'Do not commit murder; anyone who does will be brought to trial.' 22 But now I tell you: if you are angry with your brother you will be brought to trial



Matthew 5

22... if you call your brother 'You good-for-nothing!' you will be brought before the Council, and if you call your brother a worthless fool you will be in danger of going to the fire of hell.

Doctrinal

Pretty strong words...

Remember... as we discussed last week...

The Sermon on the Mount is a type of job description

The life style of those who call themselves a Christian

Clearly the subject in our reading is anger...

Webster's 1828 Dictionary

Anger - A violent passion of the mind excited by a real or supposed injury

Etymology (Word History)

Anger from the Latin word angō – to choke; to cause pain to

In order to understand what Jesus is teaching us, let's look at our reading in context...

OPEN YOUR BIBLES TO Matthew 5:20

This is what Jesus says just before our reading...

Matthew 5 NIV

20 For I tell you that unless your righteousness surpasses that of the Pharisees and the teachers of the law, you will certainly not enter the kingdom of heaven.

Now... go back a few more verses...

OPEN YOUR BIBLES TO Matthew 5:14-16

Matthew 5 NIV

14 "You are the light of the world. A town built on a hill cannot be hidden. 15 Neither do people light a lamp and put it under a bowl. Instead they put it on its stand, and it gives light to everyone in the house. 16 In the same way, let your light shine before others, that they may see your good deeds and glorify your Father in heaven.

How can you let your light shine when you're angry...?

Handling anger is an important life skill. Christian counselors report that 50 percent of people who come in for counseling have problems dealing with anger. Anger can shatter communication and tear apart relationships, and it ruins both the joy and health of many. Sadly, people tend to justify their anger instead of accepting responsibility for it. Everyone struggles, to varying degrees, with anger... **GotQuestions.org**

The first thing to recognize is that anger is not always sinful.

NOTE-

The Bible teaches us that there are two types of anger
There is a type of anger that the bible refers to as righteous anger
Then there is the type of anger called sinful anger

NOTE-

Righteous anger is acceptable to the Lord

OPEN YOUR BIBLES TO John 2:13-15

John 2

13 When it was almost time for the Jewish Passover, Jesus went up to Jerusalem. 14 In the temple courts he found people selling cattle, sheep and doves, and others sitting at tables exchanging money. 15 So he made a whip out of cords, and drove all from the temple courts, both sheep and cattle; he scattered the coins of the money changers and overturned their tables.

SLIDE – Jesus Cleansing the Temple

NOTE-

When Jesus cleansed the temple... we observe that
His actions were purposeful and measured

His righteous anger was aimed at correcting injustice
And teaching truth rather than expressing uncontrolled rage or malice.

Two types of anger... righteous anger... and sinful anger

Anger is not always or necessarily sinful, but it has such a tendency to run wild that whenever it displays itself, we should be quick to question its character, with this enquiry, "Is it right to be angry?" It may be that we can answer, YES.



We do well when we are angry with sin, because of the wrong which it commits against our good and gracious God.. Far more frequently it is to be feared that our anger is not commendable or even justifiable, and then we must answer, NO... **Charles Spurgeon**

Two type of anger... Righteous anger... and Sinful anger

What I want to spend the rest of the morning on is the later...

How do we live in a world that is filled with anger...

What biblical principles can we follow to guard our actions...

Application

Principles of Subduing Anger

1) Restraint

Don't let anger control you...

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.

Quick to listen.... Literally.... To be ready to listen

NOTE-

Good listeners make good company. Good listeners make good friends.
Good listeners make good learners. And good listeners then make good teachers.

Slow to Speak...

Literally... to take a relatively long time; not to be hasty

NOTE-

We have two ears but only one mouth, that we may hear more and speak less.

Slow to become angry...

This type of anger is an inward anger...

Anger - movement or agitation of the soul

It is therefore an anger that only the Lord and the believer know about. Therefore, it is a special danger, in that it can be privately harbored... **John MacArthur**

NOTE-

There is such a thing as Christian anger
We can be angry when it is a righteous cause

Ephesians 4

26 Be angry, and yet do not sin; do not let the sun go down on your anger.

NOTE-

Clearly indicates that the anger Paul describes is not unrighteous, but righteous.
However as the context teaches if the righteous anger is not guarded
It can become unrighteous anger (sin)

NOTE-

There is a course of action that we can take
To discover what type of anger that we are feeling

It is a question that God asks often in the bible

Genesis 4

6 Then the Lord said to Cain, Why are you angry?

Pause... and take your time to restrain your anger

Is it righteous anger... or am I in danger of sinful anger...?

And this brings us to our second bullet point...

Principles of Subduing Anger

1) Restraint

2) Impact

What impact will my anger accomplish...?

Not only should we not let angry control us...

But we have to learn to control our anger...

One of the ways we can do this is by asking ourselves another question...

Whatever it is that is causing anger to rise up... ask yourself...

Have I ever been guilty of this...?

Luke 6

41 Why do you look at the speck of sawdust in your brother's eye and pay no attention to the plank in your own eye? 42 How can you say to your brother, 'Brother, let me take the speck out of your eye,' when you yourself fail to see the plank in your own eye.

NOTE-

The idea is that rather than judging others
We should focus on judging ourselves first

Do not let anger control us... but instead... let us control our anger...

Which brings us to our third bullet point...

Principles of Subduing Anger

1) Restraint

2) Impact

3) Priorities

As ambassadors for Christ our mission is to relay the Master's desires

1 Timothy 2

3... God our Savior, 4 who desires all men to be saved and to come to the knowledge of the truth.

All people...

God wants the person who is easy to talk too.... to be Saved

God wants the person that causes you agitation and or anger... to be Saved

It is an easy truth to lose sight of...

OPEN YOUR BIBLES TO Jonah 4:9-11

BACKGROUND ON JONAH

Proud, stubborn, disobedient, unfaithful, a grumbler, and altogether a bad-tempered.

When God called Jonah to go and warn the violent and godless Ninevites of their impending doom, all his pride in being a Hebrew—and therefore uniquely favored by the Almighty (so he thought, no doubt along with many others of his nation)—rose up in rebellion.

Pagans, to him, were the worst kind of human garbage, not even fit to pollute the good earth by living on it. They were the “untouchables,” and that God should take an interest in them was unthinkable.

Jonah 4

9 But God said to Jonah, Is it right for you to be angry about the plant? It is,” he said. And I’m so angry I wish I were dead. 10 But the Lord said, You have been concerned about this plant, though you did not tend it or make it grow. It sprang up overnight and died overnight. 11 And should I not have concern for the great city of Nineveh, in which there are more than a hundred and twenty thousand people who cannot tell their right hand from their left... as well as many animals?

NOTE-

Like the Ninevites in Jonah's day
Many around us are in darkness
And but for the grace of God, so would we be

Therefore...

Philippians 2

15... prove yourselves to be blameless and innocent, children of God above reproach in the midst of a crooked and perverse generation, among whom you appear as lights in the world

How do we live in a world filled with anger...?

By transforming our anger into compassion and grace...

Rather than suppressing our emotions...

Let us pause... and allow the Holy Spirit to cultivate love in our hearts instead of anger

Let us become fully dependent on His power to grant us courage and wisdom

And let the Light of Christ shine within our actions...

CLOSE

Communion-

1 John 1

9 If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness.

1 Corinthians 11

28 Everyone ought to examine themselves before they eat of the bread and drink from the cup.

A Time of Reflection

Matthew 26

26 While they were eating, Jesus took bread, and when he had given thanks, he broke it and gave it to his disciples, saying, "Take and eat; this is my body."

Let us consume the Bread of Life

Matthew 26

27 Then he took a cup, and when he had given thanks, he gave it to them, saying, "Drink from it, all of you. 28 This is my blood of the covenant, which is poured out for many for the forgiveness of sins. 29 I tell you, I will not drink from this fruit of the vine from now on until that day when I drink it new with you in my Father's kingdom."

Let us drink the promise of the New Covenant

And Jesus reminds us once again of His promise...

Revelation 22

20 He who is the faithful witness to all these things says, "Yes, I am coming soon!" Amen! Come, Lord Jesus!

May the Lord bless you, and keep you;

May the Lord make His face shine on you,
And be gracious to you;

May the Lord lift up His countenance on you,
And give you peace.'

Go Now... in the Peace of the Lord