

**Solid Rock Christian Church Manassas, Virginia**

**Bible Study - July 1, 2021**

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**Title: "When You Are Angry"**

**Subtitle: "The Danger of Anger"**

**Scripture Reference: Mark 3:1-5**

"And he entered again into the synagogue; and there was a man there which had a withered hand. And they watched him, whether he would heal him on the sabbath day; that they might accuse him. And he saith unto the man which had the withered hand, **Stand forth**. And he saith unto them, **Is it lawful to do good on the sabbath days, or to do evil? to save life, or to kill**. But they held their peace. And when he had looked round about on them with anger, being grieved for the hardness of their hearts, he saith unto the man, **Stretch forth thine hand**. And he stretched it out: and his hand was restored whole as the other."

**I. Introduction**

A. Jesus Looked at the Pharisees with anger. His hot button was also pushed when he drove money changers out of the temple. The same Jesus who kissed babies threw the rascals out.

B. It may surprise you that anger in itself is not sinful. Otherwise, Jesus would have sinned when He became angry. Because He never sinned, His anger was holy. Do you wish you could say the same thing for every time you become angry?

C. We experience anger when things aren't going the way we would like them to. We can tell we are angry when the temperature in the room goes up fifteen degrees and no one has touched the thermostat.

D. Although anger is not necessarily sinful, it can quickly turn into sin if we don't take control of it.

E. When does anger become sinful? That's a good question and the Word of God gives us several guidelines to show us how anger turns into sin.

## II. Exposition [Part I] - Guideline # 1 -

### Anger becomes sin when it rises quickly.

"Wherefore, my beloved brethren, let every man be swift to hear, slow to speak, slow to wrath: For the wrath of man worketh not the righteousness of God."

A. In seven different books in the Old Testament, it specifically says that God is slow to anger. On the other hand, Galatians 5:20 describes one of the works of the flesh as "wrath" (hot anger). This describes a person who explodes quickly when something doesn't go their way.

B. What does it take to set you off? Someone once said you can measure a man by the size of whatever it takes to make him mad. Are you slow - or quick to anger?

C. A man in a large city killed a driver who cut in front of him on the expressway. The traffic on the freeway had slowed down and was being funneled into a single lane. The man had waited fifteen minutes until he could enter the flow of traffic. But just as he was about to do so, another car passed him on the shoulder of the highway and cut in front of his car. Then the other driver laughed and made an obscene gesture at him.

D. It was too much for the man. When the traffic stopped, he took a gun out of the glove compartment, got out of the car, walked up to the side of the car of the man who taunted him and shot him to death.

E. E. Stanley Jones, the great missionary to India, once observed "Action has killed its thousands but reaction its ten thousand."

F. Anger is a reaction to people and circumstances that are displeasing to us. We can "kill" people, spiritually speaking, through venting our anger in an unrighteous way. Whenever we react

quickly and explode in an outburst of anger, it becomes sinful.

### **III. Exposition [Part II] - Guideline # 2 -**

#### **Anger becomes sin when it is directed at Sinners instead of sin.**

A. Jesus looked around at the Pharisees with anger because He was grieved at their hardness of heart (Mark 3:5). It was the sin in their hearts that made him angry.

B. We have often heard the expression, "hate the sin, love the sinner." We have quoted it so much that we have forgotten how to practice it. It really is true.

C. When a doctor is operating on a patient to remove a cancerous tumor, he hates the tumor but loves the patient. In the same way, we should channel anger against sin and not against the person who is sinning.

### **IV. Exposition [Part III] - Guideline # 3 -**

#### **Anger becomes sin when it is out of Control.**

"He that is slow to anger is better than the mighty; and he that ruleth his spirit than he that taketh a city.

A. A person with self-control has control over his or her spirit. This verse tells us that ruling our own spirits is more important than ruling over an entire city.

B. Some people have power and authority over millions of people but have no power or authority over their own spirits.

C. Alexander the Great, the commander of the Greek Empire, conquered the then known world. After he had accomplished this feat, he went into his tent weeping and cried out, "There are no more worlds to conquer!"

D. On one occasion, Cletus, a dear friend of Alexander's and a general in his army, became intoxicated and ridiculed the emperor in front of his men.

E. Alexander, seethed with anger, snatched a spear from the hand of a soldier and hurled it at Cletus. He intended to only scare him, but the spear hit him and took the life of his childhood friend.

F. Alexander was quickly filled with remorse, realizing what he had done. Overcome with guilt, he attempted to take his own life with the same spear but was stopped by his men.

G. For days he lay sick, calling for his friend Cletus whom he had murdered. Alexander the Great had conquered many cities and countries, but he had failed to conquer his own spirit.

**V. Exposition [Part IV] - Guideline # 4 -**

**Anger becomes sin when it is not accompanied with grief.**

A. Although Jesus looked at the Pharisees with anger, he was also grieved. Anger needs to be mixed with grief to keep it balanced. An element of sorrow was involved in Jesus' anger.

B. If grief had not accompanied Jesus' anger, He would have been like Clint Eastwood holding the gun on the criminal saying, "Go ahead, make my day!"

C. Jesus took no pleasure in His anger. Since it was mixed with grief, it was as if He were saying, "Why don't you open your eyes and soften your hearts?" He wanted them to change so He wouldn't have to be angry with them.

**VI. Exposition [Part V] - Guideline # 5 -**

**Anger becomes sin when it is not resolved quickly.**

"Be ye angry, and sin not: let not the sun go down on your wrath:"

A. To not let the sun go down on our anger means we must resolve it before the day is over. Phyllis Diller once said, "Don't go to bed angry. Stay up and fight!" But this verse doesn't mean to get in as many punches as possible before the sun goes down. It means that if our anger is two days old, it has turned into sin.

B. Something happens to our anger after holding it for more than one day. It becomes repressed and pushed down into the soil of our hearts.

C. This two-day-old anger then turns into the seed of unforgiveness. After we nurture the seed of unforgiveness in the soil of our hearts, it sprouts into a root of bitterness.

"Looking diligently lest any man fail of the grace of God; lest any root of bitterness springing up trouble you, and thereby many be defiled." (Hebrews 12:15)

### How to Handle Your Anger

#### **VII. Exposition [Part VI] - First - Admit that you have an anger problem.**

A. Until you admit that you have an anger problem, you cannot deal with it. People often manifest their anger in a couple of ways.

B. One way is through simmering anger. Just like a pan sits on the burner of a stove and slowly burns, some people simmer with anger. This anger is turned inward, buried, and is usually manifested through resentment and a critical spirit.

C. Another way anger is manifested is through explosive anger. A rattlesnake in a cage doesn't rattle if it is left alone. But if you poke the snake with a stick, it will rattle and coil as it gets ready to strike back. It has been provoked to anger.

D. Explosive anger is usually dormant until something triggers it, then an eruption like Mount Vesuvius occurs. The anger is turned outward as the person releases the hostility.

E. As long as we excuse our anger through blaming others, our problem will remain. We must admit that anger is controlling us, rather than us controlling it.

F. Regardless of which way your anger is manifested, the first step is to admit that you have an anger problem that must be dealt with.

### VIII. Exposition [Part VII] - Second -

#### Identify the cause of your anger.

A. Anger is always caused by something, whether you realize it or not. Suppose you are at your job one day. You look out of the window into the parking lot, and see someone with a hammer pounding on your new car. Your windshield is being smashed, your hood is being dent and also the roof.

B. Your blood pressure quickly rises, and you are outraged as you see your vehicle being demolished.

C. Why are you angry? This seems like a silly question, doesn't it? But you are angry because your car is being destroyed. The hammer hitting the car causes your anger and the damage your car sustains (the wound) makes you angry with the person doing the harm to your property.

D. For many people, anger is rooted in something that happened in their past which has never been resolved. If your car was damaged a half an hour ago, you have been angry for thirty minutes.

E. You can pinpoint where your anger originated by tracing it back to where it first began. Detecting its origin will help you discover the issue the must be resolved.

F. In the movie *Forrest Gump*, Jenny, Forrest's love since childhood, returned to her old home after her father died. The old farmhouse was dilapidated and abandoned. As she reflected on the abuse she endured as a child, she was overcome with rage and threw rocks at the house.

G. Jenny went out of control as she repeatedly picked up rocks and angrily threw them at the house. Finally, she fell to the ground in exhaustion.

H. Forrest commented on the incident by saying, "Sometimes there just aren't enough rocks."

I. Jenny identified the cause of her anger, but she didn't know how to remove it.

J. We may think that our past hurts don't affect us today, but they do. In order to resolve how we felt back then, we cannot keep denying our past.

K. We must get to the root of our anger. Some people never realize that the anger they hold today was birthed during events that occurred during their childhoods.

**IX. Exposition [Part VIII] - Third -**

**Accept the things you can't change**

A. Many times, we become angry over things completely out of our control. Events in our past can't be altered, no matter how much we may wish we could change them.

B. Some people whom we once knew, we will never see again. (I can hear someone saying - Amen! I don't ever want to see that person and those people.) Because we may never see those individuals again, we may never have the opportunity to clear up unresolved issues or differences.

C. There are things that happen on a national and international level that we can do nothing about, except to watch them take place.

D. In those cases, we must accept the fact that this is the way it is and we can do nothing to change the outcome. If we do not accept the things we cannot change, we will continue to use our anger in an attempt to alter the things that won't budge. This will only lead to more frustration and increased anger.

**X. Exposition [Part IX] - Fourth - Remove your anger.**

"Let all bitterness, and wrath, and anger, and clamor, and evil speaking, be put away from you, with all malice. And be ye kind one

to another, tender-hearted, forgiving one another, even as God for Christ's sake, hath forgiven you." (Ephesians 4:31-32)

A. The solution to the problem is to put away all bitterness, wrath, and anger. God never commands us to do something we are not capable of doing. The real issue, then, is our willingness to obey His commands.

B. To "put away" means "to remove." If we remove garbage from our house, we decide to carry it out to the trash receptacle and dump it. In order to put away anger, the first thing we must do is decide to remove it from our lives.

C. In order to remove our anger, we must forgive those who have hurt us. We also need to ask their forgiveness (if that is possible ((i.e., if the person is deceased, we must ask God to forgive us for our anger))).

D. Anger and bitterness usually come as a result of a past hurt. The bitterness is not the wound itself, but it comes as the result of a wound.

**Point:** An unhealed wound causes us to become angry, and unresolved anger leads to unforgiveness and bitterness.

E. When we forgive those who have hurt us, we reverse the process.

**Point:** Forgiving frees us to remove our feelings of anger, and removing the anger allows God to heal our wounds from the past.

F. However, it is not enough just to remove the anger. It must also be replaced with kindness and a tender heart (Eph. 4:32), which is only possible through submitting to the control of the Holy Spirit. The fruit of the Spirit is self-control (Gal. 5:23), which means anger can't control us as we walk in the Spirit.

**A word of encouragement:** In light of eternity, it's not worth spending your short time on this earth being angry!

## **A Few Things to Consider** **Cooling Down Your Anger**

- Identify the things that make you angry. Accept the fact that you can't change some things.
  
- Take whatever steps are necessary to correctly remove the anger from your life. (You may need to go to some people in person and ask forgiveness.)
  
- Decide to resolve your anger before you go to sleep each night.
  
- Trust the Lord to help you resolve your anger.

It is once again interaction time. Please complete the biblical passages that follow by filling in the blank spaces. As usual, all Scripture passages have been taken from the King James Version of the Holy Bible.

"Be not \_\_\_\_\_ in the \_\_\_\_\_ to be \_\_\_\_\_: for \_\_\_\_\_  
resteth in the \_\_\_\_\_ of fools." **[Ecclesiastes 7:9]**

"He that is soon \_\_\_\_\_ dealeth \_\_\_\_\_: and a man of  
\_\_\_\_\_ devices is hated." **[Proverbs 14:17]**

"He that is \_\_\_\_\_ to \_\_\_\_\_ is better than the mighty; and he

that \_\_\_\_\_ his \_\_\_\_\_ than he that taketh a city."

[Proverbs 16:32]

"Wherefore, my beloved \_\_\_\_\_. let every man be \_\_\_\_\_ to hear, slow to \_\_\_\_\_, slow to \_\_\_\_\_: For the \_\_\_\_\_ of man worketh not the \_\_\_\_\_ of God."

[James 1:19-20]

"A \_\_\_\_\_ answer turneth away \_\_\_\_\_: but \_\_\_\_\_ words stir up \_\_\_\_\_."

[Proverbs 15:1]

"Therefore if thou bring thy \_\_\_\_\_ to the altar, and there rememberest that thy brother hath \_\_\_\_\_ against thee; Leave there thy gift \_\_\_\_\_ the altar, and \_\_\_\_\_ thy way; \_\_\_\_\_ be \_\_\_\_\_ to thy brother, and then come and \_\_\_\_\_ thy gift."

[Matthew 5:23-24]

### Additional Things to Consider

1. Is there someone you have struggled to forgive, and you are still carrying anger in your heart towards that person?
2. If you answered yes to the first question, after having gone through this lesson, what are you now going to do?
3. Has anger with someone caused the two of you to stop communicating? Since you are a Christian, how can you honor God

in this situation?

Thank you for participating in another Bible Study session. My prayer is that *God* will grant you His peace that passes all understanding.

Jude 3

Pastor Austin