

WISDOM

# Transforming Our Anger

Proverbs 10:12; 19:11; 14:29; 15:1,18;  
25:21

**Hatred stirs up strife, but love covers  
all offenses. (10:12)**

**Whoever is slow to anger has great  
understanding, but he who has a hasty  
temper exalts folly. (14:29)**

**A soft answer turns away wrath,  
but a harsh word stirs up anger. (15:1)**

**A hot-tempered man stirs up strife,  
but he who is slow to anger quiets  
contention. (15:18)**

**Good sense makes one slow to anger,  
and it is his glory to overlook an  
offense. (19:11)**

**If your enemy is hungry, give him  
bread to eat, and if he is thirsty, give  
him water to drink.**

**(25:21)**

# I. Good Anger

## I. Good Anger

- **Anger is an expression of judgment against a wrong.**

## I. Good Anger

- **Anger is an expression of judgment against a wrong.**
- **God designed us to experience anger.**

## I. Good Anger

**Whoever is slow to anger has great understanding... Prov. 14:29**

**Good sense makes one slow to anger...  
Prov. 19:11**

## **I. Good Anger**

**Whoever is slow to anger has great understanding... Prov. 14:29**

**Good sense makes one slow to anger...  
Prov. 19:11**

**Be angry and do not sin... Eph. 4:26**

## I. Good Anger

- **“Be angry” is a command. We should be angry sometimes.**

## I. Good Anger

- **“Be angry” is a command. We should be angry sometimes.**
- **Sometimes, it is a sin not to get angry.**

## I. Good Anger

**“He that is angry without cause, sins. But he that is not angry when there is cause, sins. For unreasonable patience is the hotbed of many vices.”**

**John Chrysostom**

## I. Good Anger

- **Jesus regularly got angry.**

## I. Good Anger

- **Jesus regularly got angry.**
- **Anger reflects the heart of God.**

## I. Good Anger

- **Jesus regularly got angry.**
- **Anger reflects the heart of God.**

**The Lord, the Lord, a God merciful and gracious, slow to anger, and abounding in steadfast love and faithfulness. Exodus 34:6**

## I. Good Anger

- **The ideal is not no anger or blow up anger, but slow to anger.**

## I. Good Anger

- **The ideal is not no anger or blow up anger, but slow to anger.**
- **Slow to anger is a mark of wisdom because it reflects the heart of God.**

## I. Good Anger

- **A God who never gets angry is a God who cannot love.**

## I. Good Anger

- **A God who never gets angry is a God who cannot love.**

**“In its purest form, anger is love in motion toward a threat to that which you love.” Tim Keller**

**I. Good Anger**

**II. Bad Anger**

## II. Bad Anger

- **Anger is a dangerous emotion.**

## II. Bad Anger

- **Anger is a dangerous emotion.**
- **Anger can destroy your body.**

## II. Bad Anger

- **Anger is a dangerous emotion.**
- **Anger can destroy your body.**
- **Anger can destroy relationships.**

## II. Bad Anger

- **Anger destroys your ability to make wise choices.**

## II. Bad Anger

- **Anger destroys your ability to make wise choices.**
- **Anger leads to a destructive cycle.**

**I. Good Anger**

**II. Bad Anger**

**III. The Problem with Anger**

### III. The Problem with Anger

- **The fundamental problem with our anger is that it is disordered.**

### III. The Problem with Anger

- **The fundamental problem with our anger is that it is disordered.**
- **Augustine said our biggest problem is “disordered love.”**

### III. The Problem with Anger

- **The fundamental problem with our anger is that it is disordered.**
- **Augustine said our biggest problem is “disordered love.”**
- **When good things become god things – that’s disordered love.**

### III. The Problem with Anger

- **Ask yourself: What makes you angry?**

### III. The Problem with Anger

- **Ask yourself: What makes you angry?**
- **Whatever you get angry about most is what you love most.**

### III. The Problem with Anger

- **Ask yourself: What makes you angry?**
- **Whatever you get angry about most is what you love most.**
- **Because of our disordered love, we put self before God.**

### III. The Problem with Anger

**Be angry and do not sin; do not let the sun go down on your anger; and give no opportunity for the devil.**

**Ephesians 4:26**

### III. The Problem with Anger

**Be angry and do not sin; do not let the sun go down on your anger; and give no opportunity for the devil.**

**Ephesians 4:26**

- **In sinful anger, you become an expert on others' weaknesses, and blind to their strengths.**

**I. Good Anger**

**II. Bad Anger**

**III. The Problem with Anger**

**IV. Transforming our Anger**

## IV. Transforming our Anger

- **First, we must admit our anger.**

## IV. Transforming our Anger

- **First, we must admit our anger.**
- **If we don't admit our anger, it will create a root of bitterness in our hearts.**

## IV. Transforming our Anger

- **Second, we must analyze our anger.**

## IV. Transforming our Anger

- **Second, we must analyze our anger.**
- **The root of our anger is not in *what* a person has done, but how we *interpret* what that person has done.**

## IV. Transforming our Anger

- **We must go deeper. What is making me angry? What am I defending or protecting?**

## IV. Transforming our Anger

- **We must go deeper. What is making me angry? What am I defending or protecting?**
- **Your honor? Your independence? Your point of view?**

## IV. Transforming our Anger

- **Third, we must repent of our anger.**

## **IV. Transforming our Anger**

- **Third, we must repent of our anger.**
- **Ask forgiveness from the person with whom you are angry.**

## **IV. Transforming our Anger**

- **Third, we must repent of our anger.**
- **Ask forgiveness from the person with whom you are angry.**
- **Take responsibility for what you have done toward someone who is angry with you.**

## **IV. Transforming our Anger**

**Good sense makes one slow to anger,  
and it is his glory to overlook an offense.**

**Proverbs 19:11**

**If your enemy is hungry, give him bread to  
eat, and if he is thirsty, give him water to  
drink.**

**Proverbs 25:21**

## **IV. Transforming our Anger**

- **Jesus had to die because God he had just anger against our sin.**

## **IV. Transforming our Anger**

- **Jesus had to die because God he had just anger against our sin.**
- **Jesus willingly died because God's love drove him to destroy sin without destroying us.**

## **IV. Transforming our Anger**

- **Jesus had to die because God he had just anger against our sin.**
- **Jesus willingly died because God's love drove him to destroy sin without destroying us.**
- **The gospel of Jesus Christ transforms our anger.**