

Series: Everyday Bible for Everyday Disciples

Title: The Destructive Nature of Anger

Text: (James 1:19-20) *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.*

Introduction: Last Time: How to Stay on Track: (Ps 37)

1. Definition of Anger.

Lack of Self Control: (Eph 4:25-27)

An Immature Behavior: (Prov 14:17, 29)

2. Determine What Makes You Angry.

- What someone says to you?
- What someone Does to you?
- A situation.
- People who have no right to be angry, frustrated people like you who do.
- Looking for Acceptance in the Wrong Place.
(Jer. 31:3)(1 Jn 4:10)(Jn 3:16)(Rom. 5:8)
- This stems from an improper view of self: (Prov 6:34)
(Prov 16:32)(Eph 4:27)

3. Take Personal Responsibility for your Life:

A. Remove Yourself from the Situation: (Prov 19:19)
(Rom 13:14)(Prov 25:28)

B. Obey Authority & Be Respectful.

4. People who cannot control their anger are the losers.
(Prov 14:17)

- Those that act out their anger and live to tell about it are in prison.
- We don't hail these people as winners or as successful.
- They lose everything. (Prov 30:33)
- They hurt those they love the most.

5. Count the Cost.

Anger leads to Wrath~ violence toward others.

Anger leads to Malice~ Desire to injure: (Prov 14:29)

6. Government. (Rom 13:1-4)

- God Ordained our Government for Good/Judgement
- Rules Protect you. Prevent anarchy.
- Rules Provide for you.
- Rules Prove you. The ability to obey and respect makes you an adult. (Prov 22:6)
- Rules Propels you. The ability to control one's self, Obey, and be Respectful will make you a success in the real world. (Prov 3:3-4)

7. Anger from Pain.

- Anger only makes it worse. (Prov 15:18)
- You will only self-destruct.

Our Self Esteem comes from our Standing with God.

I am not an Accident.

God knows the Truth about me & Accepts me anyway.

If I am OK with God, I am more than OK!

God knows the Truth about me & Loves me.

Our Self Worth comes from our Relationship with God.

I am valuable to God.
He sent His son to Die for Me.
I have Value.
God knows my weaknesses & still wants to use me.

Our Purpose comes from our Relationship with God.

I am not here by accident.
I have a Purpose that is bigger than Myself.
Frustration over circumstances is foolish.
God knows where I am.
God has a plan for me to accomplish.

How to stay on Track Spiritually?

#1 (Psa 37:1) **Fret not... neither be thou envious**

Remember: (Prov 16:25) *There is a way that seemeth right unto a man, but the end thereof are the ways of death.*
(Vs 38)

REMEMBER: It's Payday someday!
(Gal 6:7)

(Vs 37b) Promises PEACE if you do the First part.
(Vs 37a) How To get peace (Psa 119:101)

#2. (Psa 37:3) **(Trust) in the LORD, and do good;**
(Prov 3:5-8) Trust His Plan
(Jer 17:7-8) Trust His Character

#3. (Psa 37:4) **(Delight) thyself also in the LORD;**
(Vs 16, Ps 1:2, Prov 15:16 *Better is a little....*)
Let God be the only person in your Esteem Group.

#4. (Psa 37:5) **(Commit) thy way unto the LORD;**
(Psa 37:6) Our Responsibility is Belief/Faith

#5. (Ps 37:7) **(Rest) in the LORD, and wait patiently for him:**
Quiet yourself in God's Presence
(Gal 6:7) Payday someday! (Vs 38)

#6. (Vs 34) **Wait on the LORD,** (Is 40:31)
Wait~To stay in Expectation
Hope~ Expectation of Good

#7 (Vs 34) **keep his way:** (John 15:4-7)(Job 23:10-11)
Our Responsibility is Obedience

#8. (Psa 37:8-9) **(Cease) from anger, and forsake wrath:**
Check yourself.
Check your Anger.
Trust the Lord to Handle it.

God will take steps to Bring us Back: (Ps 107:4-7)
YOU CAN COME BACK! The Devil is a Liar!
Even after Great Displays of childish Anger.

The WAY Back requires Humility: (2 Chron 7:14)
The WAY Back: Requires Confession & Repentance:
(1 Jn 1:9, Ps 51)

The farther you go, the greater the Course Correction: