



**SPRINGCREEK  
CHURCH**

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## ARE WE EXPRESSING ANGER APPROPRIATELY?

Age of Rage – Part 2

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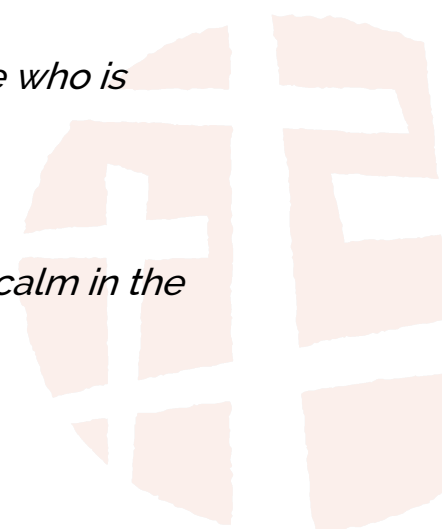
"Across the country, there is universal recognition that the decline in our civil discourse has reached a crisis point." - Carolyn Lukensmeyer, Executive Director Emerita, National Institute for Civil Discourse

*If you cannot control your anger, you are as helpless as a city without walls, open to attack. Proverbs 25.26 (Good News)*

*He who is slow to anger is better and more honorable than the mighty [soldier], and he who rules and controls his own spirit, than he who captures a city. Proverbs 16.32 (Amplified Bible)*

*A hot-tempered person stirs up conflict, but the one who is patient calms a quarrel. Proverbs 15.18 (TNIV)*

*Fools give full vent to their rage, but the wise bring calm in the end. Proverbs 29.11 (TNIV)*



## 1. EXAMINING THE ROOTS OF RAGE

*"They're raising Cain."*

❑ The next generation after Adam and Eden

*Adam made love to his wife Eve, and she became pregnant and gave birth to Cain. She said, "With the help of the Lord I have brought forth a man." Genesis 4.1*

*She named him Abel which in Hebrew is Hebel which means a "something fleeting," "a breath" or "a vapor."*

*In the course of time Cain brought some of the fruits of the soil as an offering to the Lord. And Abel also brought an offering—fat portions from some of the firstborn of his flock. The Lord looked with favor on Abel and his offering, but on Cain and his offering he did not look with favor. So, Cain was very angry and his face was downcast. Genesis 4.3-5*

*By faith Abel brought God a better offering than Cain did. Hebrews 11.4*

❑ That escalated quickly

- God pleads with Cain



*So, Cain was very angry, and his face was downcast. Then the Lord said to Cain, "Why are you angry? Why is your face downcast? If you do what is right, will you not be accepted? But if you do not do what is right, sin is crouching at your door; it desires to have you, but you must rule over it." Genesis 4.5-7*

Sin is predatory.

- A murder even God could not stop

*Now Cain said to his brother Abel, "Let's go out to the field." While they were in the field, Cain attacked his brother Abel and killed him. Genesis 4.8*

*fratricide*

In Genesis 3, the serpent has to talk Eve into sin.

In Genesis 4, God can't talk Cain out of sin.

- ☐ Sin does not change God



*Then the Lord said to Cain, "Where is your brother Abel?" "I don't know," he replied. "Am I my brother's keeper?"* Genesis 4.9

- Cain is less than honest
- The blood cries out

*The Lord said, "What have you done? Listen! Your brother's blood cries out to me from the ground. Now you are under a curse and driven from the ground, which opened its mouth to receive your brother's blood from your hand. When you work the ground, it will no longer yield its crops for you. You will be a restless wanderer on the earth."* Genesis 4.10-12

- How does Cain respond?

*Cain said to the Lord, "My punishment is more than I can bear."* Genesis 4.13

*For this is the message you heard from the beginning: we should love one another. Do not be like Cain, who belonged to the evil one and murdered his brother. And why did he murder him? Because his own actions were evil and his brothers were righteous. Do not be surprised, my brothers and sisters, if the world hates you. 1 John 3.11-13 (TNIV)*

## **2. CONNECTING ANGER WITH MURDER**

*You have heard that it was said to the people long ago, "You shall not murder, and anyone who murders will be subject to judgment." But I tell you that anyone who is angry with a brother or sister will be subject to judgment. Again, anyone who says to a brother or sister, "Raca," is answerable to the court. And anyone who says, "You fool!" will be in danger of the fire of hell. Matthew 5.21-22 (TNIV)*

*Anyone who hates is a murderer already.*

*Raca is an onomatopoeia*

"The sins of the flesh are bad, but they are the least bad of all sins. All the worst pleasures are purely spiritual. The pleasure of putting other people in the wrong, of bossing and patronizing and spoiling sport, and backbiting; the pleasures of power, of hatred. For there are two things inside me competing with the human self which I must try to become; they are the animal self, and the diabolical self; and the diabolical self is the worst of the two. That is why a cold, self-righteous prig, who goes regularly to church may be far nearer to hell than a prostitute." - C.S. Lewis, Mere Christianity

## **3. FINDING A BETTER WAY TO EXPRESS ANGER**

- ❑ STOP and THINK before you speak.



*A gentle answer quiets anger, but a harsh one stirs it up.*  
Proverbs 15.1 (Good News)

*The heart of the righteous weighs its answers, but the mouth of the wicked gushes evil.* Proverbs 15.28

- What's really going on?
- What do I really want out of this encounter?
- What's the best way to get it?

The first price you pay is always the cheapest.

- ❑ LOOK at the situation from God's point of view.

*Open my eyes that I may see wonderful things in your law.*  
Psalm 119.18 (TNIV)

"Unrighteous anger refused to turn to God with our deepest questions – 'Are You just? Are You going to let the wicked win?"



Are You going to let them violate me with no justice in sight?' Unrighteous anger refuses to surrender, to wait on God, to look to Him for perspective. Instead, we feel righteous in taking justice into our own hands when the One we cry to for justice does not hear or respond. We become vigilantes, seeking to impose our own sense of justice according to the demands of our desire." - Dan Allender, *The Cry of the Soul*

❑ LISTEN to the needs of those who have angered you.

*Everyone must be quick to listen, but slow to speak and slow to become angry. James 1.19 (Good News)*

Hurt people hurt people.

*Post this at all the intersections, dear friends: Lead with your ears, follow up with your tongue, and let anger straggle along in the rear. God's righteousness doesn't grow from human anger. James 1.19-20 (The Message)*



## DISCUSSION QUESTIONS:

1. Sin is predatory. It seeks opportunities to gain a foothold in your life and ultimately a stranglehold. Holding onto resentment is the surest path to the enemy's influence. Give examples from your life and Scripture of this.

2. Anger is a secondary emotion. It's never the first thing you feel. You first feel hurt, fear or frustration. Describe a time when you led with anger. Then describe a time when you led with the real and actual issue.

3. There are sins of the flesh and sins of the spirit or what CS Lewis described as the Animal self versus the Diabolical self. The animal self enjoys eating too much, drinking too much and having sex outside of God's boundaries. The Diabolical self loves pride, self-righteousness and putting other people in the wrong. How does Jesus deal with both? How do you deal with both?

