



## WHY ARE WE SO ANGRY?

Age of Rage – Part 1

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### *1. IS THERE ANYTHING GOOD ABOUT ANGER?*

- God's anger is just.

"It is possible to be so caught up in the joy of being right, in the thrilling sense of being morally superior to those who are 'not right,' that you become more wrong than your most degraded opponent." – John Ortberg

- God's anger is slow to heat up.

- God's anger is quick to dissipate.

"Get mad – then get over it." – Gen. Colin Powell





***2. WHEN ANGER CROSSES THE LINE AND BECOMES  
DESTRUCTIVE***

*But now you must also rid yourselves of all such things as these: anger, rage, malice, slander, and filthy language from your lips. Do not lie to each other, since you have taken off your old self with its practices... Colossians 3:8-9*

*...human anger does not produce the righteousness that God desires... James 1:20(NIV UK)*

"Anyone can become angry. That is easy. But to be angry with the right person, to the right degree, at the right time, for the right purpose and in the right way... that is not easy." - Aristotle

"Wrath virtually always feels righteous, which, of course, is why it is so dangerous." - Eugene Peterson

"Anger is never without a reason, but seldom with a good one."  
- Benjamin Franklin





"...getting angry is like taking a small dose of some slow-acting poison...every day of your life." - Redford and Virginia Williams,  
Anger Kills

"Anger is an acid that can do more harm to the vessel in which it is stored than to anything on which it is poured." - Mark Twain

"When a man becomes angry--if he is a sage, his wisdom departs from him; if he is a prophet, his prophecy departs from him."  
- Resh Lakish

"This is the age of social autism, in which people just do not see or even imagine their impact on others." - Lynne Truss, Talk to the Hand

*We must bear the burden of being considerate of the doubts and fears of others.* Romans 15.2 (Living Bible)

*None of you should think only of his own affairs but consider other person's interests also.* Philippians 2.4 (Phillips)





### *3. RECOGNIZING THE MANY FACES OF ANGER*

- Suppressed anger
  
- Openly aggressive anger

"[Malice is] the evil inclination of mind... that even takes delight in inflicting hurt or injury on one's fellowman." - William Hendriksen, New Testament Commentary: Ephesians

**Malice is kakoetheia**

**from kakós (evil) + ethos (disposition)**

"[Malice] is a disposition to take everything in the worst sense." - Robert Haldane, Exposition of the Epistle to the Romans

"The spirit which puts the worst construction on everything." - William Barclay

- Passive aggressive anger





*There are six things the Lord hates, seven that are detestable to him: haughty eyes, a lying tongue, hands that shed innocent blood, a heart that devises wicked schemes, feet that are quick to rush into evil, a false witness who pours out lies and a man who stirs up dissension among brothers. Proverbs 6.16-19*

## The N, N+1 formula

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*A wicked man listens to evil lips; a liar pays attention to a malicious tongue. Proverbs 17.4*

"There are two kinds of injustice: the first is found in those who do an injury, the second in those who fail to protect another from injury when they can." - Cicero





#### ***4. GOD'S REMEDY IS PATIENCE.***

*...the LORD, the compassionate and gracious God, slow to anger, abounding in love and faithfulness... Exodus 34.6*

The Greek word for patience is "macrothumos"

macro (long, or slow) + thumos (heat)

*Patience! You've got all the time in the world whether a thousand years or a day, it's all the same to you. Psalm 90.4 (The Message)*

*A patient man has great understanding. Proverbs 14.29*

*A man's wisdom gives him patience; it is to his glory to overlook an offense. Proverbs 19.11*

*May God who gives patience... Romans 15.5*

"Anger, bitterness, jealousy, strife, fear - if they are within us, they will surface during fasting." - Richard Foster





## DISCUSSION QUESTIONS:

1. In what ways were you challenged or encouraged by today's message?

2. Of the three expressions of anger discussed; suppressed anger, openly aggressive anger, passive aggressive anger – which is the one you deal with most and why?

3. People who are patient are slow to heat up and slow to react. Which means two of the keys in learning patience are time and understanding. What strategies might you employ to slow down reaction times (to press pause before things heat up)? What's the best way to increase your understanding of what's really happening?

4. Have you ever fasted? If you can't fast from food or for very long, what other types of fasting might be effective? What positive results have you seen from fasting?

