



All The Feels

**Anger**

*Complaining, brooding, irritability,  
bickering, outburst, violence, harsh  
or hurtful words, defensive  
withdrawal, judgmental thoughts,  
critical attitude, avoidance,  
slander, gossip, accusations,  
disdain, bitterness, silent treatment,  
malice, sarcasm, curt*

All The  
Feels

*Being ignored, spoken to harshly,  
someone breaks in line, when a  
loved one gets cancer, when  
someone is driving too slow, when  
we see injustice or abuse, when we  
get slow service in a restaurant,  
when someone we love is hurt,  
when someone we love hurts us.*

All The  
Feels

*Ephesians 4:25*

***BE ANGRY**, AND yet **DO NOT SIN**; do not  
let the sun go down on your anger,  
and do not give the devil an  
opportunity.*

All The  
Feels

*Ephesians 4:29*

*Let no unwholesome word proceed  
from your mouth, but only such a  
word as is good for edification  
according to the need of the  
moment, so that it will give grace to  
those who hear.*

All The  
Feels

*Ephesians 4:30-31*

*Do not grieve the Holy Spirit of God,  
by whom you were sealed for the  
day of redemption. Let all bitterness  
and wrath and anger and clamor  
and slander be put away from you,  
along with all malice.*

All The  
Feels

*Ephesians 4:32*

*Be kind to one another, tender-hearted, forgiving each other, just as God in Christ also has forgiven you.*

All The  
Feels

*1. Anger is a God-given emotion*

All The  
Feels

*God's Anger*  
*2 Kings 17:18*  
*Deuteronomy 9:8*  
*Exodus 32:10-11*  
*Numbers 11:1-2*  
*2 Kings 13:3*

All The  
Feels

*Jesus and anger*  
*Mark 3*  
*Matthew 21*

All The  
Feels

*In the face of evil if you are not  
angry you are not loving.*

All The  
Feels

*Vs 25*

*Be angry and yet do not sin*

*Vs 31*

*Let all bitterness and wrath and  
anger and clamor and slander be  
put away from you, along with all  
malice.*

All The  
Feels

*2. Anger is a defense of something  
that I love*

All The  
Feels

*What is anger?*

*It's the way we react when something we think is important is not the way it's supposed to be.*

All The  
Feels

*Sinful anger comes from loving the wrong things, or loving the right things out of proportion.*

All The  
Feels

*When you get angry you should ask  
yourself...  
“what am I defending?”*

All The  
Feels

*Our anger becomes problematic  
because our loves are out of order;  
and, we deal with disordered  
anger by addressing disordered  
that fuels it.*

All The  
Feels

***3. Anger is judgmental by nature***  
*“it makes a statement about what matters”*

All The  
Feels

- a. We identify some perceived wrong*
- b. We take a stance of disapproval and feel displeasure*
- c. We are moved in some way to action – to say or do something about it.*

All The  
Feels

*James 1:19-20*

*This you know, my beloved  
brethren. But everyone must be  
quick to hear, slow to speak and  
slow to anger; for the anger of man  
does not achieve the righteousness  
of God.*

All The  
Feels

*Just anger is supposed to motivate fair-minded, constructive, and energetic problem-solving. Anger is meant to be laced with mercy and loving intent.*

All The  
Feels

*Vs 32*

*forgiving each other, just as God in  
Christ also has forgiven you.*

All The  
Feels

*We must recognize that we are  
**first sinners** and only second  
**sinned against***

All The  
Feels