



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

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

All The
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What is anger?

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

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

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Feels

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

All The
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*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
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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
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