

spirit of anger that came first, is the root problem.

- b. We must quash the spirit of anger.
 - 1) The spirit of anger always precedes anger. God has not given you the spirit of anger. It is in your sin nature.
 - 2) Beg God to help you identify and rule your spirit of anger. Deal with the “lighters” that ignite your spirit of anger.
 - a) Be content, believing that God is **ALL** you need.
 - b) Develop a giving love to replace selfishness. Life is not about ME, it is about glorifying God.
 - c) Step on your pride by realizing that without God you are NOTHING!
 - d) Forgive those who have hurt you.
 - 3) Ask your family to remind you when you fail.
 - 4) Every time you get irritated, call it a sinful spirit of anger and repent of it, and apologize.
 - 5) Memorize (Proverbs 16:32) "*He that is slow to anger is better than the mighty; and he that ruleth his spirit than he that taketh a city.*"
 - 6) As God enables you to quash the spirit of anger, you will conquer the sin of anger.

Conquering Anger

30 January 2019 Wed – Proverbs 14:17 – Add to Faith – Scott Childs

Anger is not a new topic for us; however, it is a continual obstacle in our walks with the Lord. Therefore, I want us to examine it again from a different angle that we might gain a better defence against it.

1. What is anger?

- a. Anger is heated displeasure.
- b. Anger is an emotional frenzy.

2. What does God say about anger?

The words, angry or anger* are found in 269 Bible verses. Wrath* is found in 197 verses (17 x in Pr alone). Indignation is in 41 verses. Rage* is in 20 verses. Furious* is in 8 verses. A large number of these verses speak of God's anger, wrath, etc. We are not going to take the time to examine every one of these verses, but if you struggle with a spirit of anger, you may need to study each of them.

- a. (Psalms 37:8) "Cease from _____, and forsake _____: fret not thyself in any wise to do evil."
- b. (Proverbs 14:17) "He that is soon angry dealeth _____: and a man of wicked devices is hated."
- c. (Proverbs 15:18) "A wrathful man stirreth up _____: but he that is slow to _____ appeaseth strife."
- d. (Proverbs 16:32) "He that is _____ is better than the mighty; and he that ruleth his spirit than he that taketh a city."
- e. (Proverbs 19:11) "The _____ of a man deferreth his anger; and it is his glory to pass over a transgression."
- f. (Proverbs 19:19) "A man of _____ shall suffer punishment: for if thou deliver him, yet thou must do it again."
- g. (Proverbs 21:19) "It is better to dwell in the wilderness, than with a contentious and an _____."
- h. (Proverbs 22:8) "He that soweth iniquity shall reap vanity: and the _____ of his anger shall _____." (disciplining in anger)
- i. (Proverbs 22:24) "Make _____ with an angry man; and with a furious man thou shalt not go:"
- j. (Proverbs 27:4) "Wrath is _____, and _____ is

- outrageous; but who is able to stand before envy?"
- k. (Proverbs 29:22) "An angry man stirreth up _____, and a _____ man aboundeth in transgression."
 - l. (Ecclesiastes 7:9) "Be _____ in thy spirit to be angry: for anger resteth in the bosom of _____."
 - m. (Galatians 5:20) "Idolatry, witchcraft, hatred, variance, emulations, _____, strife, seditions, heresies,"
 - n. (Ephesians 4:26) "Be ye angry, and sin not: let not the sun go down upon your wrath:" (allow yourself to be provoked, but do not sin)
 - o. (Ephesians 4:31) "Let all bitterness, and _____, and _____, and clamour, and evil speaking, be put away from you, with all malice:"
 - p. (Colossians 3:8) "But now ye also _____ all these; anger, wrath, malice, blasphemy, filthy communication out of your mouth."
 - q. (James 1:20) "For the wrath of man worketh not the _____ of God."

3. If anger is sinful, why is it okay for God to be angry?

- a. God created all things and sustains all things so He has the right to be angry if things are not done His way.
- b. God is angered by sin and **justly** deals with the sinner.
- c. God's anger **never** produces unjust results.
- d. When God is angry, He is NEVER out of control.
- e. God never sins when He is angry.

4. Human anger is seldom ever right.

- a. Most human anger has at least four sinful roots.
 - 1) Selfishness – You damaged what was mine!
 - 2) Pride – You did not do it my way! You embarrassed me! These first two are the root of most parental anger.
 - 3) Discontent – I do not like the circumstances! Jonah got angry at God's forgiveness. (Jonah 4:1) "*But it displeased Jonah exceedingly, and he was very angry.*"
 - 4) Unforgiveness – You hurt me and I will not forgive you!
- b. Human anger may be buried in bitterness or hate.
- c. Human anger is generally directed at a person, animal or object, not at a sin. Instead of attacking the Problem, we attack the Person causing the problem.
- d. Rarely, a person **may** get angry solely at a sin or injustice.

- 1) Moses may have been angry just at sin. (Exodus 32:19) "*And it came to pass, as soon as he came nigh unto the camp, that he saw the calf, and the dancing: and Moses' anger waxed hot, and he cast the tables out of his hands, and brake them beneath the mount.*"
- 2) Nehemiah may have been angry at the sin of making brethren slaves. (Nehemiah 5:6) "*And I was very angry when I heard their cry and these words.*"

5. Sudden irritation is often the seed of anger

Anger is easy to identify, but the spirit of anger that ignites anger is more difficult to detect. That is what we must quash. A spirit of anger is that irritated feeling that raises the blood pressure. It is that sudden spark of annoyance when someone displeases you. It may even be that quick raise of voice or sharp tone when someone says something you do not like. The spirit of anger is like the tiny spark that ignites a forest fire. Examples include:

- a. Raised voice
- b. Rash harsh words
- c. Sudden unkind action
- d. Instant irritated growl

6. How can we conquer anger?

- a. We must humbly admit our sin of anger.
 - 1) Every time you have an irritated reaction, that is the seed of anger (e.g., when the kids repeatedly disobey, an accidental spill, a frustrating project, a sudden disappointment, a careless driver, someone broke your possession, etc.)
 - a) Frustration when controlled is not a spirit of anger. Kids will frustrate us. Hindrances are frustrating. A flat tyre on the way to work, in the rain, is frustrating. Frustrations are part of life and God allows them, to increase our dependence on Him.
 - b) The irritated reaction is the spirit of anger. That is sin. We must stop trying to sugarcoat it. It is sin!
 - c) Until you address the spirit of anger, you will NEVER conquer your problem with anger.
 - 2) When you explode in anger, you know it is sin, but the