

apptoteach.org

THE BEREANS

ACTS 17:11

Luke 10:38-42

Lesson #4

Root and Fruit of Anger

06/25/2017

Shalom

Peace
be unto you

שלום

The way it's supposed to be.

1

John 14:27

“Peace I leave with you;
My peace I give to you;
not as the world gives do
I give to you. Do not let
your heart be troubled,
nor let it be fearful.”

2

John 16:33

“These things I have spoken
to you, so that in Me you
may have peace. In the
world you have tribulation,
but take courage; I have
overcome (not changed) the
world.”

3



Brittany coast of France 1989
shot by Jean Guichard

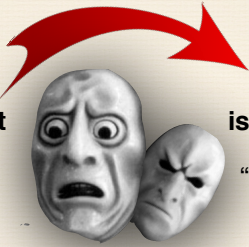
4

Anxiety ANGER



5

Anxiety
is a negative audit
of the future.
"Something awful
might happen."



Anger
is a negative audit
of the past.
"Something awful
has happened."

- Shame - "I blew it."
- Blame - "Someone else blew it."

**Anxiety and anger share three things in common:
false expectations, a narrow perspective,
and confused priorities.**

6

ANGER

**its root
and
its fruit**



7

Luke 10 (Mary and Martha)

"³⁸ Now as they were traveling along, He entered a certain village; and a woman named Martha welcomed Him. She had a sister who was sitting at His feet, listening to what He said. ³⁹ But Martha was distracted with all her preparations; and she came up to Him, and said, 'Lord, do You not care that my sister has left me to do these things alone? Then tell her to help me.' And He answered and said to her, 'Martha, Martha, you are worried and bothered about so many things; ⁴² but only one thing is necessary, really only one, for I have chosen the good part, which shall not be taken away from her.'"

Expectations, Perspective, Priorities

Anger

Anxiety

8

Jeremiah 2:13

"For My people have committed two evils;

they have forsaken Me, the fountain of living waters,



to hew for themselves cisterns, broken cisterns that can hold no water."

9

1. Seeking water in an empty cistern.

The well worn path of Martha's restless soul

2. Load up with false expectations

3. Manipulate others to meet those expectations

4. Become confused when expectations are not met

5. Live in Pride or Anger, Anxiety, & Despair.

10

James 4:1-2

"¹ What causes fights and quarrels among you? **Don't they come from your desires that battle within you?** ² You desire but do not have, so you kill. You covet but you cannot get what you want, so you quarrel and fight."

11

Common misconceptions about anger

1. Healthy Christians never get angry.
2. Angry feelings are evil and should be repressed.
3. It is unhealthy to suppress angry feelings therefore “act them out”.
4. Anger and hostility are two sides of the same coin.
5. Spiritually, anger has no constructive purpose.

12

ANGER

is one letter short of

DANGER

13



Psalm 37:8

“Cease from anger
and forsake wrath,

do not fret; it
leads only to
evildoing.”



14

Anger becomes dangerous when it is not
properly managed.

Ephesians 4

“²⁶ Be angry, and yet **do not sin; do not let the sun do down on your anger,** ²⁷ and do not give the devil an opportunity.”

**The devil is not in our anger
so much as how he tempts
us to respond to it.**

15

Anger becomes dangerous when it is not
properly managed.

Ephesians 4

“²⁶ Be angry, and yet **do not sin; do not let the sun do down on your anger,** ²⁷ and do not give the devil an opportunity.”

**Our response to
our feelings of anger
determine whether they
become a blessing or a curse.**

16

Anger becomes dangerous when it is not
properly managed.

Ephesians 4

“²⁶ Be angry, and yet **do not sin; do not let the sun do down on your anger,** ²⁷ and do not give the devil an opportunity.”



Phyllis Diller

“Don’t go to bed
angry. Stay up
and fight.”

17

Anger can lead to a lot of spiritual mischief.



Blame

Anger

Shame

18



"Ahhh! So you think I'm cute when I'm angry. Well get ready because I'm about to become

GORGEOUS!

19



"When angry with someone it helps to sit down and think about the problem!"

20

Anger can also be the "trailhead" leading to spiritual insight and peace.



21

Managing anger has a lot to do with:

- 1) **the wisdom of our expectations**
- 2) **the breadth of our perspective**
- 3) **the ordering of our priorities**

ANGER



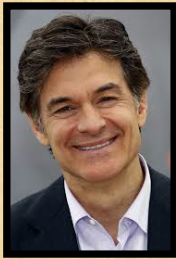
22

Anger can tell us a lot about our expectations, perspective, and priorities.



a spiritual canary in the "coal mine" of our soul

23



Dr. Oz

"The opposite of anger is not calmness, it's empathy."

24

James 1:19

"But everyone must be quick to hear, slow to speak and slow to anger;"

If we had the same sensitivity (empathy) for those who have hurt us as we do for our own pain we could manage anger and become a peace maker.

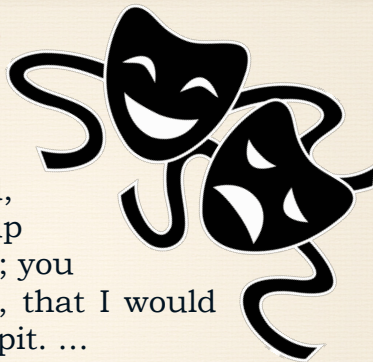
25

Psalm 30

"² O Lord my God, I cried to You for help, and You healed me. ³ O Lord, You have brought up my soul from Sheol; you have kept me alive, that I would not go down to the pit. ...

¹¹ **You have turned for me my mourning into dancing;** You have loosed my sackcloth and girded me with gladness,"

26



Turning mourning into dancing

1. Anxiety & Anger can be catalysts for our spiritual development.
2. Our character is shaped and showcased in our response to life's highs and lows.
3. God can change our heart without changing our circumstances.

27



1. Anger, Anxiety, Despair

2. Spiritual self audit

3. Insight into expectations, perspective, & priorities

4. Repentance and mind renewal

5. Inner Peace

6. Freedom to love, worship, & serve

28

The path from mourning to dancing

Turning mourning into dancing

1. Martha and Mary.
2. Paul's thorn in the flesh.
3. Joseph's captivity in Egypt.
4. Jesus' crucifixion and resurrection.

29

