

# Wack Attack - Anger

“When my emotions are Wack, Satan will attack.

\*So what is shaping your emotions and behavior that is making you have a wack-attack? What seed are you listening to? What seed is the framework of your thinking?

\*Creflo Dollar has a formula in his series “8 steps toward your destiny” for how this works:

Word (seed)> Thinking>Emotions>Decisions>Actions>Habits>Character>Destiny

Huh?

Husband: When I get mad at you, you never fight back. How do you control your anger?

Wife: I clean the toilet bowl.

Husband: How does that help?

Wife: I use your toothbrush.

Hmmm...

Anybody can become angry—that is easy; but to be angry with the right person, and to the right degree, and at the right time, and for the right purpose, and in the right way—that is not within everybody’s power and is not easy.

Aristotle (384–322 b.c.)

What makes you angry?

Informal survey ...

Unresolved anger can cause us to do all kinds of things. For example when we feel we are threatened, we can lash out like the queen in our film clip.

We can get frustrated or exacerbated. Take a drive through one of our many tunnels during the morning or evening rush hours.

And sometimes our experiences in fear can cause us to lash out in anger like these little old ladies do in this recording of a man witnessing the whole scene unfold in front of him.

Is anger a sin?

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A few years ago USA Today reported that a Dadeville, Alabama, man became angry because he lost a Bible-quoting contest. He shot and killed the 38-year-old man who beat him.

There have been 2 extremes expressed in the body of Christ that I want to deal with today. One leads to depression and the other leads to rage and hatred. Both are destructive and both extremes are dangerous if not dealt with in the life of the believer.

Let's consider one extreme. We'll call this person Suzy. Any feeling of anger is a sin.

Let's also consider Arthur. He's been taught that you need to express every angry feeling and by doing so he has began to dwell and meditate on all of his anger. This has made him into a bitter old man hating just about everyone. **Never happy. Never joyful.** Worship is a waste of his time so he always arrives at church late. Other believers needs are viewed as ridiculous.

But he justifies himself because Ephesians 4 says to BE ANGRY!

In fact lets look at that...

Ephesians 4:26-27. 31-32

26 Be angry, and yet do not sin; do not let the sun go down on your anger,

27 and do not give the devil an opportunity.

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

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

I grew up believing that being a Christian meant being nice.

But if you look in the Bible you'll find that the angriest person displayed is GOD!

There are 518 references to God's anger in the Old Testament.

The primary reason for His anger is the unfaithfulness of the Children of Israel.

The second most common reason was when an injustice was done, particularly to the poor.

God's anger is simply His personal response to our sin. And if we fail to understand that God gets angry, we really have no understanding of the purpose of the cross.

One thing, though, that we must come to grips with is that God's anger is always appropriate and He never loses control. His anger is always pure and always righteous.

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We are made in His image, and God's anger at sin should be as much a part of our make-up as His love.

Let's look at Jesus' anger.

Oswald Chambers:

"For thirty years Jesus did nothing, then for three years He stormed every time He went down to Jerusalem. Josephus says he tore through the Temple courts like a madman. We hear nothing about that Jesus Christ today. The meek and mild Being pictured today makes us lose altogether the meaning of the Cross. We have to find out why Jesus was beside Himself with rage and indignation at the Pharisees and not with those given over to carnal sins"

In Mark 3 Jesus is about to heal a man and the religious folks could only argue with him about keeping the Sabbath. And it goes on to say that he looked around at them in anger.

Jesus got angry when the disciples wouldn't let the children come to Him.

The very one in the bible we are to emulate got angry. But not for selfish reasons. He didn't get his pride wounded, He didn't get mad because things just didn't go His way. He knew what was appropriate for the situation.

Again go back to our quote from Aristotle

Anybody can become angry—that is easy; but to be angry with the right person, and to the right degree, and at the right time, and for the right purpose, and in the right way—that is not within everybody's power and is not easy.

Gary Smalley wrote a book called "Making Love Last Forever." In the book he describes how unresolved anger is a killer of love. He also describes seven steps to getting rid of unresolved anger. Let's look at those:

1. Define the offense
2. Allow yourself to grieve
3. Try to understand your offender
4. Release your offender.
5. Look for pearls in the offense – some good that came out of it.
6. Put your feelings in writing.
7. THEN and only THEN reach out to your offender

Ephesians 4:32 Be kind to one another, tender-hearted, forgiving each other, just as God in Christ also has forgiven you.

Don't live with it, get rid of it (say this with me)