

# Anger Elimination Not Anger Management!

## Is Your Anger Out of Control?

*[Synonyms: rage, wrath, revenge, strife, taunting, mocking, venting]*

### I. A Very Serious Danger of Hell Fire:

Matt 5:21-22(NKJ)

<p>4469 <i>rhaka</i> (<i>rhak-ah'</i>) of Aramaic origin</p> <p>a) a term of <u>great contempt</u> used by the Jews in the time of Christ</p> <p>b) <u>useless</u>, senseless, worthless fellow</p> <p>c) <u>shallow brains</u></p> <p>d) <u>"You will never amount to anything!"</u></p>	<p>3474 <i>moros</i> (<i>mo-ros'</i>)</p> <p>a) dull, <u>stupid</u>, <u>blockhead</u></p> <p>b) <u>"empty headed idiot"</u></p> <p>c) <u>foolishness of wickedness</u>,</p> <p>d) <u>"a spiritual Moran"</u></p>
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### II. Evil Anger and Good Anger Defined:

Eph 4:26-27—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 (foothold)! {NAS} {Psalm 4:4}

Ezek 9:3-8

<p><i>Good</i> anger is mourning, sighing, and crying over the abominations that grieve God. {See Ezek 9:3-8}</p>	<p><i>Evil</i> anger is when you have <u>lose control</u> of your <u>volume</u>, your <u>words</u>, your <u>spirit</u>, your <u>emotions</u>, and <u>ignore the consequences</u> of your actions.</p>
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Four "Evil Angry" Proverbs:

Prov 13:3;

Prov 15:28;

Prov 29:20;

Prov 12:18

### III. Face the Fact, Our Anger is a Choice—No Excuses Please:

I have a right to be angry	Mad at Politicians	Life is not fair
"Road-Rage"	Mad at your boss	Mad at your husband or wife, or children
Mad at your self	Mad at your lot in life	Mad that you are not married
Mad that your being used	Mad at everything and everyone	<i>I want to be mad! Okay?</i>

**The proof that anger is a choice is shown by the following Scriptures!**

Ps 37:8--

Prov 12:16--

Prov 14:16-17

Ecl 7:9--

**We are personally responsible for three areas: our words, our attitudes, and our actions.**

### IV. Dozens of Root Causes of Anger:

Anger has many root causes—We need to dig down to the roots, not just hack off the branches.

1. The real issue may not be anger but a \_\_\_\_\_ {Preachers wife} {Derek Prince}
2. Selfishness – "\_\_\_\_\_" it is all about me.
3. \_\_\_\_\_: Beer and alcohol
4. \_\_\_\_\_ and \_\_\_\_\_
5. \_\_\_\_\_ is when anger has festered and grown into a cancer—a cancer of the soul.

Heb 12:15--looking carefully lest anyone fall short of the grace of God; lest any root of bitterness springing up cause trouble, and by this many become defiled; (NKJV)

6. \_\_\_\_\_
7. \_\_\_\_\_ and \_\_\_\_\_
8. \_\_\_\_\_; \_\_\_\_\_; \_\_\_\_\_

9. A “demonic pack”: \_\_\_\_\_ spirit, a \_\_\_\_\_ spirit, a \_\_\_\_\_ spirit and \_\_\_\_\_!  
10. Are you oppressed by a demonic spirit of \_\_\_\_\_?

## V. Do You Annoy People -- Make People Mad:

\*\*Prov 14:29--He who is slow to wrath has great understanding, but he who is impulsive exalts folly. (NKJ)

Prov 15:18--A wrathful man stirs up strife, but he who is slow to anger allays contention. (NKJ)

Prov 17:14--The beginning of strife is like releasing water; therefore stop contention before a quarrel starts.

Prov 18:6-7--A fool gets into constant fights. His mouth is his undoing! His words endanger him. (TLB)]

Prov 20:3--It is an honor for a man to stay out of a fight. Only fools insist on quarreling. (TLB)

\*\*Prov 22:10--Cast out the scoffer, and contention will leave; Yes, strife and reproach will cease. NKJV

Prov 27:3--A stone is heavy and sand is weighty, but a fool's wrath is heavier than both of them.  
4--Wrath is cruel and anger a torrent, but who is able to stand before jealousy? (NKJ)

\*\*Prov 29:22--An angry man stirs up dissension, and a hot-tempered one commits many sins. (NIV)

\*\*Prov 30:33--For the churning of milk produces butter, and pressing ( twisting, wringing )  
the nose brings forth blood; so the churning of anger produces strife. (NAS)

## VI. Anger Causes Broken Relationships:

Cain and Abel --(Gen 4:3-9; I John 3:11-15; Jude 11)

- A verbal wound is as deep and ugly as a physical one.
- Friends are very rare jewels, indeed. They make you smile and encourage you to succeed. They lend an ear, they share words of praise and they open their hearts to us.

\*\*Prov 18:19--A brother offended is harder to win than a strong city, & contentions are like the \_\_\_\_\_.

Prov 25:28--Whoever has no rule over his own spirit is like a city broken down, without walls. {Pro 16:32} (NKJ)]

## VII. Do Not Associate with an Angry Person:

\*\*Prov 22:24-25(NIV)--Do not make friends with a hot-tempered man, do not associate with one easily angered, or you may learn his ways and get yourself ensnared.

\*\*Prov 19:19--A hot-tempered man must pay the penalty;  
if you rescue him, you will have to do it again.(NIV)

## Conclusion – An Invitation to Obedience:

\*\*Prov 17:27-28--He who restrains his words has knowledge,  
and he who has a cool spirit is a man of understanding.  
Even a fool, when he keeps silent, is considered wise;  
when he closes his lips, he is counted prudent. (NAS)

\*\*James 1:19-20--So then, my beloved brethren, let every man be swift to hear, slow to speak, slow to wrath; for the wrath of man does not produce the righteousness of God. NKJV

\*\*Eph 4:31--Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice.  
32 Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.