

Empire Church of the Brethren

Sunday Service Sermons

16 July 2023

Anger

“He that is slow to anger is better than the mighty; and he that ruleth his spirit than he that taketh a city.”

Proverbs 16:32

Before we get going on anger I had a revelation this week.

While watching a TV show there was a moment of validation of one of the characters.

It was a very powerful moment.

We, the family of God, should be about the validation of one another.

We as parents, grandparents and great-grand parents should be about validating our family members.

Call out the good in others.

Thank them when they use their God-given talents to help others.

My champion died and I miss her greatly.

We all need an encourager in our lives.

Think about it and get busy doing it.

Now back to the regularly scheduled program.

Is anger an issue for you?

It used to be for me.

I was not able to say sorry and I got angry easily.

God got me over both of those problems.

Has he solved the issue of anger for you?

Our second deadly sin, in this study, is anger.

Pride is at the head of this infamous list of sins, but following close on the heels of pride comes anger.

Like pride, anger is a sin that infects us all.

No one is immune.

From the smallest child to the oldest adult, this sin stalks humankind like a predatory animal looking for an unsuspecting sheep.

Parents are aware of the fierce temper of infants.

Babies cry out until they are red with anger.

Childhood is not much better.

Fits of anger lead to bickering and self-centered fighting among siblings.

Outward displays in childhood degenerate to sulking and pouting in teenagers.

Anger causes a wife to develop a headache and a husband to slam doors.

Older adults may suffer from ulcers, hypertension, and stress, which may be aggravated by violent outbursts of temper.

Uncontrolled anger is a sign of weakness.

The majority of people are able to subdue their anger into a controlled reaction, on most occasions.

However, all of us have had circumstances that have sorely tried our patience.

During those stressful periods, we become different people.

Excuses to downplay our temper tantrums are offered.

We say that we were “just letting off steam” or that we were “temporarily insane.”

The truth is that we lost control.

We let our passion go unchecked.

When this occurs, our personalities become repulsive, irrational, and border on being animalistic

rather than human.

Our Scripture passage for today tells us that such conduct is the opposite of strength; it is a weakness of character.

We have seen students take advantage of one who is prone to anger making them look out of control.

Teasing and bullying does this.

Fits of anger show a lack of discipline.

Anger that is uncontrolled motivates us to action.

It leads us to say and do things we may later regret.

It is so highly destructive that a longtime friendship can be destroyed in a few minutes of unchecked fury.

Our scripture also implies that not "all anger is evil".

It says, "He that is slow to anger"; it does not say, "He that never gets angry."

The Bible indicates, on more than one occasion, that God became angry with both people and circumstances.

But God's anger is slow in coming and is usually tempered by a chance for one to be forgiven.

Uncontrolled anger leads to personal harm.

"Cease from anger, and forsake wrath; fret not thyself in any wise to do evil." *Ps. 37:8*

Anger is such a strong emotion that when it subsides, it generally leaves a person emotionally drained.

Some people are better than others at getting over a fit of rage.

Anger can be so upsetting that any of a number of physical maladies may occur, loss of appetite, inability to sleep, headaches, indigestion, and high blood pressure, among others.

At times physical symptoms may disappear only to reappear later when one sees the person who caused the anger.

Anger in such cases soon becomes hatred, which leads to even more serious disturbances.

Rage can rob one of self-esteem.

People get angry with themselves because they allowed themselves to lose control.

They chastise themselves, which causes guilt, confusing, and frustration.

Such uncontrolled anger leads one's thinking and attitudes to be marred.

One Scripture passage says, "Fret not thyself in any wise to do evil."

Fretting causes us to think in evil ways of how to get even.

Plotting evil makes us more like Satan than like God.

Uncontrolled anger leads us to evil activity.

"But I tell you that anyone who is angry with a brother or sister will be subject to judgment. Again, anyone who says to a brother or sister, Raca, is answerable to the court. And anyone who says, You fool! Will be in danger of the fire of hell" *Matt. 5:22*

Jesus explained in this passage that the sin of murder begins in anger.

For those who take temper tantrums lightly or excuse their emotional displays of fury as being "just my fiery nature" need to realize that they have broken one of the Ten Commandments.

Jesus does not take it so lightly.

He counts it as disobedience.

One who goes a step further by calling someone "a stupid fool" or "Raca!" (which means "You good for nothing") has progressed further in his degeneration.

Jesus said that he is dangerously close to hell fire.

Pride and anger are the first and second deadly sins.

Anger that is out of control is as dangerous as murder.

Anger causes physical harm to oneself and can lead to physical harm to others.

People can seldom change their nature by personal resolve.

They need outside help.

Jesus Christ was able to change the Gadarene demoniac from a wild, rampaging beast into a calm, quiet, effective witness. And he can do the same for us.

If we need to change we need more of Jesus in control of our lives and actions.

Or if anyone you know is in need of a change, introduce them to Jesus.

He is the redeemer.

He can make the needed changes in any one's life to help them be a better, more controlled person.

A person who can Glorify God and assist a neighbor.

Putting others ahead of self.