

DEALING WITH ANGER

(Romans 12:9-21)



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(Romans 12:9-21)

⁹ *Let love be* without hypocrisy. Abhor what is evil. Cling to what is good. ¹⁰ *Be* kindly affectionate to one another with brotherly love, in honor giving preference to one another; ¹¹ not lagging in diligence, fervent in spirit, serving the Lord; ¹² rejoicing in hope, patient in tribulation, continuing steadfastly in prayer;

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¹³ distributing to the needs of the saints, given to hospitality. ¹⁴ Bless those who persecute you; bless and do not curse. ¹⁵ Rejoice with those who rejoice, and weep with those who weep. ¹⁶ Be of the same mind toward one another. Do not set your mind on high things, but associate with the humble. Do not be wise in your own opinion.

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(Romans 12:9-21)

¹⁷ Repay no one evil for evil. Have regard for good things in the sight of all men. ¹⁸

If it is possible, as much as depends on you, live peaceably with all men. ¹⁹

Beloved, do not avenge yourselves, but *rather* give place to wrath; for it is written, “*Vengeance is Mine, I will repay,*” says the Lord.

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(Romans 12:9-21)

²⁰ Therefore *“If your enemy is hungry, feed him; If he is thirsty, give him a drink; For in so doing you will heap coals of fire on his head.”* ²¹ Do not be overcome by evil, but overcome evil with good.

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Three Categories of Anger:



- Righteous Indignation
- Explosive Rage
- Suppressed Resentment

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Righteous Anger



- God gets angry — (Ps. 7:11; Num 25:3-11; 2 Chron. 36:16; Rom. 1:18)
- Jesus expressed righteous anger — (Mark 3:2-5; John 2:13-17; Rev. 6:16).
- Christians can have righteous anger. — (James 1:19; Rom 12:19-21; Ps. 119:104)

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Righteous Anger



- Righteous anger is not vested in sinful self-interest.
- Can move us out of apathy to accomplish & achieve -
 - ❖ People are lost - Mt 7:13,14
 - ❖ Expose Deceivers – Ep. 5:11
 - ❖ Defend truth – Jude 1:3
 - ❖ Defending the innocent – Is. 10:2; Mat 23:14

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Righteous Anger



Ephesians 4:26–27
(NKJV)

²⁶ *“Be angry, and do not sin”*: do not let the sun go down on your wrath, ²⁷ nor give place to the devil.

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Righteous Anger

- ¹⁴ Bless those who persecute you; bless and do not curse.
- ¹⁷ Repay no one evil for evil.
- ¹⁸ If it is possible, as much as depends on you, live peaceably with all men.
- ¹⁹ Beloved, do not avenge yourselves, but *rather* give place to wrath; for it is written, “*Vengeance is Mine, I will repay,*” says the Lord.
- ²⁰ Therefore “*If your enemy is hungry, feed him; If he is thirsty, give him a drink; For in so doing you will heap coals of fire on his head.*”
- ²¹ Do not be overcome by evil, but overcome evil with good.

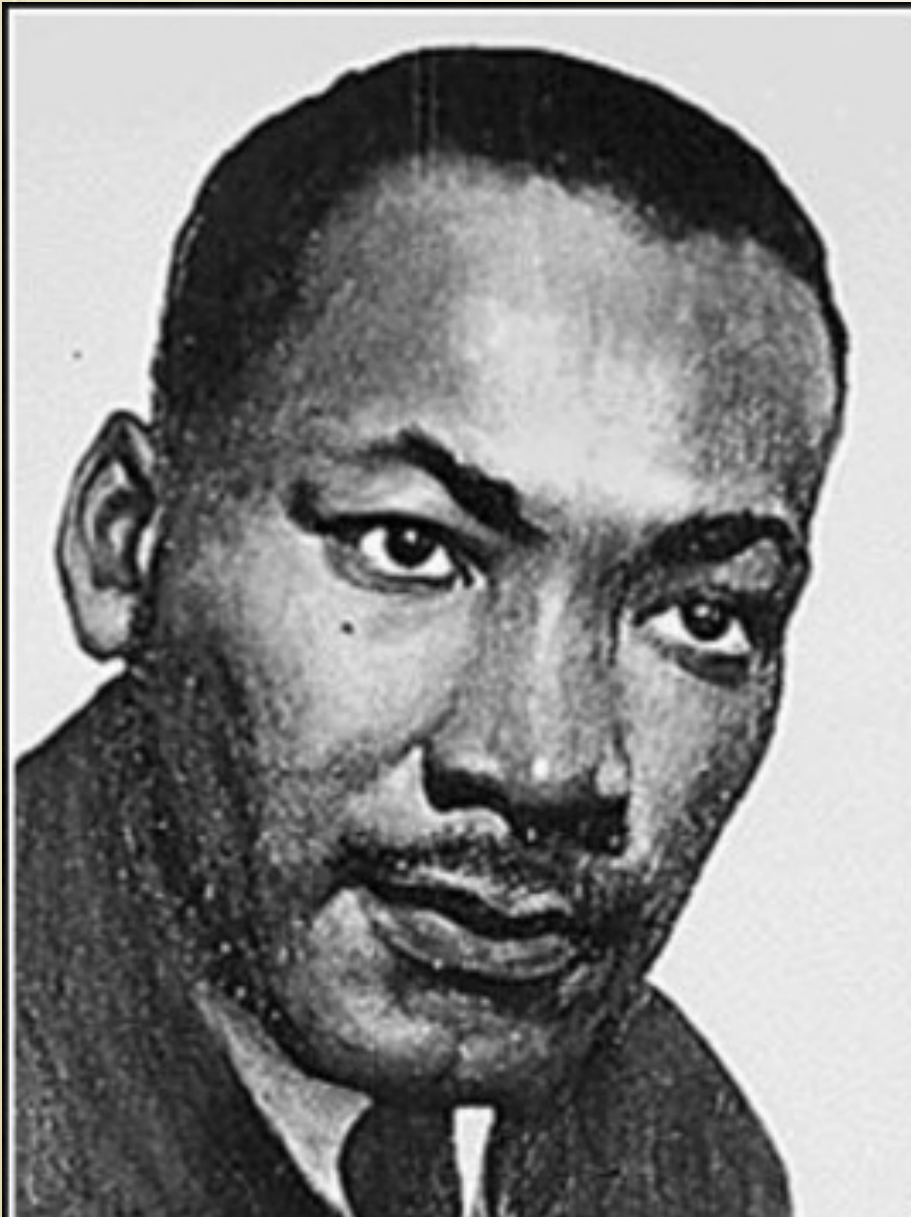
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Righteous Anger

- ⁹ *Let love be* without hypocrisy. Abhor what is evil. Cling to what is good.
- ¹⁰ *Be* kindly affectionate to one another with brotherly love in honor giving preference to one another;
- ¹² rejoicing in hope, patient in tribulation, continuing steadfastly in prayer;
- ¹⁶ Be of the same mind toward one another.
- ¹⁷ Have regard for good things in the sight of all men.

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Righteous Anger



Hate begets hate; violence begets violence; toughness begets a greater toughness. We must meet the forces of hate with the power of love.

— *Martin Luther King* —

AZ QUOTES

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Righteous Anger



Nonviolence means avoiding not only external physical violence but also internal violence of spirit. You not only refuse to shoot a man, but you refuse to hate him.

Martin Luther King, Jr.

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Righteous Anger

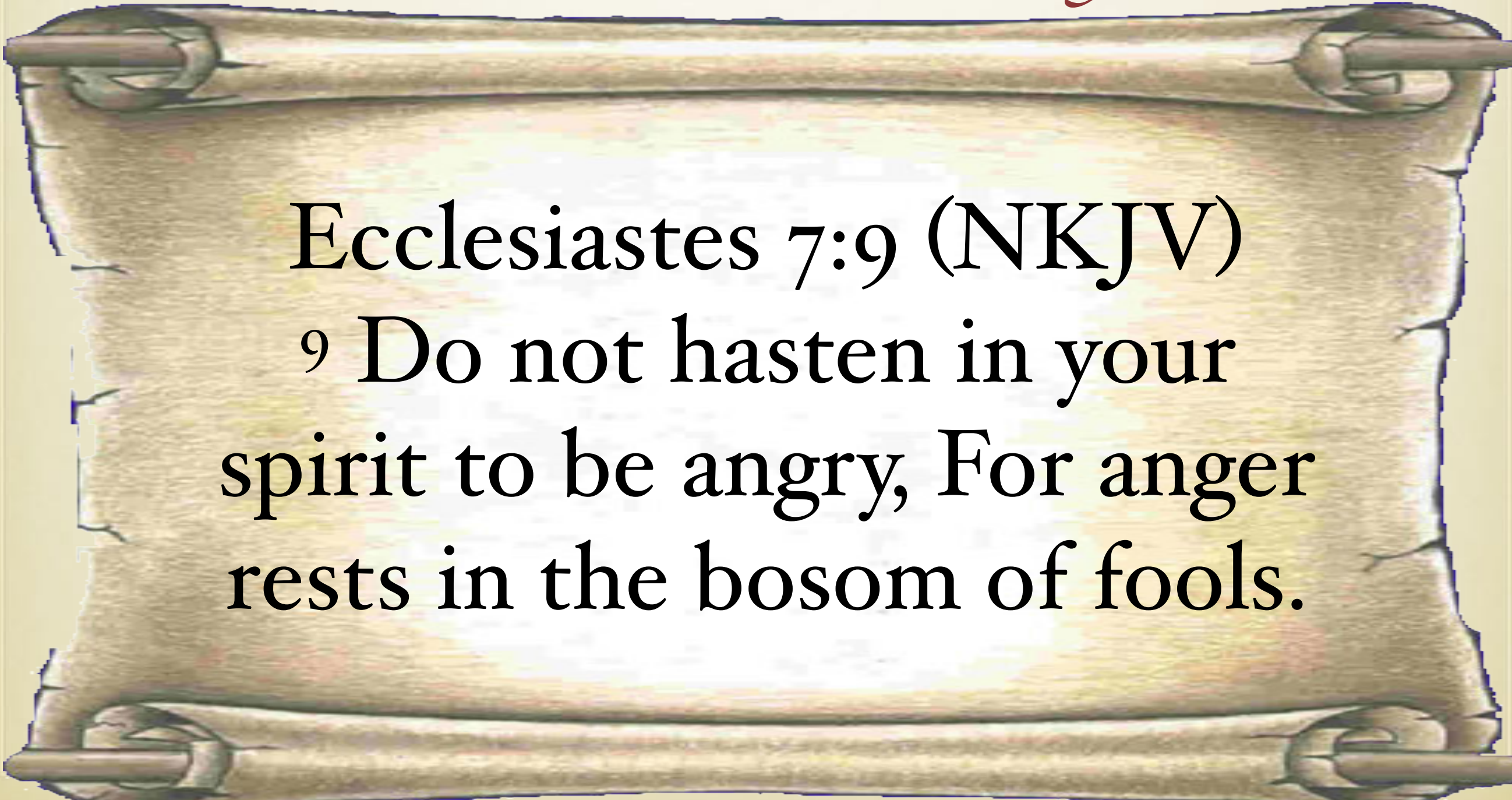
"Returning violence for violence
multiplies violence,
adding deeper darkness to a night
already devoid of stars...
Hate cannot drive
out hate:
only love can do that."

Martin Luther King Jr.



DEALING WITH ANGER

Wisdom & Anger

A scroll with a light beige, textured surface, showing signs of age and wear. It is held open by four dark, ornate metal clasps at the corners. The text is written in a black, serif font.

Ecclesiastes 7:9 (NKJV)
⁹ Do not hasten in your
spirit to be angry, For anger
rests in the bosom of fools.

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Wisdom & Anger

Proverbs 14:17 (NKJV)

¹⁷ A quick-tempered *man*
acts foolishly, And a man of
wicked intentions is hated.

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Wisdom & Anger

Proverbs 15:1 (NKJV)

¹ A soft answer turns away
wrath, But a harsh word
stirs up anger.

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Wisdom & Anger

Proverbs 15:18 (NKJV)

¹⁸ A wrathful man stirs up
strife, But *he who is* slow to
anger allays contention.

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Wisdom & Anger

Proverbs 16:32 (NKJV)

32 He who is slow to anger is better than the mighty, And he who rules his spirit than he who takes a city.

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Wisdom & Anger

Proverbs 22:24-25 (NKJV)

²⁴ Make no friendship with an angry man, And with a furious man do not go, ²⁵ Lest you learn his ways And set a snare for your soul.

DEALING WITH ANGER

Forms of Sinful Anger

**Ephesians 4:31-32
(NKJV)**

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



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Forms of Sinful Anger

- **“Bitterness”** – a spirit of resentment
- **“Wrath”** - is a boiling agitated feeling.
- **“Anger”** - seethes within a man and may break out in some word or action which attacks the person or character of the one against whom it expresses contempt.
- **“Clamor”** - is the outburst of noisy contentions. The original word meant to cry out.
- **“Slander”** – railing or accusing another. Same word which is used of those who blaspheme the name of God.

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Causes of Sinful Anger

- **Not getting our way:** Some people grow angry when they lose control of a situation.
- **Feeling rejected:** Being excluded, overlooked, or mistreated can stir up hostility.
- **Loss:** Losing what we cherish, or simply fearing that loss.
- **Disappointment:** Unmet expectations can lead to anger.
- **Injustice:** When mistreated, we can become hateful, vengeful, or bitter
- **Feeling inadequate:** Comparing our life to the lives of others may upset us.

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Consequences of Sinful Anger

- **The physical effects of anger are both immediate and long-term.** - It's devastating to the body to carry bitterness, hatred and an unforgiving spirit.
- **Destroys relationships** – families, friendships, churches, businesses, communities, etc.
- **Passive aggression** occurs when we're angry about something but express our negative feelings in indirect or passive ways (e.g. sulking, cease communication).
- **Depression** (*can be chemical, but*) often is the result of unresolved conflict in a person's heart.

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Consequences of Sinful Anger



- Broken relationship with God (Mat. 5:23, 24).
- Violence / Judgment (Mat. 5:21-26)
- Critical / judgmental spirit (Mat. 7:1-5).
- Broken relationships with others (Eph. 4:29).
- Absence of peace (Hebrews 12:14-15).
- Emotional Isolation (1 Pet 3:7; Col. 3:19)
- Frustration and Anxiety (Philippians 4:5).
- Obstructionism — (Acts 7:54,57,58; 11:2)

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How To Handle Our Anger

Ephesians 4:26–32

- **“Be angry and sin not”** – Make sure our anger is justified and controlled. 26
- **“Do not let the sun go down on your wrath”** – Do not internalize your anger. 26
- **“Nor give place to the devil”** – The devil is looking for any open door to lead you into sin - 26



DEALING WITH ANGER

How To Handle Our Anger

Ephesians 4:26–32

- Speak “what is good for necessary edification, that it may impart grace to the hearers.” — 29
- “And be kind to one another, tenderhearted, — 32
- “forgiving one another, even as God in Christ forgave you.” — 32



DEALING WITH ANGER

How To Handle Our Anger



- **Own up** to your anger.
- **Identify** the source of your anger - don't misdirect your response.
- **Deal correctly** with anger quickly – Don't blow up or let it simmer.
- **Forgive** others just as God forgave you - His willingness to forgive is our model.
- **Be proactive** - Learn to identify things that cause you to be angry.

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How To Handle Our Anger



- Know God's Will — (Ep. 5:17)
- Pray for wisdom — (Jam 1:5)
- Always be ready to Forgive — imitate Christ — (Col. 3:13)
- Self control — (1 Cor. 9:27).
- Acknowledgement of God's grace / count our blessings — (Phili 4:6-8; Eph. 1:3-13)

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(Romans 12:9-21)



Anger,
unchecked, can
lead to a lonely,
miserable and
godless life –

The gospel of
Christ leads to
love joy and
peace – and
eternal life -

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(Romans 12:9-21)



Charts by Don McClain / Preached August 20, 2017

West 65th Street church of Christ P.O. Box 190062 / Little Rock AR 72219 / 501-568-1062 / Email – donmcclain@sbcglobal.net

Prepared using Keynote 2014 – More PPT & Audio Sermons:

<http://w65stchurchofchrist.org/coc/>

MATTHEW 5:21-26 (NKJV)

²¹ “You have heard that it was said to those of old, ‘*You shall not murder*, and whoever murders will be in danger of the judgment.’ ²² But I say to you that whoever is angry with his brother without a cause shall be in danger of the judgment. And whoever says to his brother, ‘Raca!’ shall be in danger of the council. But whoever says, ‘You fool!’ shall be in danger of hell fire.

MATTHEW 5:21-26 (NKJV)

²³ Therefore if you bring your gift to the altar, and there remember that your brother has something against you, ²⁴ leave your gift there before the altar, and go your way. First be reconciled to your brother, and then come and offer your gift.

MATTHEW 5:21-26 (NKJV)

²⁵ Agree with your adversary quickly, while you are on the way with him, lest your adversary deliver you to the judge, the judge hand you over to the officer, and you be thrown into prison. ²⁶ Assuredly, I say to you, you will by no means get out of there till you have paid the last penny.

[Klan-Destine Relationships: A Black Man's Odyssey in the Ku Klux ...](#)

<https://www.amazon.com/Klan-Destine-Relationships-Black-Mans.../0882822691>

Klan-Destine Relationships: A **Black Man's** Odyssey in the **Ku Klux Klan** [Daryl ... Try **going** to Daryl Davis' web site and you can purchase this book for \$21.00.

[Black Man Gets KKK Members To Disavow By Befriending Them ...](#)

www.huffingtonpost.com/.../black-man-daryl-davis-befriends-kkk-documentary-acci...

Dec 22, 2016 - **Black Man** Gets KKK Members To Disavow By Befriending Them ... in hate groups like the **Klu Klux Klan** by calmly confronting them with the question: ... “ Stop wasting your time **going** to people's houses who don't love you, Rumors Of KKK Rally In Durham Inspire Counterprotesters To Turn Out In Drove ...

[Black man convinces 200 Ku Klux Klansmen to leave white ...](#)

www.independent.co.uk › News › World › Americas

Dec 22, 2016 - **Black man** convinces 200 Ku Klux Klansmen to leave white ... 5 reasons why Steve Bannon had to **go** ... A **black man** says he has accidentally persuaded around 200 white racists to abandon the **Klu Klux Klan** simply by befriending them. positivity has come out of my **meetings** and friendships with them.

[What can one black man's outreach to the Ku Klux Klan teach us about ...](#)

<https://www.americamagazine.org/.../what-can-one-black-mans-outreach-ku-klux-kla...>

Apr 6, 2017 - What can one **black man's** outreach to the **Ku Klux Klan** teach us about healing? ... that might seem like a rhetorical device **coming** from any other speaker, but ... Davis's **meeting** with his “good friend” Frank Ancona, an active ...

[Documentary About Black Man's Attempt to Befriend Ku Klux Klan ...](#)

www.nbcnews.com/.../documentary-about-black-man-s-attempt-befriend-ku-klux-kla...

Mar 8, 2016 - Documentary About **Black Man's** Attempt to Befriend **Ku Klux Klan** ... two decades , Daryl Davis, an African-American musician, has been **going** out of ... After a chance **meeting** with a member of the KKK following a gig, Davis ...

[Daryl Davis - Wikipedia](#)

https://en.wikipedia.org/wiki/Daryl_Davis

Daryl Davis is an American R&B and blues musician, author, actor and bandleader. Known for ... Davis explained to the **man** that “Jerry Lee learned to play from **black** blues and ... Davis eventually **went** on to befriend over 20 members of the KKK. ... Among the "Knights of the **Ku Klux Klan**" he interviewed were Grand Klaliff ...