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# Letting Go Of Anger

How can I forgive  
when it hurts so much

# Letting Go Of Anger



## **Ephesians 4:26-27 (NKJV)**

<sup>26</sup> *"Be angry, and do not sin":* do not let the sun go down on your wrath,  
<sup>27</sup> nor give place to the devil.

# Letting Go Of Anger



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

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

<sup>32</sup> And be kind to one another, tenderhearted, forgiving one another, just as God in Christ forgave you.



# Letting Go Of Anger

“A strong feeling of intense displeasure, hostility or indignation as a result of a real or imagined threat, insult, frustration or injustice toward yourself or others important to you.”



# Letting Go Of Anger



## **Three Categories of Anger:**

- ✦ Explosive Rage
- ✦ Suppressed Resentment
- ✦ Righteous Indignation

# Letting Go Of Anger

## Righteous/Unrighteous Anger

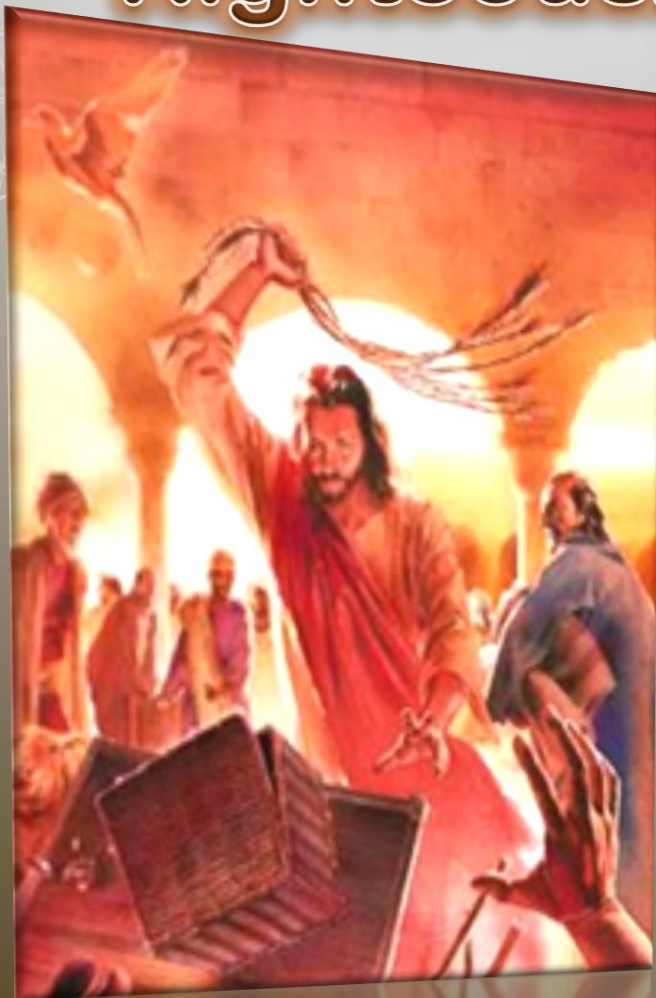


- ✦ **God can become angry – 490/350 -** (Num 25:3-11; 2 Chron. 36:16; Rom. 1:18)
- ✦ **Jesus expressed righteous anger** (Mark 3:2-5; John 2:13-17; Rev. 6:16).
- ✦ **Christians can have righteous anger.** (Eph 4:26; James 1:19; Rom 12:19-21; Ps. 119:104)



# Letting Go Of Anger

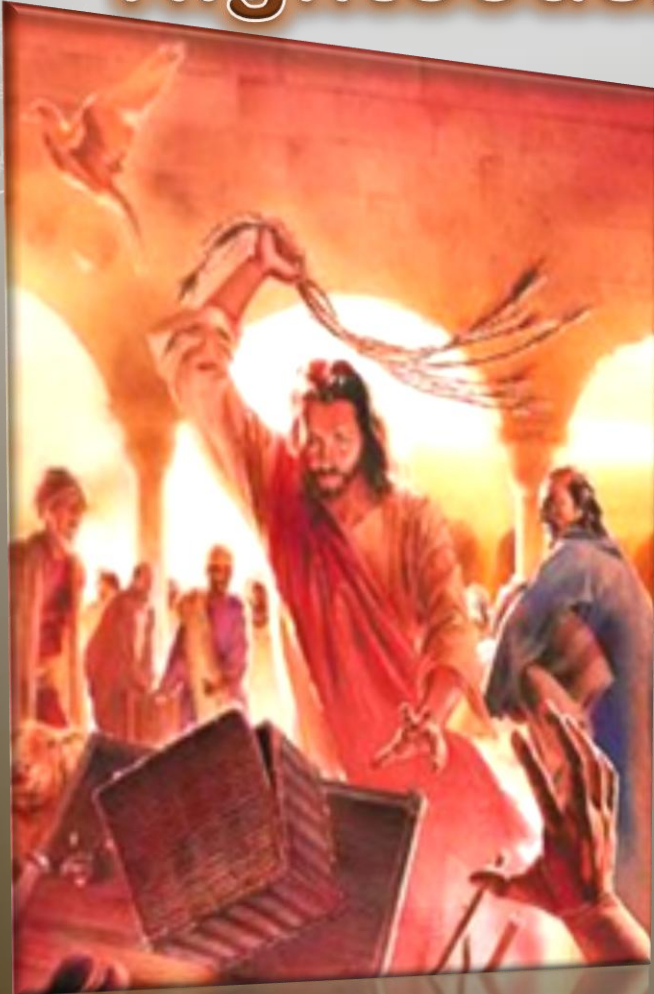
## Righteous/Unrighteous Anger



- ✦ **Can move us out of apathy to accomplish and achieve -**
  - ➡ Exposing sin and false teachers – Eph. 5:11
  - ➡ Standing up for the truth – Jude 1:3
  - ➡ Defending someone who is mistreated – Is. 10:2; Mat 23:14

# Letting Go Of Anger

## Righteous/Unrighteous Anger



✦ **Righteous anger is not vested in sinful self-interest.**

- ❖ “Am I angry because I am questioned or criticized?”
- ❖ “Is it without a justifiable cause?”
- ❖ “Am I cherishing anger?”
- ❖ “Do I have vengeful thoughts?”
- ❖ “Do I have an unforgiving spirit?”

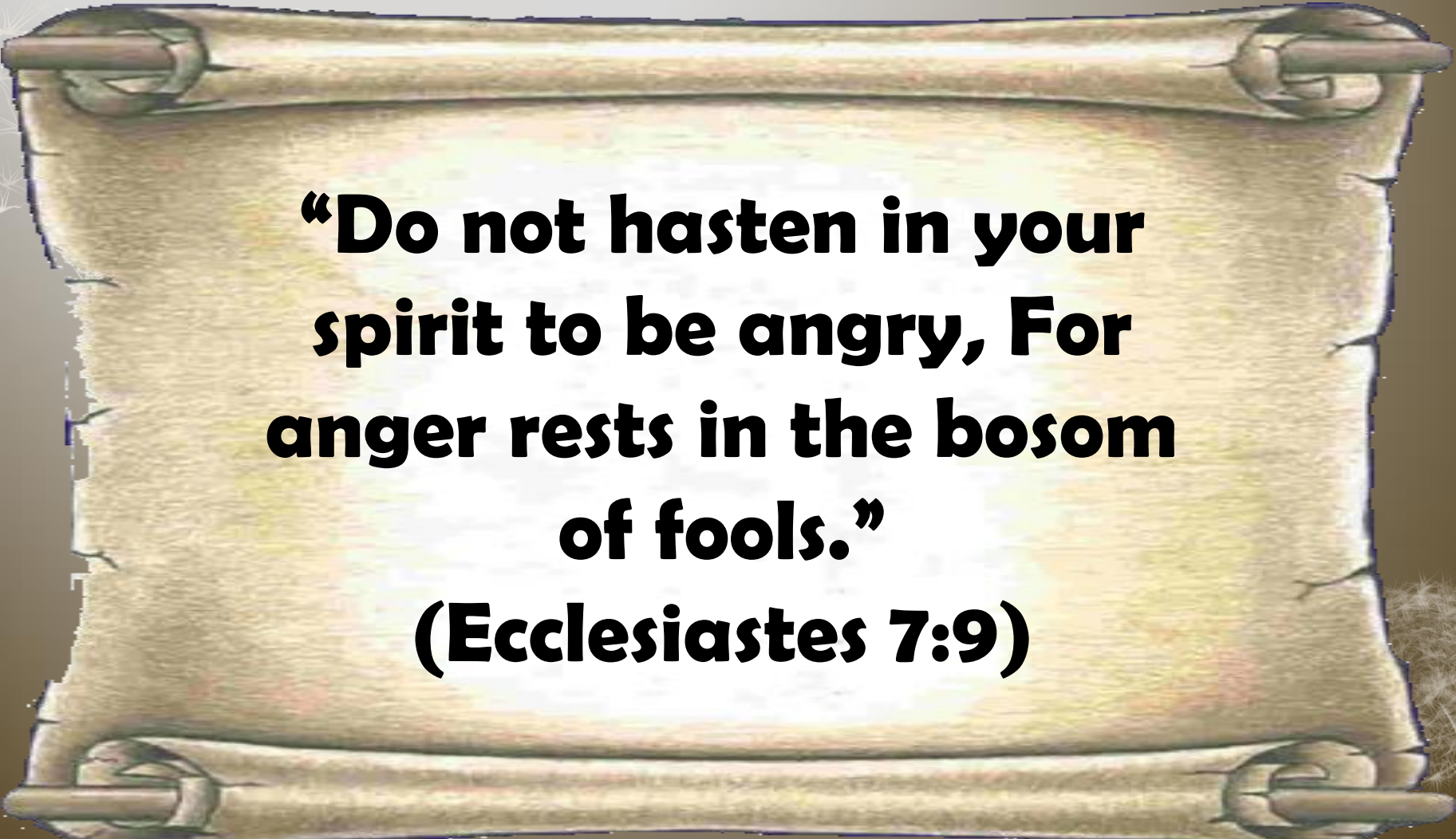


# Letting Go Of Anger

## 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.

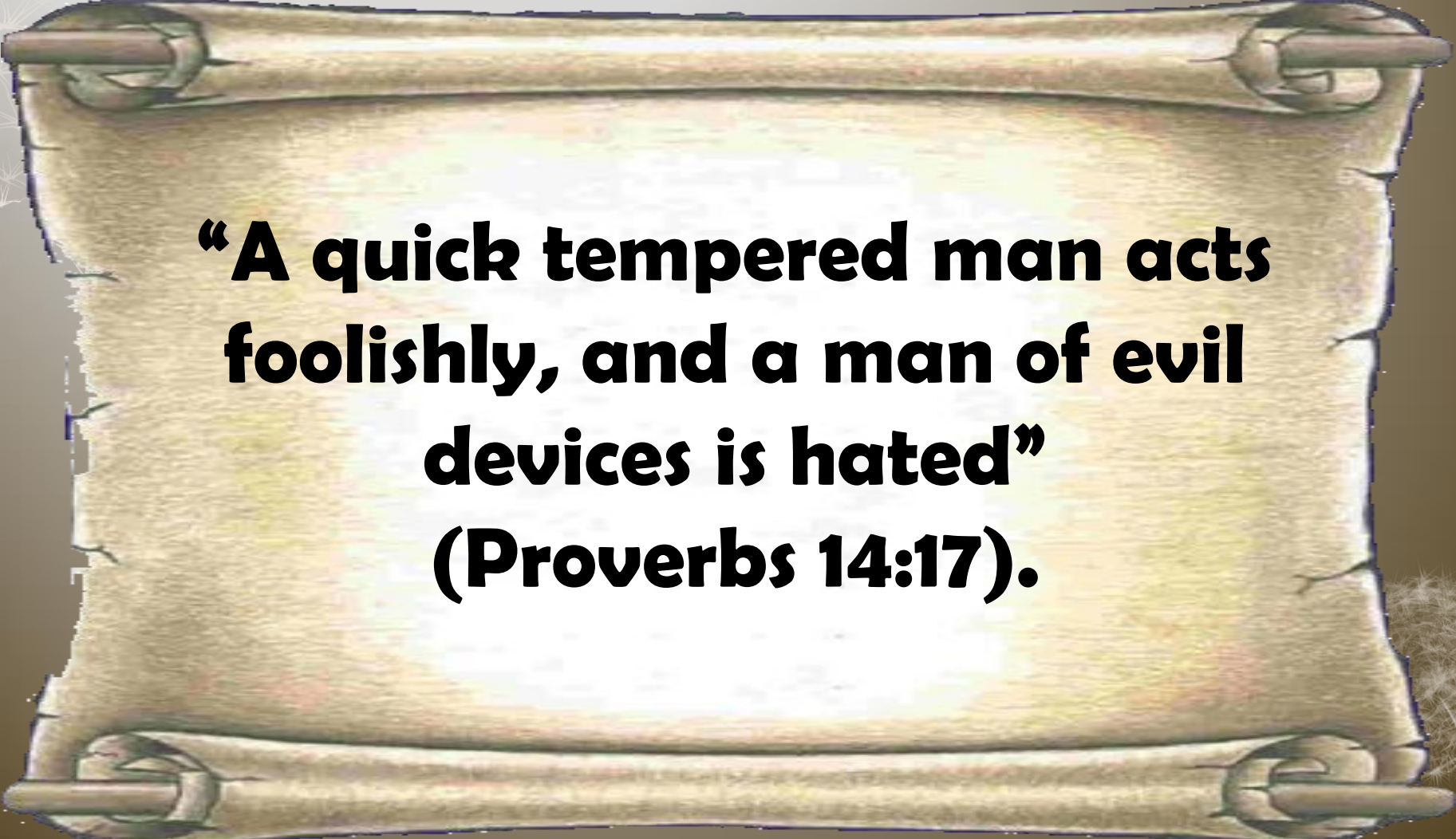
# Letting Go Of Anger

A scroll with a quote about anger. The scroll is unrolled and has a light brown, textured surface. The text is written in a bold, black, sans-serif font. The scroll is held by four wooden pegs at the corners.

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



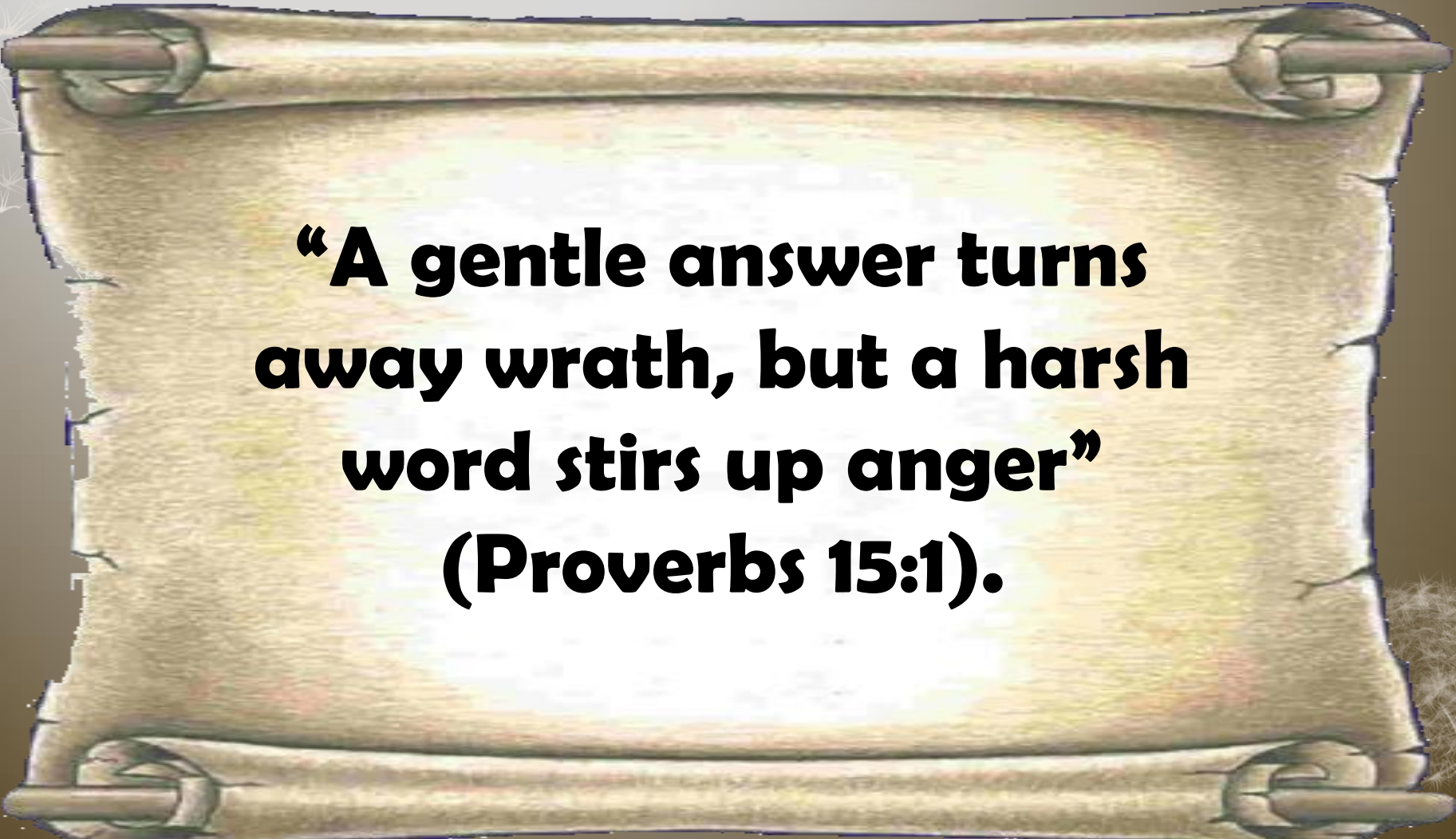
# Letting Go Of Anger

A scroll with a light beige, textured surface, showing signs of age and wear. It is rolled up at the top and bottom edges, with visible wooden or metal rollers. The text is written in a bold, black, sans-serif font, centered on the scroll.

**“A quick tempered man acts foolishly, and a man of evil devices is hated”  
(Proverbs 14:17).**

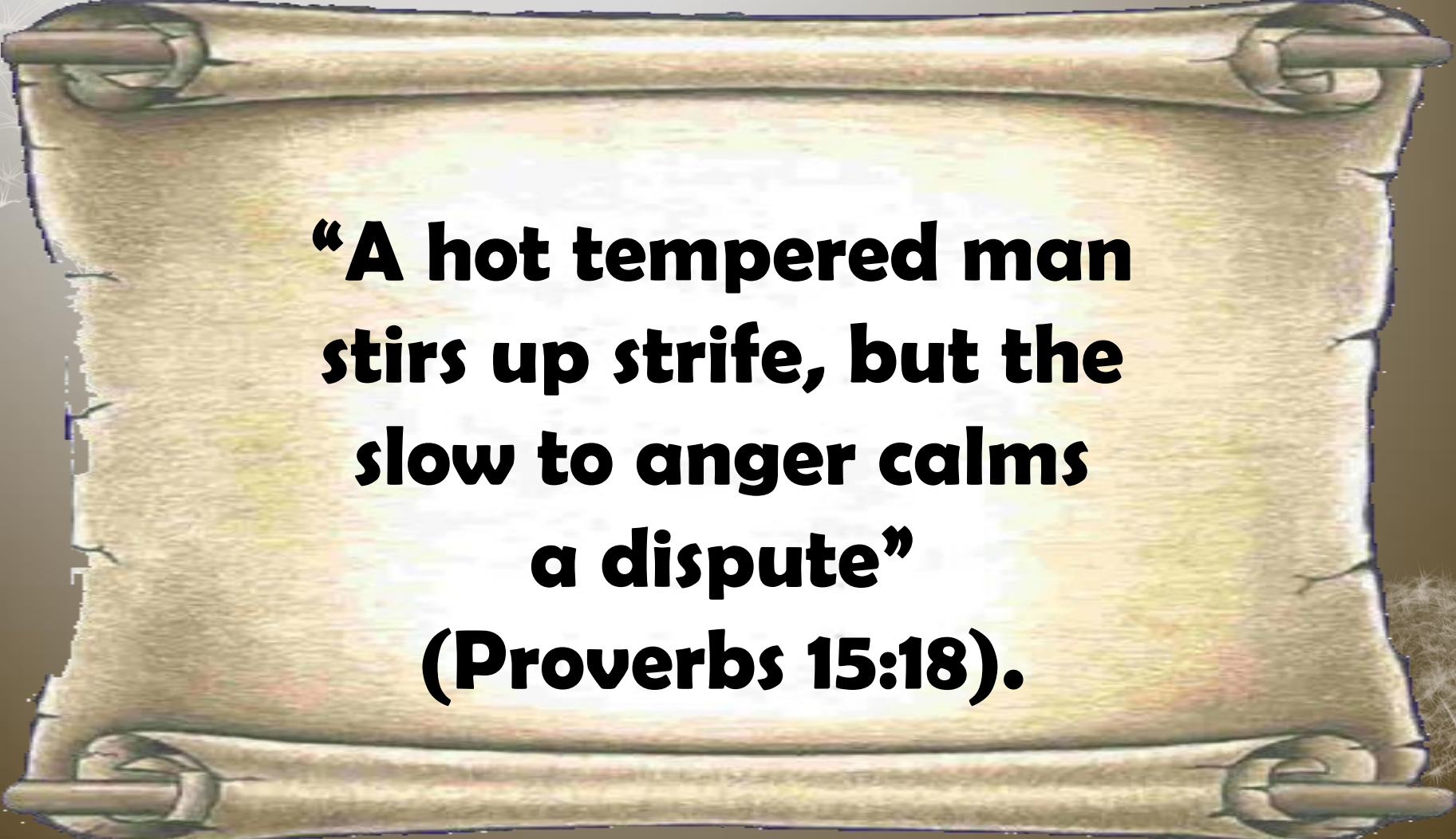


# Letting Go Of Anger

A scroll with a light beige, textured surface, showing signs of wear and aging. It is rolled up at the top and bottom edges, with visible wooden or metal rollers. The text is written in a bold, black, sans-serif font, centered on the scroll.

**“A gentle answer turns  
away wrath, but a harsh  
word stirs up anger”  
(Proverbs 15:1).**

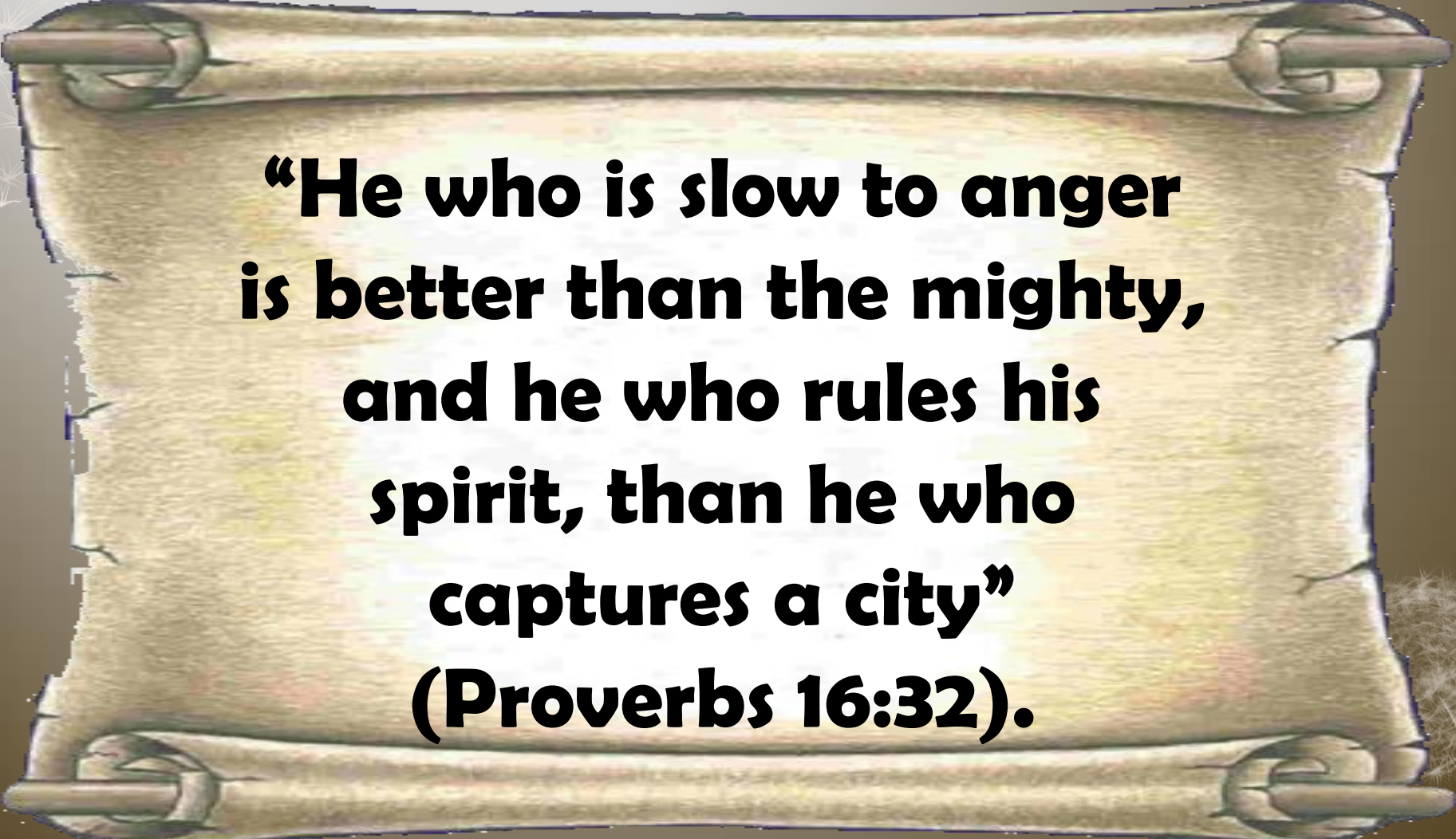
# Letting Go Of Anger

A scroll with a light beige, textured surface, showing signs of age and wear. It is rolled up at the top and bottom edges, with visible wooden or metal rollers. The text is written in a bold, black, sans-serif font, centered on the scroll.

**“A hot tempered man  
stirs up strife, but the  
slow to anger calms  
a dispute”  
(Proverbs 15:18).**



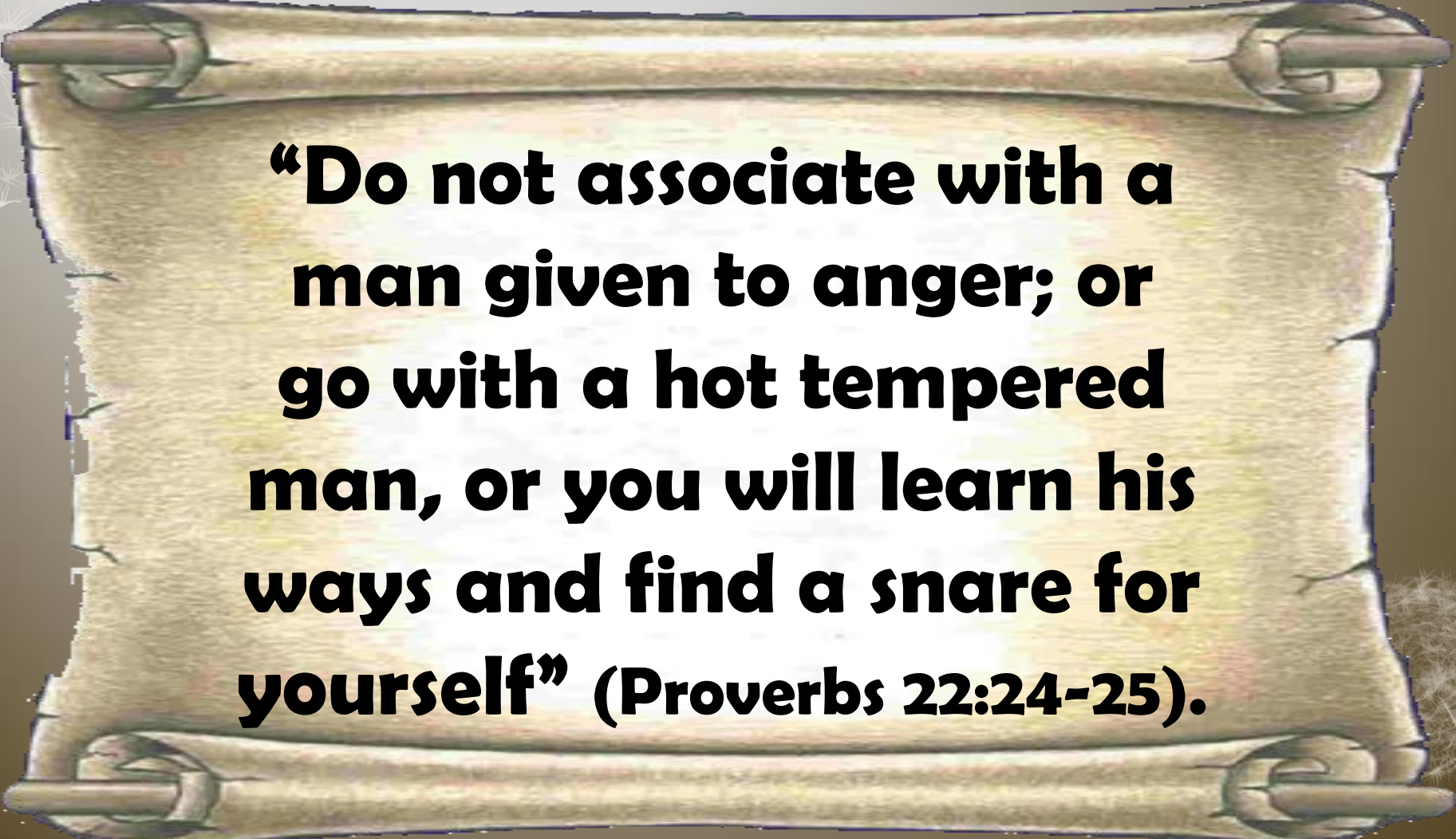
# Letting Go Of Anger

A scroll with a light beige, textured surface, showing signs of age and wear. It is held open by four wooden rollers, one at each corner. The text is written in a bold, black, sans-serif font, centered on the scroll.

**“He who is slow to anger  
is better than the mighty,  
and he who rules his  
spirit, than he who  
captures a city”  
(Proverbs 16:32).**



# Letting Go Of Anger

A scroll with a light beige, textured surface, showing signs of age and wear. It is held open by four wooden rollers, one at each corner. The text is written in a bold, black, sans-serif font, centered on the scroll.

**“Do not associate with a man given to anger; or go with a hot tempered man, or you will learn his ways and find a snare for yourself” (Proverbs 22:24-25).**

# Letting Go Of Anger

## 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, can make us angry.
- ✦ **Disappointment:** Unmet expectations can lead to anger.
- ✦ **Injustice:** When we are mistreated, we can become hateful, vengeful, or bitter
- ✦ **Feeling inadequate:** Comparing our life to the lives of others may upset us.

# Letting Go Of Anger

## Effects 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 most often it's the result of unresolved conflict in a person's heart.**



# Letting Go Of Anger

## Consequences of Sinful Anger

- ◆ Broken relationship with God (Matthew 5:23, 24).
- ◆ Broken relationships with others (Ephesians 4:29).
- ◆ Absence of peace (Hebrews 12:14-15).
- ◆ Critical spirit (Matthew 7:1-5).
- ◆ Emotional Isolation
- ◆ Frustration and Anxiety (Philippians 4:5).
- ◆ Obstructionism – oppose everything
- ◆ Lose enthusiasm
- ◆ Lack of Focus

**Grieves God's  
Heart**

**Hinders His  
Work**

**Prevents His  
Blessing**

# Letting Go Of Anger

## Three-Fold Warning of Text

- ◆ **“Be angry and sin not”** – Make sure our anger is justified and controlled.
- ◆ **“Do not let the sun go down on your wrath”** – Do not internalize your anger.
- ◆ **“Do not give the devil an opportunity”** – The devil is looking for any open door to lead you into sin



# Letting Go Of 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**
  - do NOT 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 the things that cause you to be angry.





# Letting Go Of Anger

## How To Handle Our Anger



- ✦ **Read God's Word**
- ✦ **Pray for wisdom**
- ✦ **Always be ready to Forgive – imitate Christ**
- ✦ **Acknowledgement of God's grace and count our blessings**
- ✦ **Mental Discipline (Philippians 4:6-8).**

# Letting Go Of Anger

Anger, unchecked, can lead to a  
lonely, miserable and godless life –  
The gospel of Christ leads to love  
joy and peace – and eternal life -



