



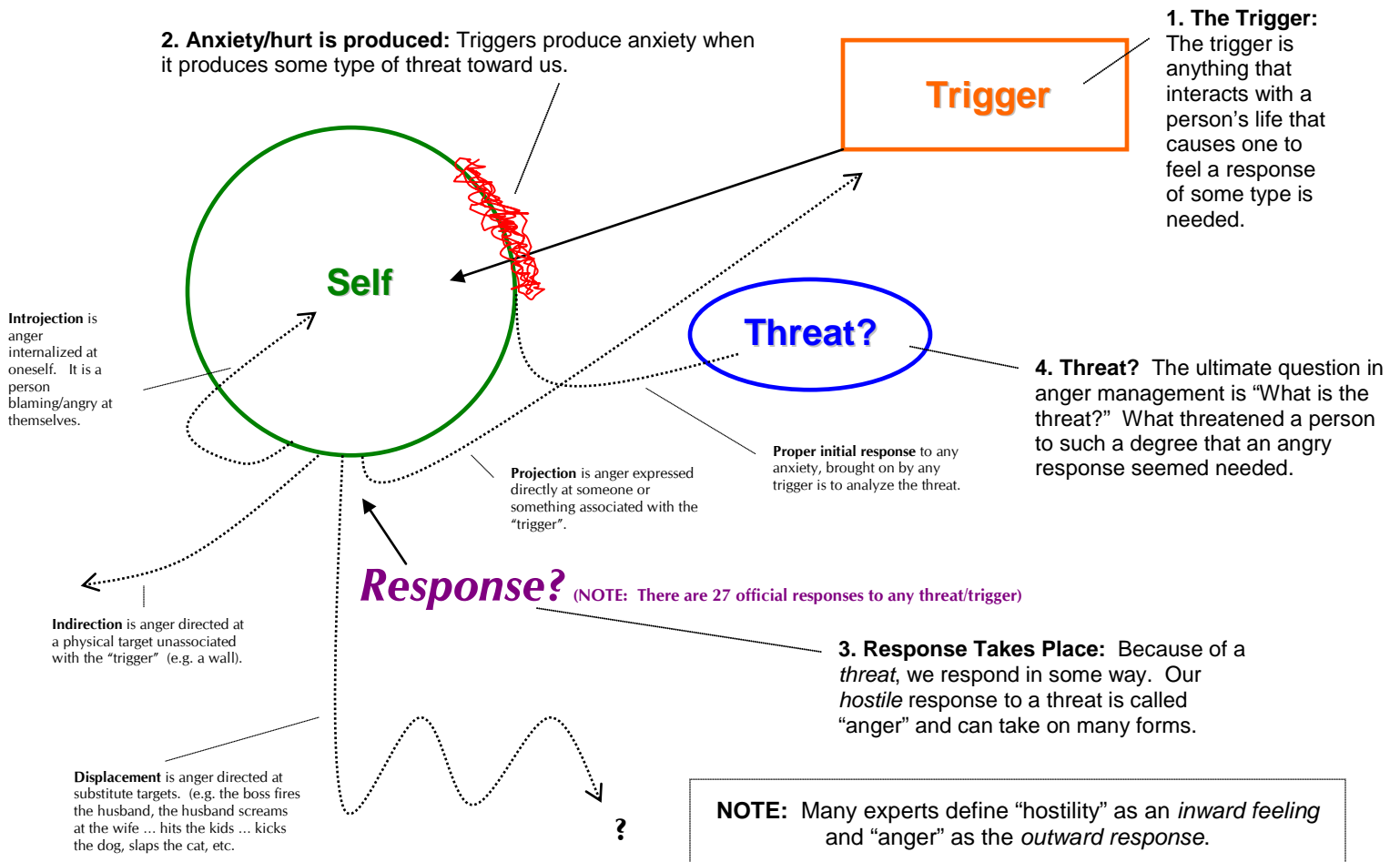
# Anger

This PASTOR'S GUIDE SHEET was developed by Dr. Joe K. Taylor, Senior Pastor, South Reno Baptist Church, Reno, NV • jtaylor@southreno.com  
 Scriptures are printed verbatim with references noted but highlights and underlines are added. Quotes and all primary sources are footnoted.

**Anger** is the emotional component of anxiety or hurt, which a person feels in the face of any threat (both real and perceived) which elicits from that person (either consciously or subconsciously) an aggressive response toward the threat. The response (either directly or indirectly) to a threat is called *anger*.

## Anger Management/Threat Model

Adapted from Dr. Andrew D. Lester, Ph.D. (Clinical Psychologist)



**Summary:** When any person, object, comment, event, etc., (called a "trigger") interacts with a person (i.e., **Self**) in such a way that it causes "**anxiety**". If this anxiety is to such a degree that a need within that person to "**respond**" intensifies, this response is called "anger". Though there are many ways to respond to "**triggers**" (i.e., directly, indirectly, displaced, projected, etc.), the proper, initial response to any trigger that produces a **threat** is to verify (a) the root cause of the threat and (b) legitimacy of that threat and (c) an appropriate moral response to that threat.

# Understanding Anger Management

## Summary Statements about Anger

1. Females generally express *fear* not *anger*; males generally express *anger*, not *fear*.
2. We respond to *threat* initially at a “subconscious level.” Our background, personal history to specific threats, personality traits, age, gender, etc., all affect our response to any threat.
3. There are three types of threats:
  - i. Physical – (e.g., traffic, bills, robber, people, objects, report, any life threatening situation, etc.)
  - ii. Emotional – (e.g., jealousy, not being needed/loved/respected, relation dysfunctions, etc.)
  - iii. Psychological/Mental – (e.g., falsely perceived threats, wounded self value, “soul injuries”)
4. In good anger management, one will address the threat—not the trigger.
5. We can reduce our anger by (a) reducing the number of “triggers” that threaten us or by (b) addressing the “threats” caused by the triggers—or (c) both.
6. Not all anger is bad. (It is said of Jesus that He got “angry, but sinned not.”)
7. Any serious process by which a person seeks to understand their anger must involve answering the following questions:
  - What are the triggers?
  - What are the inappropriate response patterns to those triggers?
  - What are the appropriate response options to those triggers?
  - What is the root threat?
  - What can be done to alleviate the *root threat*, if appropriate? (Remember, some triggers may cause legitimate feelings of threats.)
  - How can either triggers be reduced and/or appropriate responses to those triggers be selected?
  - How does one's personality and personal history play a role in this process?
  - Is there a “sin issue” associated with this person's anger?
8. Ultimately, a good *plan of attack* must be developed to manage anger in a person's life based on a good understanding of these questions (see # 7). Depending on the severity, a professional counselor, physician, trusted friend, and/or pastor may all help a person develop a good plan for managing and understanding their anger. There are also many resources (i.e., books, web sites, etc.) available today regarding of Anger Management.

[NOTE: APPENDIX A in this packet allows one to document their “Anger History”. It is located on page 8.]

*A fool gives full vent to his anger,  
but a wise man keeps himself under control.*

—Proverbs 29:11 (NIV)

## B. Biblical Instructions regarding Anger:

Source: Adapted from the *MacArthur's Topical Bible*. <sup>1</sup> All scripture is taken from the New King James Version of the Bible.

### Anger is forbidden, if unjust or uncontrolled.

**Eccl 7:9** *Do not hasten in your spirit to be angry, For anger rests in the bosom of fools.*

**Matt 5:22** *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.*

**Rom 12:19** *Beloved, do not avenge yourselves, but rather give place to wrath; for it is written, "Vengeance is Mine, I will repay," says the Lord.*

### Anger is a work of the flesh.

**Gal 5:20** *idolatry, sorcery, hatred, contentions, jealousies, outbursts of wrath, selfish ambitions, dissensions, heresies,*

### Anger is a characteristic of fools.

**Prov 12:16** *A fool's wrath is known at once, but a prudent man covers shame.*

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

**Prov 27:3** *A stone is heavy and sand is weighty, but a fool's wrath is heavier than both of them.*

**Eccl 7:9** *Do not hasten in your spirit to be angry, for anger rests in the bosom of fools.*

### Anger is connected with...

#### Pride.

**Prov 21:24** *A proud and haughty man—"Scoffer" is his name; He acts with arrogant pride.*

#### Cruelty.

**Gen 49:7** *Cursed be their anger, for it is fierce; and their wrath, for it is cruel! I will divide them in Jacob and scatter them in Israel.*

**Prov 27:3–4** *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?*

#### Clamor and evil speaking.

**Eph 4:31** *Let all bitterness, wrath, anger, clamor, and evil speaking be put away from you, with all malice.*

#### Malice and blasphemy.

**Col 3:8** *But now you yourselves are to put off all these: anger, wrath, malice, blasphemy, filthy language out of your mouth.*

#### Strife and contention.

**Prov 21:19** *Better to dwell in the wilderness, than with a contentious and angry woman.*

**Prov 29:22** *An angry man stirs up strife, and a furious man abounds in transgression.*

**Prov 30:33** *For as the churning of milk produces butter, and wringing the nose produces blood, So the forcing of wrath produces strife.*

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<sup>1</sup>MacArthur, John: *The MacArthur Topical Bible : New King James Version*. Nashville, Tenn. : Word Pub., 1999, S. 62

## **Anger brings its own punishment.**

**Job 5:2** *For wrath kills a foolish man, and envy slays a simple one.*

**Prov 19:19** *A man of great wrath will suffer punishment; for if you rescue him, you will have to do it again.*

**Prov 25:28** *Whoever has no rule over his own spirit is like a city broken down, without walls.*

## **Grievous words stir up anger.**

**Judges 12:4** *Now Jephthah gathered together all the men of Gilead and fought against Ephraim. And the men of Gilead defeated Ephraim, because they said, "You Gileadites are fugitives of Ephraim among the Ephraimites and among the Manassites."*

**2 Sam 19:43** *And the men of Israel answered the men of Judah, and said, "We have ten shares in the king; therefore we also have more right to David than you. Why then do you despise us—were we not the first to advise bringing back our king?" Yet the words of the men of Judah were fiercer than the words of the men of Israel.*

**Prov 15:1** *A soft answer turns away wrath, but a harsh word stirs up anger.*

## **Anger should not betray a person into sin.**

**Ps 37:8** *Cease from anger, and forsake wrath; do not fret—it only causes harm.*

**Eph 4:26** *"Be angry, and do not sin": do not let the sun go down on your wrath,*

## **In prayer we can be free from anger.**

**1 Tim 2:8** *I desire therefore that the men pray everywhere, lifting up holy hands, without wrath and doubting;*

## **Anger may be averted by wisdom.**

**Prov 29:8** *Scoffers set a city aflame, but wise men turn away wrath.*

## **Meekness pacifies anger.**

**Prov 15:1** *A soft answer turns away wrath, but a harsh word stirs up anger.*

**Ecl 10:4** *If the spirit of the ruler rises against you, do not leave your post; for conciliation pacifies great offenses.*

## **Children should not be provoked to anger.**

**Eph 6:4** *And you, fathers, do not provoke your children to wrath, but bring them up in the training and admonition of the Lord.*

**Col 3:21** *Fathers, do not provoke your children, lest they become discouraged.*

## **Be slow to anger.**

**Prov 15:18** *A wrathful man stirs up strife, But he who is slow to anger allays contention.*

**Prov 16:32** *He who is slow to anger is better than the mighty, and he who rules his spirit than he who takes a city.*

**Prov 19:11** *The discretion of a man makes him slow to anger, and his glory is to overlook a transgression.*

**Titus 1:7** *For a bishop must be blameless, as a steward of God, not self-willed, not quick-tempered, not given to wine, not violent, not greedy for money,*

**James 1:19** *So then, my beloved brethren, let every man be swift to hear, slow to speak, slow to wrath;*

## **Avoid those given to much anger.**

**Gen 49:6** *Let not my soul enter their council; let not my honor be united to their assembly; For in their anger they slew a man, And in their self-will they hamstrung an ox.*

**Prov 22:24** *Make no friendship with an angry man, and with a furious man do not go,...*

## Justifiable Anger—Illustrated by ...

### Our Lord

**Mark 3:5** *And when He had looked around at them with anger, being grieved by the hardness of their hearts, He said to the man, "Stretch out your hand." And he stretched it out, and his hand was restored as whole as the other.*

### Jacob

**Gen 31:36** *Then Jacob was angry and rebuked Laban, and Jacob answered and said to Laban: "What is my trespass? What is my sin, that you have so hotly pursued me?"*

### Moses

**Ex 32:19** *So it was, as soon as he came near the camp, that he saw the calf and the dancing. So Moses' anger became hot, and he cast the tablets out of his hands and broke them at the foot of the mountain.*

### Nehemiah

**Neh 13:25** *So I contended with them and cursed them, struck some of them and pulled out their hair, and made them swear by God, saying, "You shall not give your daughters as wives to their sons, nor take their daughters for your sons or yourselves."*

## Sinful Anger—Illustrated by ...

### Cain

**Gen 4:5–6** *but He did not respect Cain and his offering. And Cain was very angry, and his countenance fell. 6 So the Lord said to Cain, "Why are you angry? And why has your countenance fallen?"*

### Esau

**Gen 27:45** *until your brother's anger turns away from you, and he forgets what you have done to him; then I will send and bring you from there. Why should I be bereaved also of you both in one day?"*

### Simeon and Levi

**Gen 49:5–7** *"Simeon and Levi are brothers; Instruments of cruelty are in their dwelling place. 6 Let not my soul enter their council; Let not my honor be united to their assembly; for in their anger they slew a man, and in their self-will they hamstrung an ox. 7 Cursed be their anger, for it is fierce; And their wrath, for it is cruel! I will divide them in Jacob and scatter them in Israel."*

### Moses

**Num 20:10–11** *And Moses and Aaron gathered the assembly together before the rock; and he said to them, "Hear now, you rebels! Must we bring water for you out of this rock?" 11 Then Moses lifted his hand and struck the rock twice with his rod; and water came out abundantly, and the congregation and their animals drank.*

### Balaam

**Num 22:27** *And when the donkey saw the Angel of the Lord, she lay down under Balaam; so Balaam's anger was aroused, and he struck the donkey with his staff.*

### Saul

**1 Sam 20:30** *Then Saul's anger was aroused against Jonathan, and he said to him, "You son of a perverse, rebellious woman! Do I not know that you have chosen the son of Jesse to your own shame and to the shame of your mother's nakedness?"*

## Ahab

**1 Kin 21:4** So Ahab went into his house sullen and displeased because of the word which Naboth the Jezreelite had spoken to him; for he had said, "I will not give you the inheritance of my fathers." And he lay down on his bed, and turned away his face, and would eat no food.

## Naaman

**2 Kin 5:11** But Naaman became furious, and went away and said, "Indeed, I said to myself, 'He will surely come out to me, and stand and call on the name of the Lord his God, and wave his hand over the place, and heal the leprosy.'

## Asa

**2 Chr 16:10** Then Asa was angry with the seer, and put him in prison, for he was enraged at him because of this. And Asa oppressed some of the people at that time.

## Uzziah

**2 Chr 26:19** Then Uzziah became furious; and he had a censer in his hand to burn incense. And while he was angry with the priests, leprosy broke out on his forehead, before the priests in the house of the Lord, beside the incense altar.

## Haman

**Esth 3:5** When Haman saw that Mordecai did not bow or pay him homage, Haman was filled with wrath.

## Nebuchadnezzar

**Dan 3:13** Then Nebuchadnezzar, in rage and fury, gave the command to bring Shadrach, Meshach, and Abed-Nebo. So they brought these men before the king.

## Jonah.

**Jon 4:4** Then the Lord said, "Is it right for you to be angry?"

## Herod

**Matt 2:16** Then Herod, when he saw that he was deceived by the wise men, was exceedingly angry; and he sent forth and put to death all the male children who were in Bethlehem and in all its districts, from two years old and under, according to the time which he had determined from the wise men.

## The Jews

**Luke 4:28** So all those in the synagogue, when they heard these things, were filled with wrath,



## INSPIRATIONAL SCRIPTURES ABOUT ANGER

*The wisdom that comes from God is first of all pure, then peaceful, gentle, and easy to please. This wisdom is always ready to help those who are troubled and to do good for others. It is always fair and honest.*

- JAMES 3:17

*When you are angry, do not sin, and be sure to stop being angry before the end of the day. Do not give the devil a way to defeat you.*

- EPHESIANS 4:26-27

*My dear brothers and sisters, always be willing to listen and slow to speak. Do not become angry easily, because anger will not help you live the right kind of life God wants.*

- JAMES 1:19-20

## Someone Once Said about Anger ... <sup>2</sup>

*He that would be angry and not sin, must be angry at nothing but sin.*

—Rev. William Secker, seventeenth century British minister\*

*Anyone can become angry. That is easy. But to be angry with the right person, to the right degree, at the right time, for the right purpose and in the right way—that is not easy.*

—Aristotle

*Quick, angry motions of the heart will sometimes force themselves into expression by the hand, though the tongue may be restrained. The very way in which we close a door or lay down a book may be a victory or a defeat....*

—Frances R. Havergal\*

*Anger is an acid that can do more harm to the vessel in which it is stored than to anything on which it is poured.*

—Unknown

*People who fly into a rage always make a bad landing.*

—Unknown

Anger is only one letter removed from Danger.

—Unknown

*“What is righteous indignation?” one child asked another. “I don’t know, but I think it means to get real mad and not cuss.”*

—Unknown



**A**nger. It’s easy to define: the noise of the soul. Anger. The unseen irritant of the heart. Anger. The relentless invader of silence....  
The louder it gets the more desperate we become....

Some of you are thinking ... you don’t have any idea how hard my life has been. And you’re right, I don’t. But I have a very clear idea how miserable your future will be unless you deal with your anger.

X-ray the world of the vengeful and behold the tumor of bitterness: black, menacing, malignant. Carcinoma of the spirit. Its fatal fibers creep around the edge of the heart and ravage it. Yesterday you can’t alter, but your reaction to yesterday you can. The past you cannot change, but your response to your past you can.

WHEN GOD WHISPERS YOUR NAME <sup>3</sup>

<sup>2</sup>Morgan, Robert J.: *Nelson’s Complete Book of Stories, Illustrations, and Quotes*. electronic ed. Nashville : Thomas Nelson Publishers, 2000, S. 28.

\* William Secker, *The Nonsuch Professor in His Meridian Splendor* (Chicago: Fleming H. Revell Co., 1899), 149.

\* Francis R. Havergal, *Kept for the Master’s Use* (Philadelphia: The Rodgers Company, n.d.), 55.

<sup>3</sup>Lucado, Max ; Gibbs, Terri A.: *God’s Inspirational Promises*. Nashville, TN : J. Countryman, 2001, 1996, S. 71.

