



Aligned Anger

Surrendered Emotions Series

Solid Rock Church

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ANGER MYTHS

Myth: Verbal venting releases the anger and we move on.

Truth: Verbal venting breeds more anger and locks it in.

Myth: Physical anger releases the anger and we move on.

Truth: Physical anger bonds with the person or object we strike, and our brain will want to repeat the process.



ANGER MYTHS

Myth: Anger is a bad or immoral emotion

Truth: Anger is a God given emotion to be processed and expressed

Myth: Anger is an inherited/modeled trait and can't be changed

Truth: Anger is from God, and its expression must be surrendered

Myth: Other people make us angry, and we lash out in defense

Truth: Anger is our response, and we express it yielded to Holy Spirit

Anger

An emotion characterized by annoyance, displeasure, or hostility toward someone or something you **perceive** as having done wrong.

Happy



Sad



Angry



Surprised



Scared



Disgusted



Part 1: The Emotion of Anger

Physiology of Anger

Identity Root

Masks of Anger

Trapped Healing

Un-surrendered Healing

the
heart
of

ANGER



Physiological Response

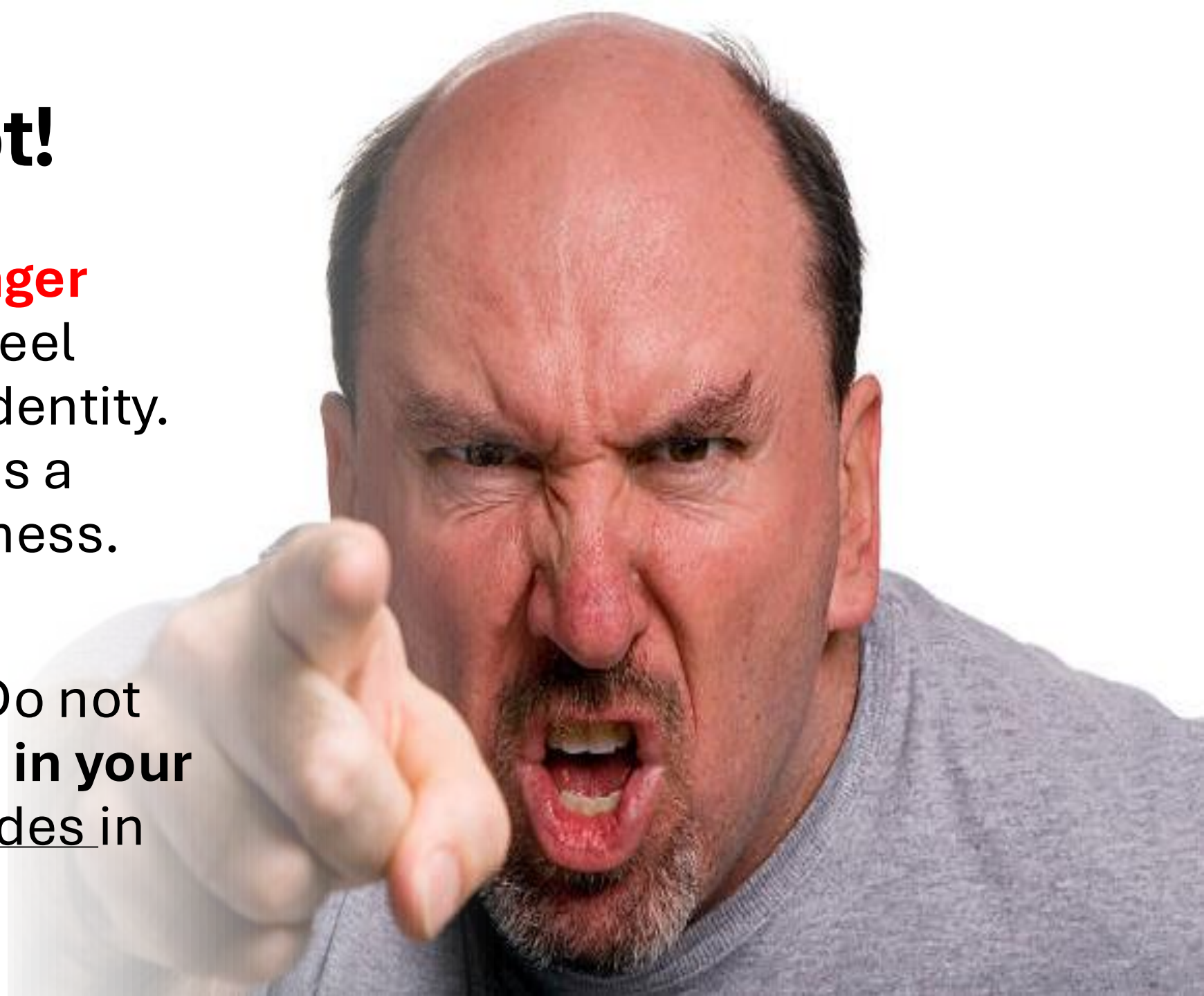
When we're **angry** our body goes through automatic and instantaneous changes.

- A surge of adrenaline and cortisol
- Increased blood pressure, heartbeat
- Tensed muscles, higher temperature
- Fight / flight / freeze / fawn reactions

Identity Root!

Harvard Health: Anger emerges when you feel threatened in your identity. At the root of anger is a sense of powerlessness.

Ecclesiastes 7: 9, Do not be quickly provoked **in your spirit**, for anger resides in the lap of fools.



Masks of Anger



When we're unable to correct or improve a situation that induces other **negative emotions...**

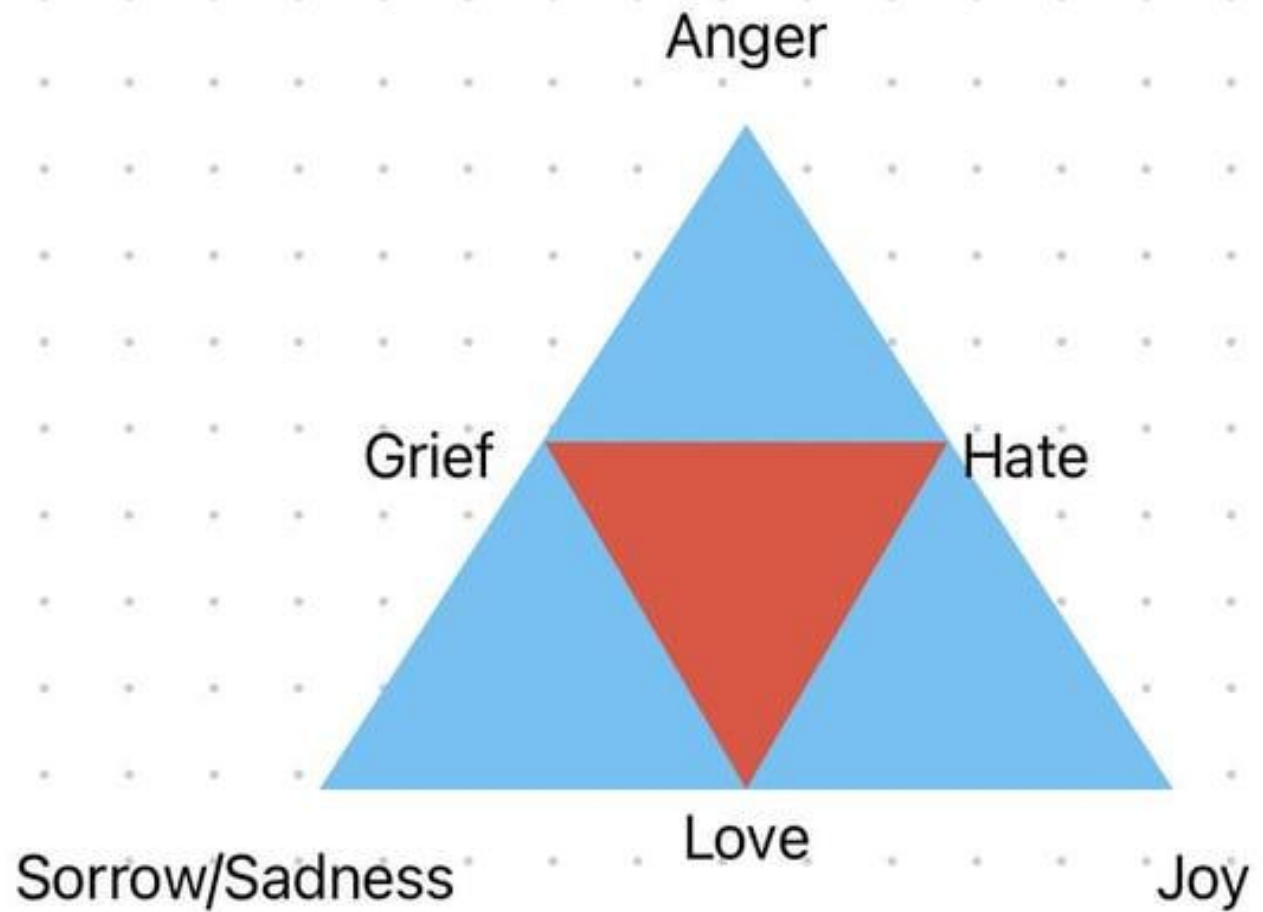
those feeling often converge into an expression of **anger.**

Trapped Healing

Extreme **anger** expression is often rooted in **life-long-locked feelings** associated with bullying, trauma, neglect, abuse, and rejection from childhood, family, and painfully engrained experiences.



Un-Surrendered Emotions Triangle



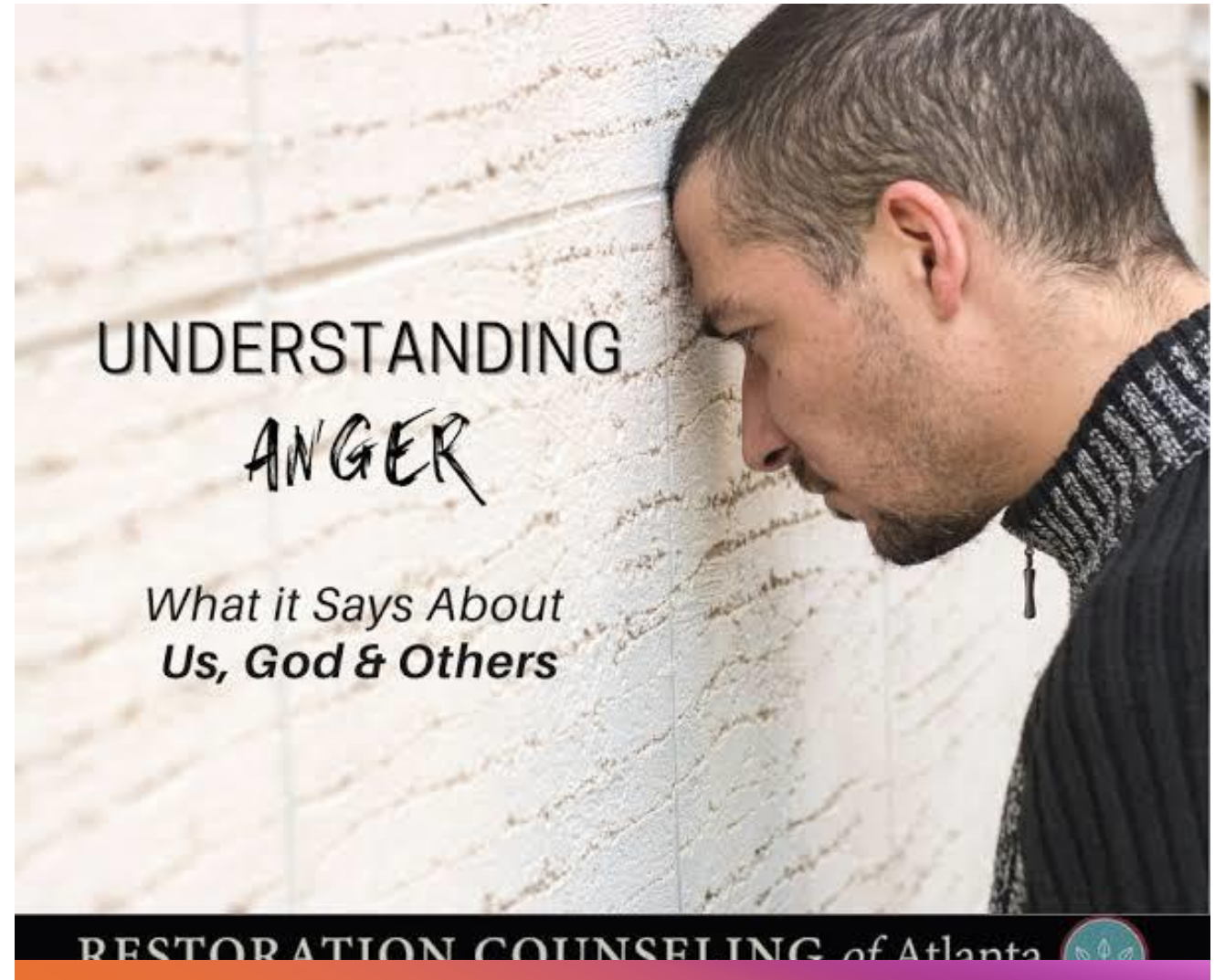
Part 2: God's Righteous Anger

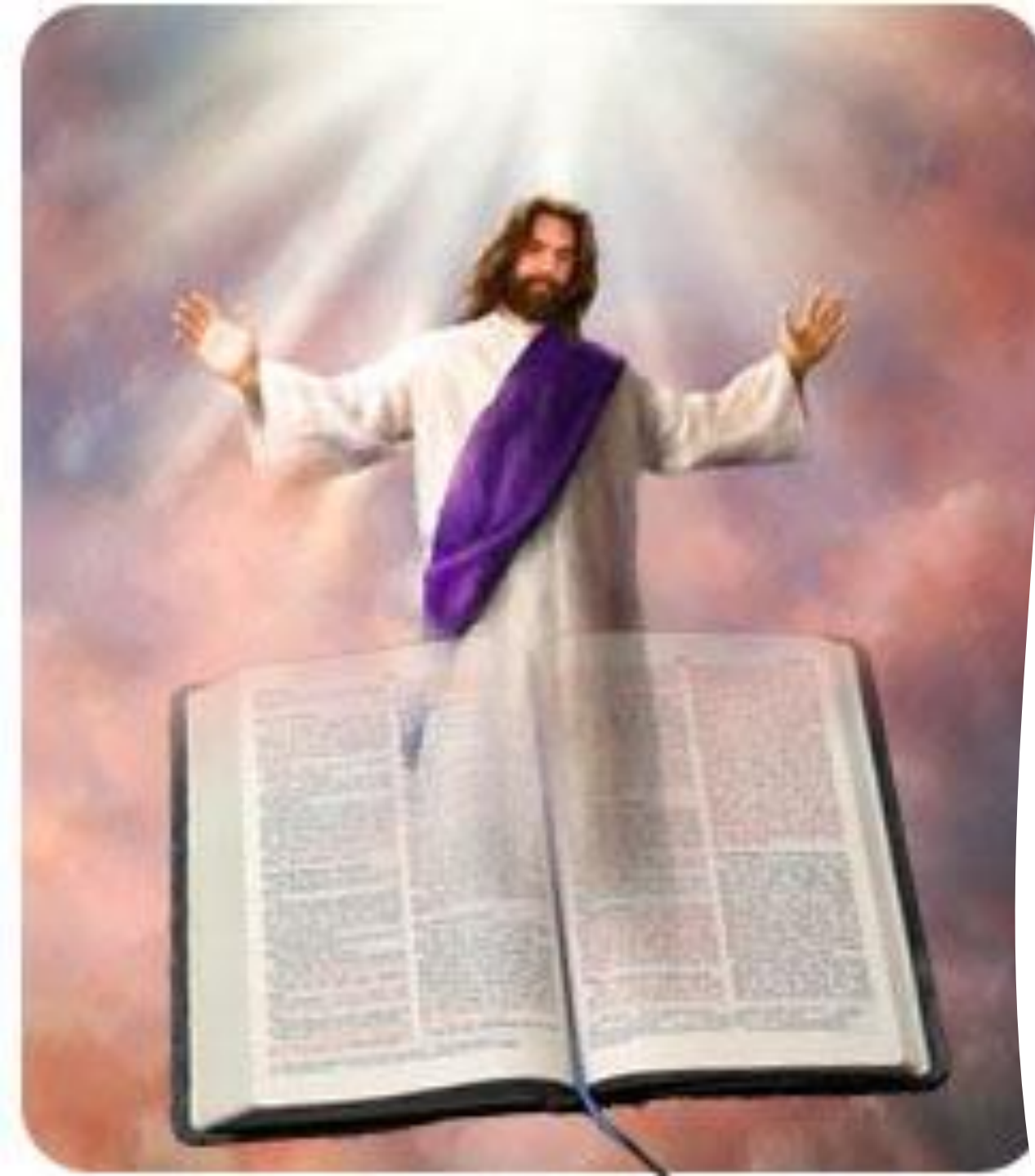
God Alignment

God's Righteous Anger

Righteous Anger of Jesus

Godlike Anger is Inevitable





God Alignment

God Alignment: bringing our heart, thoughts, and actions into agreement and harmony with God's will and Word.

Proverbs 3:5–6: Trust in the Lord with all your heart, and He will make your paths straight **when you submit** to Him.

Godly and Biblical Anger Alignment

We bring our understanding of **anger** and our expression of anger in alignment with God's **righteous anger** in His Spirit, modeled through His Son, and as taught in His Word.



GODLY ANGER
MUST BE
EXPRESSED IN A
GODLY MANNER.

WHAT ABOUT RIGHTEOUS ANGER?

Triggered by an injustice, cruelty, or violation of moral principles

Wrong doings, unfairness, or harm done to others

Seeks correction, restoration, or justice rather than revenge

Righteous Anger of God in the OT: Our Passivity and Complaining

Exodus 4:14, So, the **anger of the LORD** was kindled against Moses, and He said: "Is not Aaron the Levite your brother?"

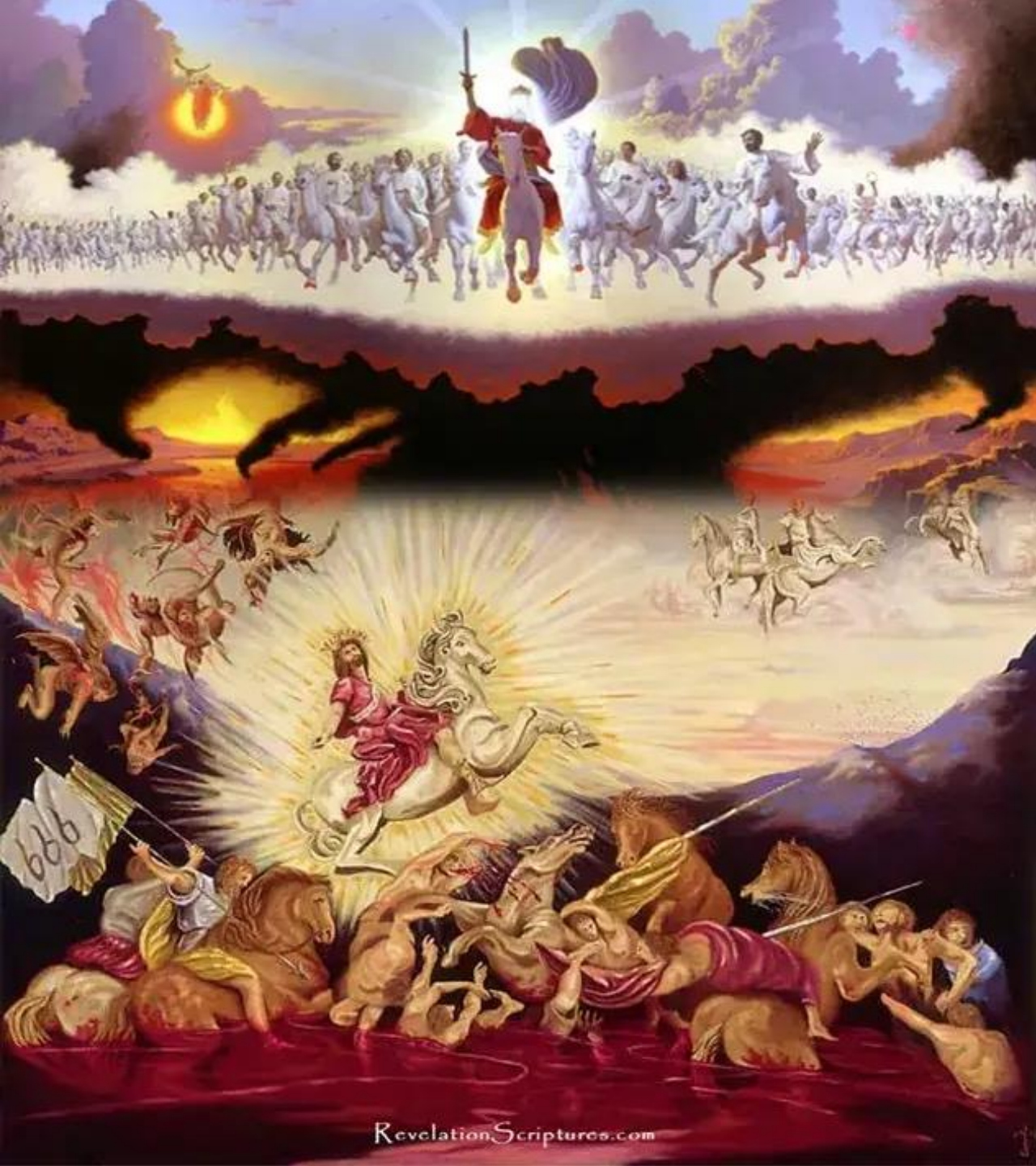
Numbers 11:1, Now *when* the people complained, it displeased the LORD; for the LORD heard *it*, and **His anger was aroused**.





Protection and Vindication Anger

Exodus 22: 22 – 24, You shall not abuse any widow or orphan. If you do abuse them, when they cry out to me, I will surely heed their cry; my **wrath will burn**, and I will kill you with the sword.



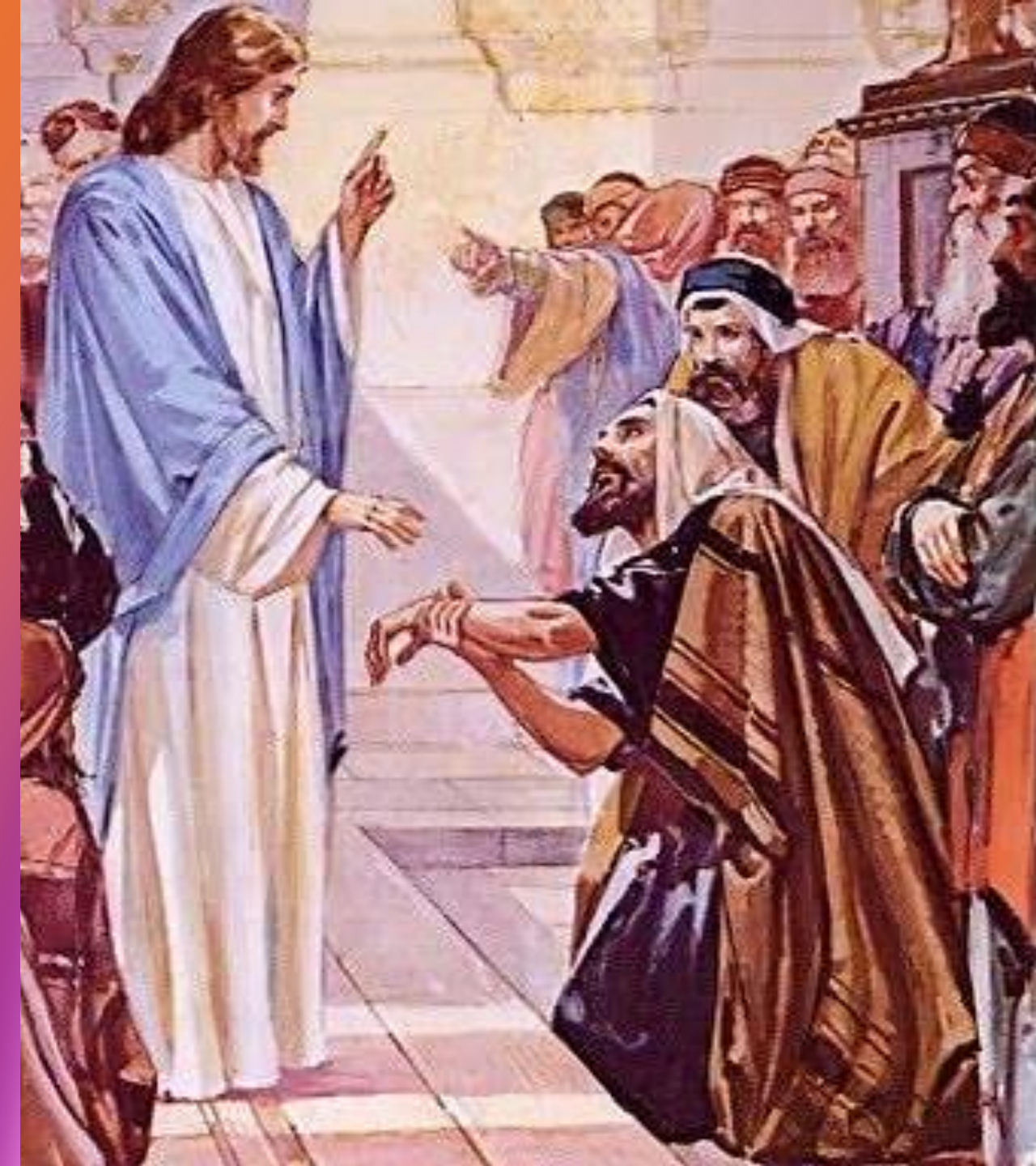
Angry God During Armageddon

Revelation 19: 15 – 16,
Coming out of his mouth is a sharp sword with which to strike down the nations. “He will rule them with an iron scepter.” He treads the winepress of the **fury of the wrath** of God Almighty.

Righteous Anger of Jesus

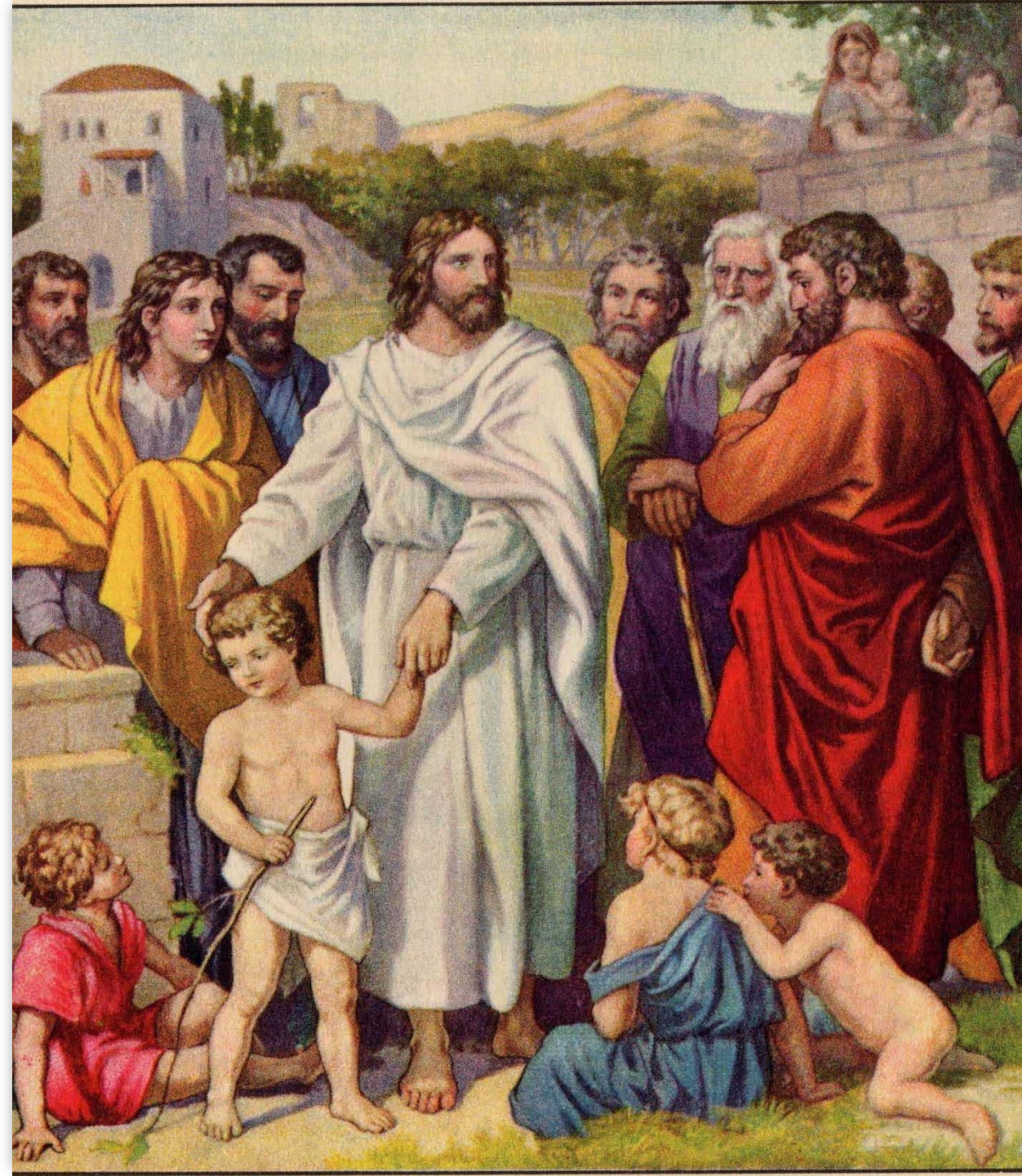
Jesus showed righteous anger when opposing sin, injustice, and the exploitation of vulnerable people.

Mark 3: 5, And Jesus looked around at them **with anger**, grieved at their **hardness of heart**, and said to the man, “Stretch out your hand.”



Righteous Anger of Jesus

Mark 10: 13 – 14, And people were bringing children to Jesus that he might touch them, and the disciples rebuked them. But when Jesus saw it, **he was furious** and said to them, “Let the children come to me; do not hinder them, for such belongs the kingdom of God.”



Godlike Anger is Inevitable

It's a primary emotion we all experience and express.

Our anger for injustice and cruelty is of God and from God.

Jesus exemplified a righteous anger, but from His position of Authority.

Anger Is Not A Sin (at least not all the time)



There are marked differences in how the Bible talks about God's anger and human anger. His anger is always righteous. Ours, not so much.



God's answer
to *anger* is
not suppression;
it's *surrender*.

Part 3: Aligning our Anger

How?

Proverbs and Paul

Definitive or distorted

Implosive or explosive

RAC your anger

Anger Inventory and Prayer

How Do We Align our Anger?

God Alignment: bringing our **heart**, **thoughts**, and **actions** into agreement and harmony with God's will and Word.

Heart: Recognize our typical emotional feelings in anger

Thoughts: Yield them immediately to the Holy Spirit

Actions: We need to assertively align our anger with God
Scripture, Prayer, Worship, Forgiveness

Proverbs About Un-Surrendered and Surrendered Anger

Proverbs 29:11, A fool gives full vent to his spirit, but a wise man **quietly holds it back**.

Proverbs 15:8, A hot-tempered man stirs up strife, but he who is **slow to anger quiets contention**.

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

2 Un-Surrendered Anger Styles

Implosive: internal - silence, withdrawal, denial, brooding

Explosive: external - screaming, swearing, hitting, attacking

Implosive: resentment + bitterness grow quickly and walls form

Explosive: resentment + bitterness earthquakes with aftershocks

Implosive: passive-aggressive behaviors, triangulation, gossip

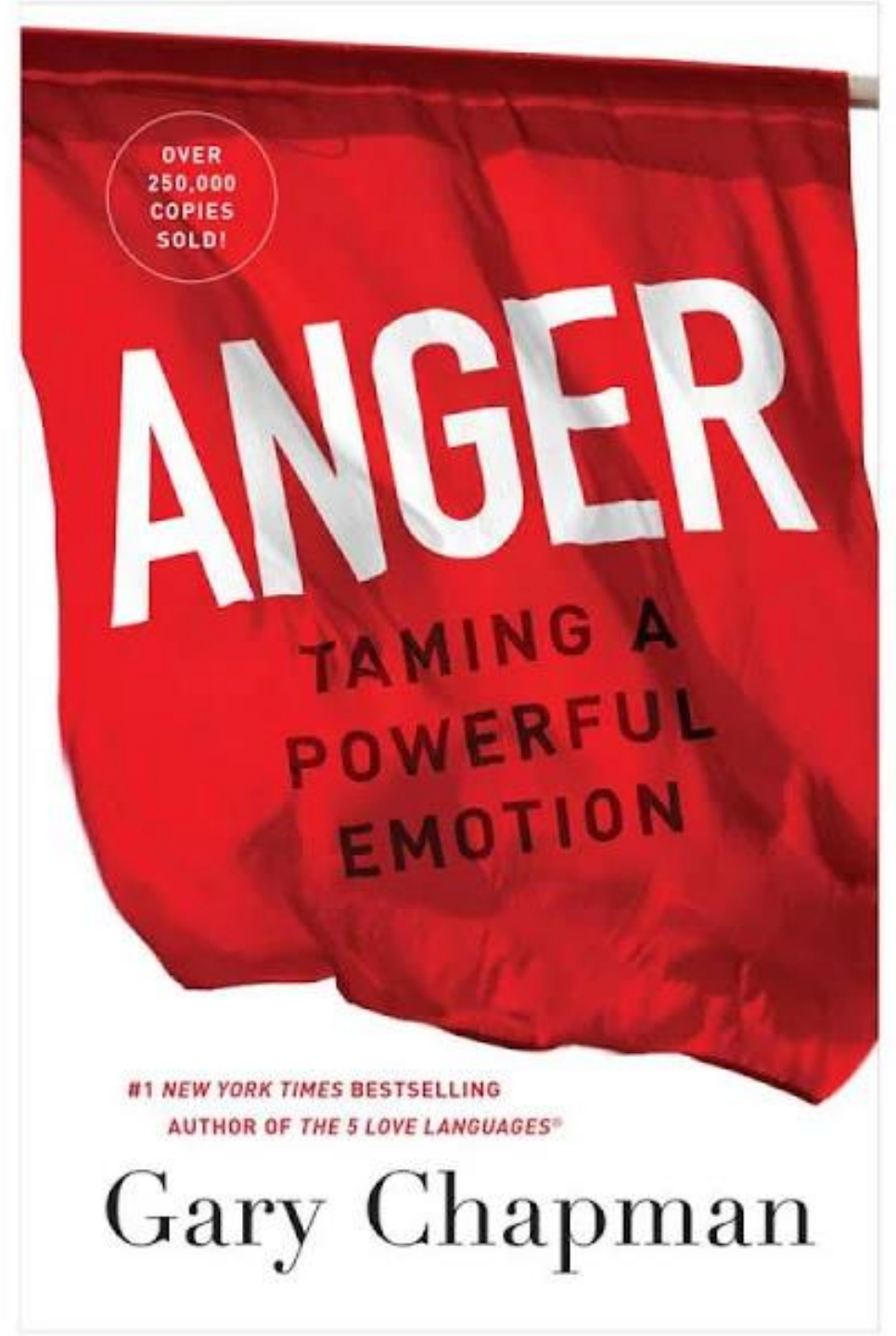
Explosive: aggression, domination, authoritarian, hatred expressed

Definitive (Righteous) or Distorted (Unrighteous) Anger

Definitive anger is born of wrongdoing, treated unfairly, lies about us, assault.

Distorted anger is born of our unmet expectations, unfulfilled desire, and disappointments.

The two styles of anger can be expressed similarly and with equal intensity



Paul's Exhortations on Getting Rid of Fleshly, Unrighteous Anger

Ephesians 4: 31, Get rid of **ALL** bitterness, rage and anger, brawling and slander, along with every form of malice.

Ephesians 4: 26 – 27, Be angry and do not sin; do not let the sun go down on your anger and give no opportunity to the devil.

Colossians 3: 8, But now you must **put them ALL away**: anger, wrath, malice, slander, and obscene talk...

“RAC” Your Anger

Recognize you are having an angry emotion

Accept the who, what, and why of your anger

Consider response, **C**hange it to align with God

Forgiveness “In the Spirit” Immediately

Surrender anger response to Jesus

Express anger calmly, gently, and kindly with the right timing and tone – out of love, not hate.

Surrendered Anger Inventory

1. Make a list of the wrongs done to you, and by whom
2. How did you respond to that event or person
3. Was it definitive or distorted anger
4. What action was (is) taken to align anger with God
5. Reconciliation or release? Restore or remove?
6. Forgiveness required Canceled debt like Christ

Surrendered Anger Prayer

Heavenly Father, in your name, following your example, and obeying your Word, I forgive _____ for _____.

I have held on to this debt long enough and choose to cancel this debt, just like you canceled my debt I owed you.

_____ doesn't owe me anything anymore. Just as you forgave me, I forgive them - through your Spirit, Amen.