

June 12th 2011: Practical Christianity #2 'Coping With Anger God's Way' James 1:19-21

As I mentioned last ... this series from...is about Practical and today's subject—"Coping...is a...**practical**...all have to deal..

Anger is a God given emotion...**We** know when...are angry. We can sense....feel...changes the way we act or...to others...situ

Anger is not always wrong.... Many times..read about God... and such...is righteous...against evil

Our problem...that although...Bible instructs...to be angry without **too** often our expre of anger...neither righteous...w/out evil intent

Anger has been defined as:-

An emotion characterized by a strong feeling of displeasure and sometimes a desire for revenge, usually triggered by a real or imagined wrong done to the victim.

According to one website:-

Anger is often called a secondary emotion because we tend to resort to anger in order to protect ourselves from or cover up other vulnerable feelings. A primary feeling is what is what is felt immediately before we feel anger. We almost always feel something else first before we get angry.

Anger is like an iceberg in that only some of the emotions are visible. The other emotions exist "below the water line" where they are not immediately obvious to outside observers.



For example...in a group....and someone makes remark...see as a You feel humiliated...**That's** your first.. primary feeling and... **generates** in.... second feeling of anger...you express by...biting

This emotion of...is also something...all express...diff...illustration using balloons...helps us to recognize some...those ways.

First...the person...just so quick to get...**and fly** off the handle. **They have** no hesitation about express...anger anywhere and.. **They** never hold...anger back....jump....to the wrong conclusions and they don't care who..... hurt or embarrass.

They often get over.... spate of....very quickly....but....they leave hurting people behind....can't forget as quickly...

They are like this balloon....**Terry has**.....It is quickly blown....and released all of a sudden.....**and** if it hits someone and hurts them.. then that's their problem...**They** have vented their...and that's all that counts..... as far as they are concerned.

Second ...have the person...doesn't believe...letting the anger out all at once... **That's** making a huge scene...not about to do that..

So when....get angry...they let it out.....in a constant winge.... **Just like**....annoying sound that...when the pressure is allowed..

They moan and complain....Nothing makes them happy.... They bitter.....**not nice** to be around....**They** have this angry grudge inside and because....**makes** them unhappy...intend to make life

Thirdperson who holds.....in...**They** go silent....don't talk about
If you ask what....they say nothing....**They** may get teary or run..
but....hide the anger away....**The** problem is....anger continues to
build until suddenly they explode. (Balloon is popped)

And often it is a silly little thing...acts like the pin bursting....
Their anger...out of proportion...and the real reason..may never

Fourth and the best...**is to** recognize the feeling as... it starts...
You notice...clenching...You start getting uptight...

It's at that point...need to recognize what....that is making....and
decide...**to deal**....is really bothering...best way....best time...

Making sure...anger you feel...is expres...controlled...constructive
Like a balloon... that lets out....in a controlled... slow fashion....

Now when....turn to our reading...discover what James...1:19-21

¹⁹ My dear brothers, take note of this: Everyone should be quick to listen, slow to speak and slow to become angry, ²⁰ for man's anger does not bring about the righteous life that God desires. ²¹ Therefore, get rid of all moral filth and the evil that is so prevalent and humbly accept the word planted in you, which can save you.

James instructs....to be slow to...but it's a controlled...righteous
use of this God given emotion.

James ...wants us to be aware....is inherent in each...an anger—
he calls it man's....that doesn't....the righteous life...God desires..

CEV...says that if ...are angry like that....v20 ***you cannot do any of the good things that God wants done.***

We all know this...**We** know...when we give in to... this `man`s.. then...not only feel guilty...but ...set back God's plan & relationship

In one of the DVD'sGreg Smalley's illustration...(4:11-8:11)

Now we can all feel,,,but it's..a story...encourages...to cope with **not** in the natural way of....but in God's way.... And both Paul and give us directions... on how we can best do this.

In Eph 4:26-27 Paul speaks about Coping with...when he writes:

"In your anger do not sin": Do not let the sun go down while you are still angry, and do not give the devil a foothold.

The CEV explains it a little better when it says:

Don't get so angry that you sin. Don't go to bed angry and don't give the devil a chance.

That last statement.....so revealing isn't it....for we all know... devil will use our anger.... to destroy our witness to others.....

Paul goes on.... to tell us in v31...that every...**needs** to make.... definite decision to rid...of wrath...and not to use...weapon of...

James... gives...more practical suggestions about Coping....in
He gives us a Process and a Precaution

The Process is threefold:-

Be quick to listen..... Angry feelings often develop.. argumts
because...not prepared to listen....other is really saying....

We quickly make assumptions....and then listen no more... **Or**...
don't allow...to express an opinion...**contrary** to ours... **Quick** to
allows them....right to be heard...and enables us to hear...issue
from their perspective.... before ...

Slow to speak...This isn't just about interrupting...altho I'm sure
It's about giving ourselves time.. to really think about our words
before we respond ...and say something.....can never take back.

Slow to speak includes... deciding to deal with...when both parties
are calmer...**have** time...and can look at....total picture.

Slow to become angry....As I mentioned...word for...**is wrath**..
Wrath as in.....**So** slow to....is talking about...active response to

The Precaution is contained in verse 21

***Therefore, get rid of all moral filth and the evil that is so
prevalent and humbly accept the word planted in you,
which can save you.***

It's to get rid of all the bad stuff...influences anger in...**If**... are films...or electronic games..... generate angry impulses...**get** rid..

If there are certain friends...bring out the worst....have less to do
If the music ...or the language.....is angry..bad..coarse—get rid..
If alcohol fuels your angry spirit....then avoid it.

On the positive...get stuck into God's...and let...get stuck into you

Then finally....one other aspect relating to C...that comes from...
the balloon illustration.

You see that like this balloon...when anger heats...w/in...around..
then...hard to deal with anger on your own. (The balloon bursts)

But as believers...not on our own....**We** have God...HS within....
Rather like...balloon with water....**When** the heat...anger of man..
hits us....**whether** that anger...from ourselves....another..against

we are not destroyed....**We** are blackened....hurt and affected...
but because of God's kindness...mercy...still intact.

So in...final conclusion....**way** to cope with anger God's...is in..
God's strength,,,with God's guidance...and when we fail... or
others fail us....**with** God's forgiveness... mercy..... and love.

