

God's Blueprint For The Family Managing Anger



In this sermon series we have learned from God's Word the four cornerstones in God's blueprint for the family.

We have learned from God's Word how to build our family on these cornerstones by managing issues God's Way.

Managing our moral and social responsibilities to one another.

Managing money.

Managing conflict.

Managing anger.



Mark 3:1-6

3 And He entered the synagogue again, and a man was there who had a withered hand. 2 So they watched Him closely, whether He would heal him on the Sabbath, so that they might accuse Him. 3 And He said to the man who had the withered hand, "Step forward." 4 Then He said to them, "Is it lawful on the Sabbath to do good or to do evil, to save life or to kill?" But they kept silent. 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. 6 Then the Pharisees went out and immediately plotted with the Herodians against Him, how they might destroy Him.

NKJV

It is impossible to live without anger. Anger is our natural response to injustice. It is the result of being created in the image of God. (Mark 3:5)

The Greek Word for anger means passion. Anger is a natural passion we feel when our mind becomes excited about an injustice.

Because of the fall of man, we are subject to unrighteous anger.

- **We tend to call right wrong and call wrong right.**
We can get angry over things that are not wrong at all but we think they are wrong.
- **We can easily allow anger to control us.**
The result of unrestrained anger is injustice in the form of verbal degradation and/or physical abuse.
- **We can learn to use anger to control others, especially those who are dependent upon us.**

Because of the fall of man, we are subject to unrighteous anger.



If we are characterized by unrighteous anger, we become known as an angry person. Anger becomes a part of our personality. Anger controls us.



We attack others in anger who are not responsible for our anger. We become like a volcano that erupts and we have no regard for those who are suffering from our explosion.

One of the most common problems is that an angry person does not believe they are an angry person. They minimize the problem and live in denial.

Most people will not stay in a relationship with an angry person.

[Prov. 14:17](#)

[17 He that is soon angry dealeth foolishly: and a man of wicked devices is hated.](#)

[KJV](#)

[Prov. 21:19](#)

[19 It is better to dwell in the wilderness, than with a contentious and an angry woman.](#)

[KJV](#)

The scripture warns us to avoid relationships with angry people.

[Prov. 22:24-25](#)

[24 Make no friendship with an angry man; and with a furious man thou shalt not go:](#)

[25 Lest thou learn his ways, and get a snare to thy soul.](#)

[KJV](#)

This is impossible if you are in the same family living in the same house with an angry person.

When we experience anger, we need to have self-control. Self-control is a fruit of the Spirit.

Gal. 5:22-23

22 But the fruit of the Spirit is love, joy, peace, longsuffering, kindness, goodness, faithfulness, 23 gentleness, self-control.

NKJV

It is natural to have self-control when we are walking in the Spirit.

If anger has become a part of our personality and it characterizes who we are and we cannot control it, we need to discover our deeper issues that are fueling our anger. These deeper issues are unresolved issues from our past.

If you are an angry person it is easy to identify the deeper issues by what sets off your anger.

- Disrespect (Gen. 4:5-Cain; Gen. 31:36-Jacob)
- Betrayal (Gen. 40:2-Pharoah; 1 Sam. 18:8-Saul)
- Personal injury (2 Sam. 13:22-Absalom)
- Personal failure (Gen. 45:5-Joseph's brothers)

Once you discover your deeper issues, the way to resolve these personal issues from our past is to forgive.

Eph. 4:31-32

31 Let all bitterness, wrath, anger, clamor, and evil speaking be put away from you, with all malice. 32 And be kind to one another, tenderhearted, forgiving one another, even as God in Christ forgave you.

NKJV

To forgive means to send away. To forgive a debt means to send away the debt that someone owes you. To forgive sin means to send away the judgment for sin.

Practically it means you will not entertain thoughts of judgment against another and you will bless them instead.

This is what God has done for us in Christ. Jesus suffered the judgment for sin so God has sent away the judgment for sin. We have been released from the judgment for sin. God says He will remember our sins no more. (Heb. 8:12)

Heb. 8:12

12 For I will be merciful to their unrighteousness, and their sins and their lawless deeds I will remember no more."

NKJV

God not only released us from the judgment for sin but He blessed us by crediting the righteousness of Christ to our account.

Jeremiah 23:6

6 In His days Judah will be saved,
And Israel will dwell safely;
Now this is His name by which He will be called:

THE LORD OUR RIGHTEOUSNESS.

NKJV

If Christ has forgiven us, we also should forgive others and ourselves.

If you have a problem with anger, whose sins against you are you holding on to rather than sending them away?

- Disrespect (Gen. 4:5-Cain; Gen. 31:36-Jacob)
- Betrayal (Gen. 40:2-Pharoah; 1 Sam. 18:8-Saul)
- Personal injury (2 Sam. 13:22-Absalom)
- Personal failure (Gen. 45:5-Joseph's brothers)

What keeps us from forgiving others?

Pride keeps us from forgiving others.

Prov. 29:22-23

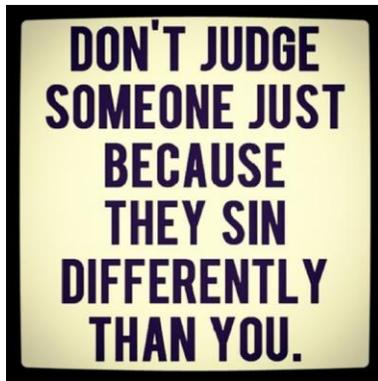
22 An angry man stirreth up strife, and a furious man aboundeth in transgression.

23 A man's pride shall bring him low: but honour shall uphold the humble in spirit.

KJV

- **Pride is having an inflated view of our personal rights.**
Pride causes us to believe that we deserve more than what we actually deserve.
Pride is a failure to recognize that all the rights that we do have belong to God.
- **Pride is having an inflated view of our own goodness.**
It is caused by measuring our goodness with the goodness of others rather than measuring ourselves with the righteousness and holiness of God.

When we are proud we judge others rather than forgive them. Angry people are proud people. They judge people whose sins are different than theirs.



How does God deal with pride?

Ps. 119:21

21 You rebuke the proud — the cursed,
Who stray from Your commandments.
NKJV

Prov. 16:18

Pride goeth before destruction, and an haughty spirit before a fall.
KJV

The way to repent of pride is to see God's holiness and our depravity.

Words in the bible that describe our depravity are...

- Filthy
- Brute beasts
- Eyes full of adultery
- Spots
- Blemishes
- Accursed children
- Wells without water
- Slaves of corruption

1. God uses His law to reveal to us His holiness and our depravity.

When we see ourselves in the light of the holiness of God, we see our need for His mercy and grace.

If we do not respond to His law and humble ourselves....

2. God uses His judgment to show us His holiness and our depravity.

Why is it so important for us to forgive those sin against us, especially those in our own family?

Eph. 4:26-28

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

NKJV

There are other sins that invite the devil to your place. But there is only one that is mentioned directly; unrighteous anger.

You cannot afford to invite the devil into your place.

1 Peter 5:8

8 Be sober, be vigilant; because your adversary the devil, as a roaring lion, walketh about, seeking whom he may devour:

KJV

You know the devil is devouring you when you devour one another.

Gal 5:13-16

13 For, brethren, ye have been called unto liberty; only use not liberty for an occasion to the flesh, but by love serve one another.

14 For all the law is fulfilled in one word, even in this; Thou shalt love thy neighbour as thyself.

15 But if ye bite and devour one another, take heed that ye be not consumed one of another.

16 This I say then, Walk in the Spirit, and ye shall not fulfil the lust of the flesh.KJV

You cannot walk in the Spirit until you repent of pride and receive Jesus Christ for the forgiveness of your sin.

Will you receive Jesus?

You will not walk in the Spirit until you are willing to put off the old man and put on the new man.

Eph. 4:20-25

20 But you have not so learned Christ, 21 if indeed you have heard Him and have been taught by Him, as the truth is in Jesus: 22 that you put off, concerning your former conduct, the old man which grows corrupt according to the deceitful lusts, 23 and be renewed in the spirit of your mind, 24 and that you put on the new man which was created according to God, in true righteousness and holiness.

NKJV

Will you put on the new man? Will you forgive everyone who has sinned against you?