

## **June 12<sup>th</sup> 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

**Third** ....person 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

***<sup>19</sup> My dear brothers, take note of this: Everyone should be quick to listen, slow to speak and slow to become angry, <sup>20</sup> for man's anger does not bring about the righteous life that God desires. <sup>21</sup> 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 4 relationship

**In one** of the DVD's ....Greg 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.



