

## Redeem Your Anger – Part 3 – Explaining what anger involves

### Introduction:

***Eph 4.26–27** Be angry and do not sin; do not let the sun go down on your anger, 27 and give no opportunity to the devil.*

1. When you get angry, \_\_\_\_\_ of you gets involved.

- One key to getting anger straight is to understand that when you are angry, \_\_\_\_\_ are doing something.

A. Your body becomes \_\_\_\_\_.

B. Your emotions become hot with \_\_\_\_\_.

C. Your mind becomes \_\_\_\_\_.

D. Your actions become \_\_\_\_\_.

E. Your motives become \_\_\_\_\_.

- To try to figure out your underlying motives, ask: What are my \_\_\_\_\_ ?
  - When you get upset, what do you want?
  - What does that desire mean to you?
  - Why does it mean so much to you?

2. When anger goes right, it's because there's something higher than \_\_\_\_\_ motivating you.

- When purposes bigger than ourselves control us, our anger can be \_\_\_\_\_.

- **God's good anger was motivated by righteousness and resulted in mercy.**

**Exodus 32.7–10** *And the Lord said to Moses, “Go down, for your people, whom you brought up out of the land of Egypt, have **corrupted themselves**. 8 They have **turned aside** quickly out of the way that I commanded them. They have **made** for themselves a golden calf and have **worshipped** it and **sacrificed** to it... 10 Now therefore let me alone, that **my wrath may burn hot against them and I may consume them...**”*

- **God's good anger prompted Moses to intercede for \_\_\_\_\_.**

**Exodus 32.11–14** *But Moses **implored** the Lord his God and said, “**O Lord... Turn from your burning anger and relent** from this disaster against your people... **And the Lord relented from the disaster** that he had spoken of bringing on his people.*

- **God's good anger prompted Moses to \_\_\_\_\_ to them God's righteous anger at their sin.**

**Exodus 32.19–20** *And as soon as he came near the camp and saw the calf and the dancing, **Moses' anger burned hot**, and he **threw the tablets** out of his hands and broke them at the foot of the mountain. 20 He took the calf that they had made and **burned it with fire** and **ground it to powder** and **scattered it on the water** and made the people of Israel drink it.*

- **God revealed His \_\_\_\_\_ toward straying people.**

**Exodus 34.6–7** *The Lord passed before him and proclaimed, “The Lord, the Lord, a God **merciful and gracious, slow to anger**, and abounding in **steadfast love and faithfulness**, 7 keeping steadfast love for thousands, **forgiving iniquity** and transgression and sin, but who will by no means clear the guilty, visiting the iniquity of the fathers on the children and the children's children, to the third and the fourth generation.”*

- **Jesus' good anger was motivated by righteousness and resulted in mercy.**

**John 2.13–17** *The Passover of the Jews was at hand, and Jesus went up to Jerusalem. 14 In the temple he found those who were selling oxen and sheep and pigeons, and the money-changers sitting there. 15 And making a whip of cords, he **drove them all out of the temple**, with the sheep and oxen. And he **poured out the coins** of the money-changers and **overturned their tables**. 16 And he told those who sold the pigeons, “**Take these things away; do not make my Father's house a house of trade.**” 17 His disciples remembered that it was written, “**Zeal for your house will consume me.**”*

- Jesus' good anger prompted Him to \_\_\_\_\_ a corrupt situation.
- Jesus expressed good anger by \_\_\_\_\_ the Temple of commercialized worship practices that rendered prayer difficult.
- Jesus revealed God's mercy on them by pointing them to His coming death and \_\_\_\_\_ for them.

***John 2.18–22*** So the Jews said to him, “What sign do you show us for doing these things?” 19 Jesus answered them, “Destroy this temple, and in three days I will raise it up.” ...When therefore he was **raised from the dead**, his disciples remembered that he had said this, and they believed the Scripture and the word that Jesus had spoken.

### **Conclusion:**

- When God's greater purposes are in control, the poisonous evil of anger is neutralized and our anger becomes a servant of \_\_\_\_\_.