

## SUNDAY SCHOOL

THE DNA OF ANGER

5/9/2021

Lesson 1 **A Biblical View of Anger**

Text: Mark 11:15-19

Theme: Understanding the makeup of anger.

---

Anger... a sin that is like any other, but yet unique... like DNA

Anger is a sin that almost always directly impacts others

Key passage: Mark 11:15-19

This passage can be really troubling. Not because we consider what Christ did was sin, but because we think it should excuse our anger, but it doesn't

Why weren't Christ's actions sinful?

Handled by an expert

Handled by the sinless

Anger carefully defined and described can help us to get to the heart of the issue

1. Displeasure – (common definition) Anger is a strong feeling of displeasure that often leads to antagonism
2. Demanding – Anger causes us to manipulate people, things and events. Anger is a statement of demand. "I won't be satisfied/happy until this is changed"
3. Destroyer – Anger is a destroyer. Its aim is to punish. It will destroy things, people, even events

**Someone with explosive anger (wrath - thumos) destroys before they think**

"Anger is a feeling that makes your mouth work faster than your mind"

**Someone with simmering anger (anger - orge) destroys because they think**

4. Distortion – Anger distorts the picture and leads to wrong conclusions, wrong decisions, and wrong responses. Did you ever hear it said that someone was so angry they couldn't see straight?

‡ **Loss is a key to identifying the cause of anger**

You could know DNA without knowing who it is. Over the next few weeks we are going to get to know anger better and how to get victory over it