



# How to Deal with Anger

Matthew 5:21-26



➤ We all get angry.

➤ The question is:

§ **How do I deal with my  
anger?**

# Discern Anger's Expressions

## ➤ Popping off at others – Matthew 5:22

- *"But I say to you that everyone who is angry with his brother will be liable to judgment; whoever insults his brother will be liable to the council; and whoever says, 'You fool!' will be liable to the hell of fire." (Matthew 5:22, ESV)*

# Discern Anger's Expressions

## ➤ Flying off the handle

### ✓ Leads to foolish actions

- *"Whoever is slow to anger has great understanding, but he who has a hasty temper exalts folly." (Proverbs 14:29, ESV)*

# Discern Anger's Expressions

## ➤ Flying off the handle

### ✓ Causes conflicts

- *"A hot-tempered man stirs up strife, but he who is slow to anger quiets contention." (Proverbs 15:18, ESV)*
- *"Scoffers set a city aflame, but the wise turn away wrath." (Proverbs 29:8, ESV)*
- *"A man of wrath stirs up strife, and one given to anger causes much transgression." (Proverbs 29:22, ESV)*
- *"For pressing milk produces curds, pressing the nose produces blood, and pressing anger produces strife." (Proverbs 30:33, ESV)*

# Discern Anger's Expressions

## ➤ Slow Burn

### ✓ Isolation

- *"Make no friendship with a man given to anger, nor go with a wrathful man, lest you learn his ways and entangle yourself in a snare." (Proverbs 22:24-25, ESV)*

# Discern Anger's Expressions

## ➤ Slow Burn

### ✓ Depression

- *"In the course of time Cain brought to the Lord an offering of the fruit of the ground, and Abel also brought of the firstborn of his flock and of their fat portions. And the Lord had regard for Abel and his offering, but for Cain and his offering he had no regard. So Cain was very angry, and his face fell. The Lord said to Cain, "Why are you angry, and why has your face fallen? If you do well, will you not be accepted? And if you do not do well, sin is crouching at the door. Its desire is for you, but you must rule over it." Cain spoke to Abel his brother. And when they were in the field, Cain rose up against his brother Abel and killed him." (Genesis 4:3-8, ESV)*

✓ Which may result in murder

# Beware!

- Results of unresolved or improperly resolved anger always carry a penalty.
  - *"A man of great wrath will pay the penalty, for if you deliver him, you will only have to do it again." (Proverbs 19:19, ESV)*
  - *"Truly, I say to you, you will never get out until you have paid the last penny." (Matthew 5:26, ESV)*
  - *"For if you forgive others their trespasses, your heavenly Father will also forgive you, but if you do not forgive others their trespasses, neither will your Father forgive your trespasses." (Matthew 6:14-15, ESV)*
  - *"So also my heavenly Father will do to every one of you, if you do not forgive your brother from your heart." (Matthew 18:35, ESV) (Read Matthew 18:21-35)*

# What Did Jesus Say About Anger?

- He linked murder to anger – Matt. 5:21
- He linked verbal insults to anger – Matt. 5:22
- He linked verbal insults to judgment – Matt. 5:22
  - *"I tell you, on the day of judgment people will give account for every careless word they speak, for by your words you will be justified, and by your words you will be condemned."* (Matthew 12:36-37, ESV)

# What Did Jesus Say About Anger?

- He called for proactive reconciliation – Matt. 5:23-25
- He warned of judgment if reconciliation not attempted – Matt. 5:26

# Control Your Anger; Don't Let It Control You

- Admit that you're angry
- Seize control of your anger before it seizes control of you.

- *"Let all bitterness and wrath and anger and clamor and slander be put away from you, along with all malice." (Ephesians 4:31, ESV)*
- *"For though we walk in the flesh, we are not waging war according to the flesh. For the weapons of our warfare are not of the flesh but have divine power to destroy strongholds. We destroy arguments and every lofty opinion raised against the knowledge of God, and **take every thought captive to obey Christ,**" (2 Corinthians 10:3-5, ESV)*

# Control Your Anger; Don't Let It Control You

## ➤ Settle the matter before sunset.

- *"Be angry and do not sin; do not let the sun go down on your anger," (Ephesians 4:26, ESV)*

## ➤ Be kind, compassionate, and forgiving.

- *"Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you." (Ephesians 4:32, ESV)*

# Control Your Anger; Don't Let It Control You

## ➤ Listen well, speak softly and thoughtfully.

### ✓ Listen

- *" Know this, my beloved brothers: let every person be quick to hear, slow to speak, slow to anger;" (James 1:19, ESV)*
- *"If anyone thinks he is religious and does not bridle his tongue but deceives his heart, this person's religion is worthless." (James 1:26, ESV)*
- *"If one gives an answer before he hears, it is his folly and shame." (Proverbs 18:13, ESV)*

### ✓ Speak softly

- *"A soft answer turns away wrath, but a harsh word stirs up anger." (Proverbs 15:1, ESV)*

### ✓ Speak thoughtfully

- *"The heart of the righteous ponders how to answer, but the mouth of the wicked pours out evil things." (Proverbs 15:28, ESV)*

# How do I deal with my anger?

- Understand that unresolved or improperly expressed anger is **DANGEROUS** and **DESTRUCTIVE!**
- Learn what Jesus and the Holy Scriptures say about the proper way to deal with anger - reconciliation
- Learn how to and put into practice controlling your anger.