

Real Solutions For Your Anger

Real Talk

April 21, 2024

Senior Pastor, Chad Moore



Main idea: When you feel angry, choose to handle your anger God's way instead of your own natural reactive way.

4 Steps To Handle Anger God's Way

Introduction

3 Biblical Categories of Anger

1. God's righteous anger
2. Human righteous anger
3. Human sinful anger

Genesis 4:2-8 - Cain Kills Abel

Now Abel kept flocks, and Cain worked the soil. ³ In the course of time Cain brought some of the fruits of the soil as an offering to the LORD. ⁴ And Abel also brought an offering—fat portions from some of the firstborn of his flock. The LORD looked with favor on Abel and his offering, ⁵ but on Cain and his offering he did not look with favor. **So Cain was very angry, and his face was downcast.** ⁶ Then the LORD said to Cain, "Why are you angry? Why is your face downcast? ⁷ If you do what is right, will you not be accepted? But if you do not do what is right, sin is crouching at your door; it desires to have you, but you must rule over it." ⁸ Now Cain said to his brother Abel, "Let's go out to the field." While they were in the field, **Cain attacked his brother Abel and killed him.**

Proverbs 29:22 - *An angry person stirs up conflict, and a hot-tempered person commits many sins.*

Ephesians 4:26, 31 – ²⁶ "In your anger do not sin": Do not let the sun go down while you are still angry,... ³¹ Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice.

See also **James 1:19-20** and **James 4:1-2**

1. Realize the positive impacts of righteous anger and destructive impacts of sinful anger.
2. Learn to distinguish between righteous and sinful anger.
3. Be humble enough to repent to God and others when you fail.
4. Replace sinful anger with Christlike attitudes and actions through the power of the Spirit.

When you...

- *Have been wronged, forgive as Christ forgave you.
- *Must do the hard right thing, be courageous.
- *Want more and more and feel jealous, choose to be content.
- *Need to confront, speak the truth in love.
- *Have failed, ask God to forgive you and learn from it.
- *Are angry with the culture, do something to help.
- *Can't change the situation, ask God to change you.