

FREEDOM FROM ANGER
#SermonAnger
The Power of Freedom Part 4
Dr. Mark Jackson - July 22, 2018

Proverbs 25:28 If you **cannot control your anger** you are as **helpless** as a city without walls, open to attack. (TEV)

Unhealthy Expressions Of Anger

- The **MANIAC**

Genesis 4:5 But God did not accept Cain and his gift so **Cain became very angry** and looked unhappy...⁸ Cain said to his brother Abel, "Let's go out into the field." So Cain and Abel went into the field. Then Cain attacked his brother Abel and killed him. (ICB)

- The **MUTE**

Jeremiah 15:17 I did not spend my time with other people, laughing and having a good time. ...I **stayed by myself** and was **filled with anger**. (TEV)

- The **MARTYR**

Luke 15:28-29 The older brother stalked off in an **angry sulk** and refused to join in. His father came out and tried to talk to him, but he wouldn't listen.²⁹ The son said, "Look how many years I've stayed here serving you, never giving you one moment of grief, but have you ever thrown a party for me and my friends?" (MSG)

- The **MANIPULATOR**

Luke 6:11 The Pharisees and the teachers of the law **became very angry**. They said to each other, "What can we do to Jesus?" (ICB)

How To Control My Anger

1. UNDERSTAND WHY I AM ANGRY

Proverbs 14:29a People with **understanding control their anger...** (NLT)

Three Causes of Anger

- When I'm **HURT**
- When I'm **FRUSTRATED**
- When I'm **INSECURE**

Proverbs 19:11 A man's wisdom gives him patience... (NIV)

2. STOP AND THINK BEFORE REACTING

Psalm 4:4 Don't sin by letting anger control you. Think about it overnight and remain silent. (NLT)

Proverbs 29:11 A stupid man gives free rein to his anger; a wise man waits and lets it grow cool. (NEB)

3. REMEMBER THE COST

Proverbs 29:22 A hot-tempered man... gets into all kinds of trouble. (LB)

Proverbs 15:18 Hot tempers cause arguments... (TEV)

Job 5:2a Foolish anger kills a person... (ICB)

Proverbs 14:17 People with a hot temper do foolish things... (TEV)

Proverbs 11:29a The fool who provokes his family to anger and resentment will finally have nothing worthwhile left... (LB)

4. CONTINUALLY ASK GOD FOR HELP

Colossians 3:15 Let the peace of Christ rule in your hearts... (NASB)

Matthew 12:34c ...whatever is in your heart determines what you say. (NLT)

Psalm 51:10 Create in me a new, clean heart, O God, filled with clean thoughts and right desires. (LB)

Psalm 109:26 Help me, oh help me, God, my God, save me through your wonderful love. (MSG)