SLE Church :: GRUNT :: Anger

# Getting Started

1. [SLIDO] Word association: What comes to mind when you think of the word ‘ANGER’?
2. [In small groups] Think of the situations you are provoked to anger (whether minor irritation, moderate anger or major rage)
   1. Who or what made you angry?
   2. Why did you get angry?
   3. How did you express your anger?

# The Anatomy of Anger

*“I’m against that!”  
“That matters to me… and that’s not right!”*

**Definition:** What is anger?

***Anger is the way we react when something we think important is not the way it’s supposed to be.[[1]](#footnote-1)  
Anger is… the active displeasure toward something that’s important enough to care about.[[2]](#footnote-2)***

1. The Underlying Essence of Anger: Judgement
2. The Expression of Anger
   1. Emotional
   2. Physiological
   3. Words
   4. Actions
3. The Reasons/Motivations for Anger
   1. What outcome do I want, am seeking for or expecting?
   2. How much does this thing matter to me?

# Anger in the Bible

1. Good and Angry
   1. God’s anger (Rom 1:18-23, 24, 26, 28; 3:21-26; Genesis 3; Exodus 32; Numbers 14)
   2. Jesus’ anger (Mark 3:1-6; John 2:13-22)
   3. Paul’s anger (Gal 2:11-21)
2. Bad and Angry
   1. Cain (Gen 4)
   2. Jonah
   3. Pharisees (Mark 3:1-6)
   4. Fighting and quarrelling (James 4:1-3)

# An example of bad and angry: a traffic jam

The injustice:

The reaction:

The reason/motivation:

# Discussion: Evaluating our anger

Look back to the situation raised in ‘Getting Started’

1. Perception of injustice – what does my anger say about what I perceive to be right/wrong?
2. Expression of anger – how does my expression of anger (type, intensity, duration) reveal how important this issue is?
3. Resolving your anger – what result do I want that will resolve my anger?

Reflect and Analyse:

* What do my answers to these questions say about what is important to me?

# A Way Forward

1. Dealing with the foundation – right judgement
2. Dealing with the reasons/motivations – right desires
   1. God’s glory, purposes, ways
   2. Good of others
3. What about our reactions of anger?

# Q&A

1. Powlison, David. Good and Angry: Redeeming Anger, Irritation, Complaining, and Bitterness (p. 53). New Growth Press. Kindle Edition [↑](#footnote-ref-1)
2. Powlison, David. Good and Angry: Redeeming Anger, Irritation, Complaining, and Bitterness (p. 50). New Growth Press. Kindle Edition. [↑](#footnote-ref-2)