

Caring For The Angry

We live in an angry society, an angry world today. Talking to a young man recently he told me that his generation was called the “Anger Generation.”

One of the greatest problems in our world today is anger. A lot of people you will meet in life will be like Dr. Jeckle and Mr. Hyde!

In church, some act as the perfect gentleman or the perfect lady, but at work they are a “Time Bomb!” At church he / she is the perfect lady or gentleman, but at home they are a terror!

Charity begins at home and should permeate the workplace as well.

Rom 5:5 ...the love of God is shed abroad in our hearts by the Holy Ghost which is given unto us.

James 1:8 A double minded man is unstable in all his ways.

Many people can readily admit that their greatest problem is anger, but they are clueless as to how to change. Let's look at some causes for anger today and then look at the remedies from the scriptures.

Prov 22:24 Make no friendship with an angry man; and with a furious man thou shalt not go:

Prov 29:22 An angry man stirreth up strife, and a furious man aboundeth in transgression.

Prov 21:19 It is better to dwell in the wilderness, than with a contentious and an angry woman.

Prov 21:9 It is better to dwell in a corner of the housetop, than with a brawling woman in a wide house.

(Always a scuffle, always a fight, always clashing with one another.)

The Bible speaks of both the angry man and the angry woman. We certainly see a lot of it today with road rage, domestic violence, even the passing of legislation for hate crimes.

Men and women who just explode into rages who are incapable of ruling their own spirit. Men and women who are total opposites at church than they are at work or at home.

What can you do for individuals like this? Pray for them! That God would calm them down, that they might be filled with the Holy Spirit of God in their life.

We can also take lessons such as this one and sit down with them and teach them, show them the causes of anger and the solutions to their problem. Not everyone has this problem dealing with anger, but some of you may.

Why are people so angry today?

1. Because of a lack of spirituality.

They might be good church going folks, but they are not spiritual people.

Gal 5:22-23 But the fruit of the Spirit is love, joy, peace, longsuffering, gentleness, goodness, faith, 23 Meekness, temperance: against such there is no law.

Do you notice that at least eight of the nine fruit of the Spirit is the very opposite of anger! It is obvious that when a man or a woman has a real problem with anger they lack spirituality. They have a spiritual problem in their life.

Oh they might be good church going people, they might be involved in ministry, but they lack spirituality. They are not in the Word, they are not in love with God and probably do not have a prayer life.

Solution: What happens when an individual has a prayer life?

Phil 4:6-7 Be careful for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God. 7 And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus.

What controls your heart and mind? Anger or the peace of God?

The starting point is you must acknowledge a lack of spirituality.

Rom 8:6 For to be carnally minded is death; but to be spiritually minded is life and peace.

Isa 26:3 Thou wilt keep him in perfect peace, whose mind is stayed on thee: because he trusteth in thee.

When an individual has a spiritual mind and if your mind is stayed on God, you will have perfect peace.

Some people cannot enjoy church. Their mind is always on what triggers their anger. Instead of keeping your mind on God, your mind wanders to things that trigger your anger. "That person is chewing gum in church, how undignified! That man isn't wearing a tie, and he calls himself a deacon? Why, that's against the rules!" That person is talking again during the service, or this individual is always unwrapping and leaving their candy wrappers on the pew or the floor! I cannot take this! Don't you see those kids running up and down those stairs? I just hate it when I see the children running around like this was some gymnasium.

Why don't you get your focus and your mind on God!

The solution is to get your mind off of those things which trigger your anger!

2. The complexity of life:

The pressures of a complex life produce a burden that many men and women cannot carry. It is too heavy. They have made their lives too complex and that burden that they have placed upon themselves causes them to vent by being angry. When a man's life is out of order he will carry the disappointments of yesterday with the complexities of today and the worries of tomorrow. He places three burdens upon himself that he cannot deal with so he vents by showing anger. He often has no idea why he snaps when he is asked.

Jesus taught us to forget the past, it has been forgiven, its forgotten being washed away by the blood. He told us to take no thought for tomorrow and then he told us to make today simple and not complex.

2 Cor 1:12 For our rejoicing is this, the testimony of our conscience, that in simplicity and godly sincerity, not with fleshly wisdom, but by the grace of God, we have had our conversation in the world, and more abundantly to you-ward.

That word "conversation" means our lifestyle. Paul said two things about his lifestyle, that it was in simplicity and in sincerity. Paul said, I lived a simple life.

When I was in the Boy Scouts, we had our backpacks that we carried. We only carried the essentials. People carry too much weight around. People are involved in too many things.

Can I give you some advice? Purge everything out of your life that does not have some eternal value attached to it, and start revolving your life around something that is very simple. They should be family, church and employment.

Family, Church, and Employment! You may have to give up some community activities, clubs, and hobbies? I don't know what people entangle themselves in. I want to encourage you to make your life as simple as you can.

Jesus said, *Matt 6:34 ...Sufficient unto the day is the evil thereof.*

He said, make your life simple, don't think about tomorrow, forget the past, you have got enough on your hands dealing with the evil and the decisions and the struggles of today without making your life more complex.

Keep your life simple! There are a whole lot of things I could have joined or got involved with over the years, community involvements, but it would have made my life too stressful, too burdensome. These would be things that would not matter in eternity. My priorities have always been, my family, my church and my job.

It says in *Phil 1:10 ...approve things that are excellent;* (Don't just settle for the good or better, but the best! Things that are excellent.)

The complexities of life.

3. Correction:

Prov 15:10 Correction is grievous unto him that forsaketh the way: and he that hateth reproof shall die.

Deep-rooted pride in people often comes out in correction. And the correction coupled with their pride results in contention.

Prov 13:10 Only by pride cometh contention:

(Ex. Mother & Father look and act like the perfect Christian family and you have to confront them about something their child has done wrong, and they turn on you and say, “How dare you correct my child. Who do you think you are? And you see a totally different side of them!)

Prov 15:10 Correction is grievous unto him that forsaketh the way:

Our hidden weaknesses as parents often come out as obvious faults in our children. They are kind of a dead giveaway of the job we did in our parenting.

When some kind, gracious believer comes up to us and says, “I thought you might want to know or did you realize that your child is doing this or doing that?” We ought to say, “Thank you for bringing that to my attention, you must really care about my family and I. But, instead of saying that, we explode and that deep-rooted pride that we have, vents in anger.

Prov 13:10 Only by pride cometh contention:

Maybe it's not our children at all, but some character flaw we have in ourselves. I don't know about you, but for me, being corrected is not a pleasant thing. It certainly is not my favorite activity to have somebody always correcting me. But it is the only way to get better! Proud people rarely improve. God's way of improving us is to have people correct us.

Do you know why the Bible was given?

2 Tim 3:16-17 All scripture is given by inspiration of God, and is profitable for doctrine, for reproof, for correction, for instruction in righteousness: 17 That the man of God may be perfect, thoroughly furnished unto all good works.

This book exposes me, my sins, my faults and just how rotten I am. And if I am a proud person God's work is not going to be done in me. Pride lifts up a standard against God and His Word.

In 2 Chronicles 16, there is a story of a king of Israel named Asa, who seemingly was a good king. He started out doing that which was right in the sight of the Lord, until one day the Prophet of God named Hanani corrected him, then he went ballistic! Asa then stuck the preacher who was trying to help him in prison.

God uses correction to make us better! *Prov 6:23 For the commandment is a lamp; and the law is light; and reproofs of instruction are the way of life:*

The way to be made better is to accept correction. It is the real way of life.

Don't let those blind spots cloud your eyes thinking that your child is little miss perfect or little Mr. perfect, because they are not! I am very grateful and appreciative for those over the years who have informed me and have shown me some things about my own children. So I can deal with some of those things. The Lord knows they are not perfect, they can't be... Look who they have for a father! We all have had to deal with major issues with our children.

4. Self-will:

Gen 49:5-7 Simeon and Levi are brethren; instruments of cruelty are in their habitations. 6 O my soul, come not thou into their secret; unto their assembly, mine honour, be not thou united: for in their anger they slew a man, and in their selfwill they digged down a wall. 7 Cursed be their anger, for it was fierce; and their wrath, for it was cruel: I will divide them in Jacob, and scatter them in Israel.

Some men today terrify their own wives and their own children by their temper tantrums! They are a terror! And on a rare occasion a woman will terrorize her husband and beat him.

Selfwill will trigger anger in a man.

The solution is: Men need to be taught to give up their will to God's will. We need to develop a temperate character. Men today have this rage inside of them, and I believe that it is the fault of the parents who allowed them to throw their little temper tantrums and let them get away with it when they were children.

In not taking action as a parent ought to, that child grew up and his or her angry outbursts became a part of their everyday character and their makeup.

It is a clear result of a lack of discipline and respect for authority in the home.

They need to replace selfwill with self-control. You may ask, "How do you do this?" It is accomplished by having a personal relationship with the Holy Spirit. Because the fruit of the Spirit is temperance! When the Holy Spirit is yielded to and submitted to by the believer in Jesus Christ, He will work temperance in them that moms and dads should have worked into them when they were little boys and girls.

What I am saying is that God is greater than all, and that nothing is too hard for the Lord. Even our inward struggles, weaknesses and faults can become strengths if we cooperate with the Holy Spirit. He wants to help you to become spiritual!

Prov 25:28 He that hath no rule over his own spirit is like a city that is broken down, and without walls.

Prov 16:32 He that is slow to anger is better than the mighty; and he that ruleth his spirit than he that taketh a city.

We have got to learn to rule or control our spirit and our emotions or they will control us!

We have got to rule our feelings or they will rule us! Selfwill is always wanting to get your own way.

5. Satanic oppression:

There are angry people who are oppressed of the devil.

Matt 8:28 And when he was come to the other side into the country of the Gergesenes, there met him two possessed with devils, coming out of the tombs, exceeding fierce, so that no man might pass by that way.

The problem was not with these men but the fact that they were devil possessed. A devil had possessed their bodies and made them to be exceeding fierce. When they became possessed of the devil their body began to take on the character and the nature of the devil. And the Word of God reveals and teaches us that... *Rev 12:12 Woe to the inhabitants of the earth and of the sea! for the devil is come down unto you, having great wrath, because he knoweth that he hath but a short time.*

The devil is full of wrath! It should not surprise us that those whom he possesses takes on his nature and are full of wrath.

The only solution to this problem is *Matt 17:21 Howbeit this kind goeth not out but by prayer and fasting.*

It is going to cost you some time, going without food, a lot of fervent praying and a tremendous amount of tears to overcome and get deliverance for the individual such as this. The Apostles couldn't help men like this, but only through prayer and fasting!

And when Jesus healed that man, they found him sitting, clothed and in his right mind! Jesus is the only one who can put you in the right mind, but we have to pray and fast for this people.

The Apostle Paul wished peace upon people as he wrote his letters to the churches.

Rom 15:33 Now the God of peace be with you all. Amen.

What we need is peace in our lives, peace in our homes and peace in our marriages.

1 Cor 7:15 God hath called us to peace.

6. A Buried Past:

Another thing that has been proven to cause anger is a buried past. People have been abused, sexually, physically, emotionally, and verbally. They have grown up in what they thought were unfair circumstances and it has developed in them a bitter spirit toward man and a bitter spirit toward God and it comes out in anger.

They hate men, they hate authority figures, and they hate everything and everybody!

Ecc 7:9 Be not hasty in thy spirit to be angry: for anger resteth in the bosom of fools.

God said your are foolish when you let anger just sit there, rest there and stew over it.

God says deal with it! Get over it! Put it out of your life, Put it away, and get rid of it.

Eph 4:31 Let all bitterness, and wrath, and anger, and clamour, and evil speaking, be put away from you, with all malice:

Somebody said, “You know you have forgiven somebody when you wish them well.”

(Ex. When I worked at Eastman Kodak Co. as a Product Development Technician, it was a “dog eat dog” type of world. Only the strong survived! I was daily in competition for my job, for my future in the company. There were some other techs and engineers who did things purposely to hinder my work or make me look bad in front of my bosses. But I expected that!

Then I became the pastor of this church and had everyone’s best interest at heart, wishing, praying, and desiring nothing but God’s best and blessings on my people. And do you know what? Some of the people that I have helped the most have turned around and tried to stab me in the back and split this church! I did not expect that! I just had to get over it, put away the anger and the bitterness and get on with the work of the ministry.)

Rom 12:21 Be not overcome of evil, but overcome evil with good.

Learn to forgive, wish them well and get on with your life. Our sign out front said last week, “He who angers you controls you.”

Put away the past!

Phil 3:13-14 Brethren, I count not myself to have apprehended: but this one thing I do, forgetting those things which are behind, and reaching forth unto those things which are before, 14 I press toward the mark for the prize of the high calling of God in Christ Jesus.

A lot of jealousy, envy and civil rivalry that carries on for decades. Parental partiality, you know, “my parents loves my brother or my sister more than you.”

Don’t let those who have hurt you in the past keep hurting you in the future by robbing you of God’s best today.

Jesus can heal the broken hearted!

7. Oppression:

Eccl 7:7 Surely oppression maketh a wise man mad;

This has been a great problem with “minorities.” They feel that they have been oppressed, treated unfairly or differently than others and it causes anger, madness, and they begin taking things into their own hands and start a riot, or become racists, or prejudice.

Instead of setting people free from it, some people like to dwell on it, and keep people thinking that way and make their living at it, like, Jesse Jackson and the Al Sharptons’ of this world.

Some people have to live in oppressive homes. *Prov 19:13 ...the contentions of a wife are a continual dropping.*

Some have to live in oppressive neighborhoods. Maybe their neighbor pumps out rock-n-roll music till it drives you crazy or they are always swearing or fighting.

Some work in oppressive environments.

Oppression can work both ways. It can put a desire in you to make the situation better, as was the abolition of slavery. And anger in these cases can cause righteous indignation and change to a society for the better.

But it can also make people do bad things such as crime, violence and destruction of people’s property.

In Closing:

If you are angry you have got to deal with it through the solutions given!

Why are people angry?

1. Because of a lack of spirituality... So then become spiritual!
2. The complexities of life... So make your life simple!
3. Because of Correction... So accept it! Say, "hey these people ;love me, they are trying to make me better by correcting me." Thank you for telling me about the faults in my children, thank you for pointing out my blind spots.
4. Because of selfwill... Why don't you replace selfwill with God's will? We don't always have to have things our way. Woman, where's my coffee? Get your own coffee!
5. Because of Satanic Oppression... The solution is prayer and fasting and lots of it!
6. Because of a buried past. Anger rest in the bosom of fools. You have got to learn to forgive. Wish them well! They may have hurt my past, but I am not going to let them hurt my present or my future by harboring ill feelings or hatred toward them. It is not worth it. They are not worth it.
God has something good for me. God has a work for me. God has a vision, a plan and a purpose for my life and I will not let my past or anyone hinder it now.
7. Oppression... Avoid it. Pursue the things which make for peace. You can't control others but you can control yourself.

Prayer:

Heavenly Father, help us to battle our anger and give us the victories that we so desperately need in our lives. Thank you, In Jesus Name!