

HEALTHY MIND



UNDERSTANDING ANGER CAN ANGER BE CONTROLLED? WHEN IS IT RIGHTEOUS OR A SIN?

BIBLICAL EXAMPLE – CAIN AND ABEL – GENESIS 4:1-16

Cain was furious even despondent when God took regard with Abel's offering and not Cain's. We could also say that he was jealous. So he hatched a plan to murder his brother even after what God says to him in verse 7. Most of us don't start from the point of sinful anger. Nor did Cain. Scripture states he was furious and despondent. Just like Cain most of the time there is a root emotion or emotions as to why someone would get to the point of sinful type anger. . . . Numerous emotions could play a role like, jealousy (Cain), selfishness, pride (Cain), fear, unfair treatment (Cain) just to name a few. Sinful anger can be the absence of fellowship with God; pushing the Holy Spirit to the side. What is it for a non-believer? What is absent with them? . . . Maybe God said what he did to Cain in verse 7 because he knew what was lacking in Cain's heart and knew Abel was faithful given the type of offering (high priced).

RIGHTEOUS ANGER – EPHESIANS 4:26

"Be angry, and yet do not sin; do not let the sun go down on your anger."

- First, deal with your anger. All the emotions that you're feeling are driving your anger. Second, spur your anger.
- Redirect your anger for a good purpose.
 - Matthew 21; 12-13 Jesus in the temple
 - Mark 3:1-5 Jesus heals a man with a withered hand on the Sabbath in front of the Pharisees.

CONTROLLING THE BALANCE OF YOUR ANGER.

- Proverbs 14:29 (Solomon) "A patient person shows great understanding, but a quick-tempered one promotes foolishness"
- Psalm 86:15 (David) "But you, Lord, are a compassionate and gracious God, slow to anger and abounding in faithful love and truth"
- 1 Peter 2:21-22 "For you were called to this, because Christ also suffered for you, leaving you an example, that you should follow in his steps. He did not commit sin, and no deceit was found in his mouth."

SMALL GROUP DISCUSSION QUESTIONS

1. Name a few emotions that could lead to a sinful anger.
2. Do you get angry? Over what?
3. Has your anger ever led to sin? Or, did you control your anger, how?
4. What is righteous anger?.....sense of justice, love, redirection to bring about a positive change
5. If we're "hangry," for the Lord and constantly finding ourselves getting angry, how can we change that?
6. How might a non-believer deal with sinful anger?
7. What does it mean, "don't let the sun go down on your anger."

Hint....has nothing to do with George Michael and Elton John's song, 'Don't let the sun go down on me.'