

SERMON NOTES

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Sexuality

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PRIDE

GREED

LUST

ENVY

GLUTTONY

ANGER

LAZINESS

Of the seven deadly sins, anger is possibly the most fun. To lick your wounds, to smack your lips over grievances long past, to roll over your tongue at the prospect of bitter confrontations still to come, to savor to the last toothsome morsel both the pain you are given and the pain you are giving back, in many ways is a feast fit for a king. The chief drawback is that what you are wolfing down is yourself. The skeleton at the feast is you.

-Frederick Buechner, Wishful Thinking: A Theological ABC

If you don't control anger, anger will control you.

Exodus 32:25

[He] saw that the people were running wild and that Aaron had let them get out of control and so become a laughingstock to their enemies.

Nehemiah 5:6

When I heard their outcry and these charges, I was very angry.

Mark 3:1-5

Again he entered the synagogue, and a man was there with a withered hand. And they watched Jesus, to see whether he would heal him on the Sabbath, so that they might accuse him. And he said to the man with the withered hand, "Come here." And he said to them, "Is it lawful on the Sabbath to do good or to do harm, to save life or to kill?" But they were silent. And he looked around at them with anger, grieved at their hardness of heart....

Ephesians 4:26-27

Be angry and do not sin; do not let the sun go down on your anger, and give no opportunity to the devil.

Proverbs 18:19

*A brother offended is more unyielding than a strong city,
and quarreling is like the bars of a castle.*

CHARACTERISTICS OF ANGER

- **Anger acts out**

Proverbs 14:17

*A man of quick temper acts foolishly,
and a man of evil devices is hated.*

Proverbs 14:29

He who has a hasty temper exalts folly.

CHARACTERISTICS OF ANGER

- **Anger acts out**
- **Anger keeps the emotional pot stirred**

Proverbs 15:18

*A hot-tempered man stirs up strife,
but he who is slow to anger quiets contention.*

Proverbs 29:22

*A man of wrath stirs up strife,
and one given to anger causes much transgression.*

CHARACTERISTICS OF ANGER

- **Anger acts out**
- **Anger keeps the emotional pot stirred**
- **Anger lacks self-control**

Proverbs 25:28

A man without self-control

is like a city broken into and left without walls.

Proverbs 29:11

A fool gives full vent to his spirit...

ANGER: APPLICATION

- **Stay away from an angry person**

Proverbs 22:24-25

Make no friendship with a man given to anger,

nor go with a wrathful man,

lest you learn his ways

and entangle yourself in a snare.

Proverbs 29:22

A man of wrath stirs up strife,

and one given to anger causes much transgression.

Proverbs 22:10

Drive out a scoffer, and strife will go out,

and quarreling and abuse will cease.

Proverbs 19:19

*A man of great wrath will pay the penalty,
for if you deliver him, you will only have to do it again.*

ANGER: APPLICATION

- **Stay away from an angry person**
- **Submit continually to the Spirit's control**

Galatians 6:22-26

But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control; against such things there is no law. And those who belong to Christ Jesus have crucified the flesh with its passions and desires. If we live by the Spirit, let us also keep in step with the Spirit. Let us not become conceited, provoking one another, envying one another.

Proverbs 16:32

*Whoever is slow to anger is better than the mighty,
and he who rules his spirit than he who takes a city.*

Proverbs 17:27-28

*Whoever restrains his words has knowledge,
and he who has a cool spirit is a man of understanding.*

*Even a fool who keeps silent is considered wise;
when he closes his lips, he is deemed intelligent.*

Proverbs 29:11

*A fool gives full vent to his spirit,
but a wise man quietly holds it back.*

ANGER: APPLICATION

- **Stay away from an angry person**
- **Submit continually to the Spirit's control**
- **Don't get dragged into an angry person's issue**

Proverbs 3:30

*Do not contend with a man for no reason,
when he has done you no harm.*

Proverbs 20:3

*It is an honor for a man to keep aloof from strife,
but every fool will be quarreling.*

Proverbs 26.17

*Whoever meddles in a quarrel not his own
is like one who takes a passing dog by the ears.*

ANGER: APPLICATION

- **Stay away from an angry person**
- **Submit continually to the Spirit's control**
- **Don't get dragged into an angry person's issue**
- **Pick your emotional engagements prayerfully**

Proverbs 19:11

*Good sense makes one slow to anger,
and it is his glory to overlook an offense.*

ANGER: APPLICATION

- **Stay away from an angry person**
- **Submit continually to the Spirit's control**
- **Don't get dragged into an angry person's issue**
- **Pick your emotional engagements prayerfully**
- **Be a calming influencer**

Proverbs 15:18

*A hot-tempered man stirs up strife,
but he who is slow to anger quiets contention.*

Proverbs 17:14

*The beginning of strife is like letting out water,
so quit before the quarrel breaks out.*

Proverbs 26:20-21

*For lack of wood the fire goes out,
and where there is no whisperer, quarreling ceases.*

As charcoal to hot embers and wood to fire,

so is a quarrelsome man for kindling strife.

Proverbs 10:12

*Hatred stirs up strife,
but love covers all offenses.*

ANGER: APPLICATION

- **Stay away from an angry person**
- **Submit continually to the Spirit's control**
- **Don't get dragged into an angry person's issue**
- **Pick your emotional engagements prayerfully**
- **Be a calming influencer**
- **Get Christian counseling**

Proverbs 24:6

*For by wise guidance you can wage your war,
and in abundance of counselors there is victory.*

To lick your wounds, to smack your lips over grievances long past, to roll over your tongue at the prospect of bitter confrontations still to come, to savor to the last toothsome morsel both the pain you are given and the pain you are giving back, in many ways is a feast fit for a king. The chief drawback is that what you are wolfing down is yourself. The skeleton at the feast is you.

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