



# WELCOME TO BIBLE HOUSE OF GRACE

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## Anger.

(2019)

Bible House of Grace contains an easy to read New and Old Testament commentary full of spiritual treasures and pearls, complete with an insightful resource guide illuminating God's love and grace.



**Learn the Bible at Home**

Although I believe my aim is pure and God's will perfect this document is still the product of a human man, as to such I neither claim perfect knowledge or perfect understanding.

# Anger.

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## ANGER IN GENERAL

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Anger can come from any of the following, self-wanting its own way and not getting it, expecting too much and not getting what we expect to get or perceiving others or the world expects more from us and not being able to give what they expect.

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## ANGER AND BULLING

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Anger, is bullying, attacking, and hostile it's about taking control it is saying, "I am going to get them before they get me," and about showing others that we are more powerful than them.

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## ANGER AND HURT

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Anger can be a cover for grief, hurt or some unfulfilled emotional need. Anger is often an emotion that covers up some other need in the human heart. In these situations, anger is saying, "I am not going to be hurt again." Often people who have been abused or molested or emotionally hurt in some way in the past will use anger to protect themselves from being hurt again. To overcome anger in these circumstances, find the unfulfilled need or hurt that the anger is covering up and identify its source and deal with it accordingly.

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## ANGER AND FRUSTRATION

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Anger is often a symptom of frustration, and frustration is a result of what a person perceives to be a violation of their expectations. People revert to anger when they do not know any sociable acceptable way to deal with a circumstance or situation or they don't know how to explain in words how they feel. When a person can't articulate how they are feeling or express themselves they feel frustration and it results in anger. In these situations, anger is an outward reaction to frustration on the inside.

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## ANGER AND PAIN

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Where there is anger there is almost always pain underneath, some people make an unhappy self out of their angry pain-body and believe that this mind-made fiction is who they are. In these situations, a person's unconscious fear of losing their identity will create strong resistance to any dis-identification with the anger simply because they would rather be in pain than risk losing their familiar unhappy self.

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## ANGER IS ABOUT POWER

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Angry people often think anger is the power position their biggest fear is rejection so they act in anger to take the power away from the other person, but in reality anger is the weak position because angry people take the victim role (i.e. they are angry because the other person hurt them). It is because they inwardly take the weak position (i.e., the victim role) that they respond in anger to appear powerful.

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## ANGER AND THE BOOK OF PROVERBS

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The book of proverbs says, a person who cannot control their temper will be disadvantaged, punished and suffer unpleasant consequence as the result of their lack of self-control and even if they are delivered from the damaging and destructive results of their anger outburst it is only a matter of time before they will do the same thing again (Proverbs 19:19).

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## ANGER AND UNBELIEF

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It is fascinating to notice that many people who say they do not believe in God, curse Him when trouble comes. Clearly, they have never considered what a wise man once said, "You cannot be angry with God and not believe he exists at the same time."

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## ANGER AND JESUS

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The Bible records Jesus entering the temple at Jerusalem and not only pouring out the coins of the money changes and overturning their tables, but also making a whip of cords and driving out all who were buying and selling oxen, sheep and pigeons in the temple.

(Mark 11:15) (John 2:14-15) (Matthew 21:12).

It is certain the prideful, hypocritical religious leaders saw an opportunity to make some profit by setting up stalls in the temple and buying animals for sacrifice cheaply and selling them to those who had no animal to sacrifice and thereby make a profit. When Jesus saw God's house being used as a place of merchandise it is most likely that there was a sense of anger when he saw God's house being used in such a worldly manner and saw those who should be serving the people taking advantage of the poor for their own worldly gain. So, if Jesus did have a sense of anger it was not for himself, but because of his love for his heavenly Father and his love for those truly seeking God. Imagine for a moment the lost sheep of Israel coming to the temple on a Sabbath day to worship God and they see their religious leaders using their beloved temple as a place of trade by those who were called to serve in the temple of God and on behalf of the people of God. Jesus anger (if it was anger) was a righteous anger in that it would have been totally under his control and was not for himself and not only motivated by something that was grossly wrong, but also by something that was totally offensive to his heavenly Father. Perhaps the best way to explain righteous anger (i.e., right anger) is with the following story. If a young man is driven by anger at seeing the injustice of two bullies abusing a helpless boy in their school playgrounds and runs over to help the boy and in doing so decks one of the bullies so that the other boy runs in fear no one could say that this boy's anger which was motivated by seeing another human being treated unjustly was sinful anger. Sinful anger is when anger is all about self and used to gratify self in some twisted perverted manner i.e. to dominate others, to feel powerful, to gain control of others, to inflict hurt and harm on other to satisfy the craving for revenge and such like things.

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## ANGER AND GOD

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Jesus said:

- The most important commandment is, the Lord our God, the Lord is one and you shall love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength.' The second is this: 'You shall love your neighbour as yourself.' There is no other commandment greater than these (Mark 12:29-31).

Paul wrote:

- For the whole law is fulfilled in one word: "You shall love your neighbour as yourself (Gal. 5:14).

James said:

- If you really fulfill the royal law according to the Scripture, "You shall love your neighbour as yourself," you are doing well (James 2:8).

Most of us would have to attend a university to learn all the rules and laws recorded in the Bible, luckily for us Jesus reduced them all down to the following two: "Love God with all your heart and mind" and "Love your neighbour as yourself." James the brother of Jesus calls the law, "Love your neighbour as yourself," the Royal Law. Our neighbour embraces every human and not just those who attend Christian churches. No sane man or woman deliberately inflicts harm on themselves in fact sane people not only do whatever they can to avoid being hurt, but also do everything they can to protect themselves from pain and loss it is in this sense that Christians are called to love their neighbour as themselves.

It means respecting a person's right of life (thou shalt not kill), their home and family (thou shalt not commit adultery), their property and possessions (thou shalt not steal). Respecting their reputation (thou shalt not bear false witness) and in thought respecting their right of life, home, family, property, possessions and reputation (thou shalt not covet), but it goes beyond these because it also embraces doing whatever we can to protect others from pain and harm as we endeavour to protect ourselves. Any religion of any nation or religious institution that claims to believe in God, but behaves contrary to these two laws is not acting in the Spirit of God or according to His will even though they maybe claiming to be acting in his name.

The Bible says:

- God is merciful and gracious, slow to anger, and abounding in steadfast love and faithfulness (Exod. 34:6).
- The LORD is slow to anger and abounding in steadfast love, forgiving iniquity and transgression, but he will by no means clear the guilty (Num. 14:18).

Gods anger is stirred up against individual's and nations who deliberately violate the law of love since everything that acts against love brings hurt and harm to His creation and too other humans. We unlike God are not perfect in holiness and perfect in justice since we are all descendants of Adam and have therefore inherited certain aberrations and dysfunction in our nature that limit us from attaining to a sin free life, James the brother of Jesus no-doubt understanding this wrote:

- Let every person be quick to hear, slow to speak, slow to anger; for the anger of man does not produce the righteousness that God requires (James 1:19-20).

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### **TO GET RID OF SINFUL ANGER WE NEED TO DO THE FOLLOWING**

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- Get rid of self.
- Not expect so much.
- Stop attempting to live up to what we think others and the world expects of us.
- Forgive instead of craving revenge.
- Let the hurts of the past go and be aware of that life is full of troubles rather than believe our life will be forever charmed, understand that no one is exempt from the hardships, sorrows and troubles of life not even Christians.

**NOTE:** this does not mean we should live every day expecting trouble that would be foolishness, since the only ways to enjoy life is to have a positive mind, but it does mean that if trouble should come across our path our world will not fall apart in utter confusion, shock, depression and despair

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