

WHEN EVERYBODY IS ANGRY

I. Anger

- A. Two sides – Justified Eph. 4:26; Unjustified Eph. 4:31
- B. #1 way we give place to the devil Eph. 4:27
- C. Two Greek words for anger – Anger, orge; Wrath; thumos
- D. Two ways we sin with our anger: Blow up or Clam up

II. Anger is a secondary emotion

- A. There is always another emotion you feel first.
 - 1. Frustration
 - 2. Injustice
 - 3. Guilt
 - 4. Hurt
 - 5. Threat
- B. We must be honest about and deal with the first emotion to get release.

III. Remedies to Anger

- A. Avoid reacting too quickly to what we see and hear
- B. Do not use anger to make things right
- C. Let God be the ONE to get justice and not avenge ourselves
- D. Do not allow anger or retain anger to go on prolonged or unresolved
- E. Develop in long-suffering , forbearance, and forgiveness

Frustration

Injustice

Guilt

Hurt

Threat