

**What's Your Problem?
Dealing with Anger
James 1:19-20**

I. The Problem of Anger - James 1:19-20

II. Understanding Anger

A. Anger as a Physical Response - Proverbs 29:22

- i. Hurt (e.g., Cain) - Genesis 4:3-5**
- ii. Frustration (e.g., Naaman) - 2 Kings 5:11-12**
- iii. Fear (e.g., King Saul) - 1 Samuel 18:7-12**

B. Righteous Anger - Ephesians 4:26

- i. God - Psalms 7:11**
- ii. Moses; David - Exodus 32:19; 1 Samuel 17:45-47**
- iii. Jesus - Mark 3:5; Mark 10:14; John 2:13-17**

C. Sinful Anger - Proverbs 29:22

- i. Explosive Anger (Quick flare/intimidation) - Proverbs 29:11**
- ii. Nurture Anger (Slow burn/resentment) - 1 Kings 21:4**
- iii. Buried Anger (Time bomb/denial) - Proverbs 28:13; Proverbs 29:22**

III. Dealing with Anger

A. How You Express Anger is a Learned Response

B. How You Express Anger is a Chosen Response - James 1:19; Proverbs 29:20; Psalms 103:8; Proverbs 19:11; Ecclesiastes 7:9

C. How to Express Anger as a Godly Response

- i. Ask for God's Help - 1 John 1:9**
- ii. Recognise Early - Proverbs 17:27**
- iii. Resolve Quickly - Ephesians 4:26-27**
- iv. Practice Forgiveness - Ephesians 4:32**
- v. Grow in the Fruit of the Spirit - Galatians 5:22-23**