

**Spiritual How-to's**  
**Dealing with Our Anger**  
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**Intro.** Last week we talked about living up to God's laws and how Jesus said He came to fulfill the law. Today **we're beginning a series from Matthew 5 addressing topics that Jesus taught as ways we can live to fulfill the Mosaic law.**

We'll begin where He did, with **ANGER.**

**I. Matthew 5:21-26 says this**, "You're familiar with the commandment that the older generation was taught, "Do not murder or you will be judged." "I'm telling you that anyone who is so much as angry with a brother or a sister is guilty of murder."

"Carelessly call a brother an idiot and your answerable..."

"Thoughtlessly yell "Stupid" at a sister and you're on the brink..."

**"The simple moral fact is words kill."** TPT, MSG

A. Jesus took the 6<sup>th</sup> commandment, and 1<sup>st</sup> one listed in our duties to man, **"You shall not murder"** and equated it to **harboring anger in our heart** and speaking demeaning words to and about others.

1. So, our first duty to man is not kill with our words.

2. Our first duty to man is to not harbor anger that kills.

B. **He was teaching us that we commit murder when we take someone's life physically or with our angry words.** Ouch!

1. The OT said **don't kill**

2. The NT says **words kill**

C. **Learning to control our angry outbursts are the fulfillment of the Spirit** of that 6<sup>th</sup> commandment. Think about that! That's powerful.

D. One day, we all will have **to give an account for every empty word** that we have spoken. Matthew 12:36; 2 Corinthians 12:36

1. How many times have I called someone an idiot, or yelled some other demeaning comment?

2. What curses have I called down on someone to their harm?

3. In what ways have I bound myself up personally by my spoken words, outbursts, thoughts and actions?

4. Words are not empty.

**II. Words are powerful.** Hurt feelings, cursing others, lies, cursing and blessing. James 3:10.

**The mouth speaks what's in the heart.** Matthew 12:34-37; Luke 6:43-45.

A. **Everything begins with a word.** Spoken words have the power and ability to create.

1. Their very vibrations of air create an affected atmosphere around you.

2. "The impact of certain positive words have even been found to alter by turning on and off certain genes in the brain", according to Dr. Andrew Newberg

3. "Words can change your brain", he says.

B. **Thoughts fuel our words.** Therefore, thoughts and words are tools that create.

C. **“The Word was first”.** John 1:1 says in The Message. We remember it as, “In the beginning was the Word.” ESV, NIV

1. The **“word” = “logos” in the Greek** – something said, including the thought.
2. This term is used by the Greeks when referring to the **governing power behind all things.**
3. The Jews used this word to refer to **God.**
4. The point = **THE WORD, our words are the governing power behind all things.**
5. Yes, there are spiritual implications and dimensions to Jesus, The Word of God
6. But, the **impact here is our words set in motion a course we walk. They create an environment. They bring blessing or cursing.**
7. **Our words are powerful. The words you speak, are powerful to create.**

Our words set things in motion.

D. Let me list here some verses that speak clearly to the power of our words.

1. **Proverbs 18:21 – death and life are in the power of the tongue**
2. Proverbs 11:9 – evil words destroy friends
3. Proverbs 16:24 – kind words are like honey
4. Proverbs 18:4 – words can be lifegiving water
5. Proverbs 12:18 – there is one whose rash words are like sword thrusts, but the tongue of the wise brings healing
6. Colossians 4:6 – let your speech always be gracious
7. Ephesians 4:19 – let no corrupt talk come out of your mouth...
8. James 1:19 – be quick to hear, slow to speak, and slow to anger
9. Psalm 4:4 – be angry and sin not
10. Ephesians 4:26 – be angry and sin not, don't let the sun go down on your anger, and give no opportunity to the devil

III. **Anger is the beast** behind our words.

Anger is a **strong feeling of displeasure** and usually with antagonism.(Webster) It is one of our basic human emotions and is actually tied to our **survival as our fight, flight or freeze mode.**

A. **3 things determine** if and when we get angry: (according to Dr. Jerry Deffenacher, Psychologist)

1. a trigger event
2. personal characteristics and qualities ie: tolerant, competitive, narcissistic
3. our appraisal of the situation

B. We've all experienced it. Somewhere, sometime we are triggered...

1. Driving in the car and someone cuts in front of us, trigger event
2. what's inside of us comes out, right ?

C. Often our **ourbursts come out because** of one of these mindsets -

1. we feel entitled
2. we are focusing on things we can't control
3. we don't see others perspectives
4. we have a low tolerance for discomfort
5. we tend to blame others
6. don't these sound familiar? Yokes!

**D. Managing our anger, managing our words, is what Jesus was talking about.**

1. If anger were controlled and mitigated, **there would be no murder**. Seriously!
2. If anger were controlled and mitigated, **there would be no angry words** and put downs. There would be no cursings, name calling or demeaning.  
Amazing!

E. Being **aware of what comes out of our mouth and the authority those words** have is a very important part of our Christian walk and spiritual disciplines. We must learn how to manage our thoughts and words.

F. Besides asking for the Lord's help with our angry outbursts there are other **practical steps we can take:**

1. get some sleep
2. think outside of yourself (this is so hard)
3. take a deep breath before you react, step back, wait
4. avoid aggressive actions, words
5. get mad assertively (not aggressively) – stay calm, don't blame

G. We all get angry, it's **what we do with that anger that's important**. Remember, be angry but don't sin.

1. It's not ok to demean others and call them names, that's sin
2. It is ok to get angry when someone is hurt, devalued, treated badly
3. How we respond is the issue.

**IV. Developing a righteous anger.**

Righteous anger is when we are **stirred & grieved by the things that pollute God's holiness**.

**A. Jesus demonstrated this kind of anger.**

1. Mark 3:5 – “he looked around them in anger, grieved at their hardness of heart.”
2. John 2:15-17 – he drove out the money changers and turned over their tables for they had made His father's house a den of robbers

B. 2 Peter 2:7-8 – Lot was greatly distressed by the sensual conduct of the city & their lawless deeds

**C. Righteous anger is driven by God's love** – His love for people. His patient, longsuffering, and gentle love.

1. This is the direct opposite of what drives us.
2. This is why we can so easily spout out damaging, angry words towards others

(& even ourself)

3. Love does not fuel us. If it did, there would be no murderous words escaping our deceitful lips.

4. If love did fuel us, what would our world look like, sound like, be like?

V. I believe, **that is the world that Jesus was setting out to model and asking us to step into and live in.**

A. He said, this is what you have heard in the law, but I am showing you a more excellent way. A better way.

B. One in which our words only create good things and build things. They do not kill.

C. Lemme pray...

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