



Shining the light of Jesus' love on walled-in souls of our communities!

LIVING WITH GOD'S GIFT OF ANGER
Men of His Word conference, Oshkosh 2/21/26
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"ANGER is the deepest form of compassion, for another, for the world, for the self, for a life, for the body, for a family and for all our ideals, all vulnerable and all, possibly about to be hurt..." – David Whyte: *CONSOLATIONS: The Solace, Nourishment and Underlying Meaning of Everyday Words*

Ephesians 4:26 (literally translated) –
"Be angry and don't sin"

Colossians 3:8 – But now you must also rid yourselves of all such things as this: anger, rage, malice, slander, and filthy language from your lips.

The *gift* of anger becomes the *problem* of anger when...

"Resentment is the 'number one' offender. It destroys more alcoholics than anything else." – *Alcoholics Anonymous*, "How It Works"

The "Three A's"

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"Expectations are premeditated resentments" – AA slogan

"So how about taking this idea to all our experiences: You really *can't believe* politicians would lie? You *can't believe* a preacher would cheat on his wife? You *can't believe* someone would try to steal from you? You *can't believe* a neighbor would set off fireworks at 2:00 AM? You *can't believe* a world leader would tyrannize his own people?

"Are we going to live in perpetual shock at the nature of man?" – Brent Hansen, *Unoffendable*, p 31

Objectifying/Humanizing

"IS IT FUN TO KILL A GROUNDHOG?"

"The answer is yes.

"First of all, behaviorists call predatory killing the *quiet bite* because predatory killing is *not* done in a state of rage...

"But angry aggression feels *bad*. Animals and people do not like having their rage circuits turned on, and will avoid it if they can. Rage is a painful emotion. Inside the brain, predatory killing and angry aggression are not the same thing. Not even close." – Temple Grandin, *Animals in Translation*, pp 138-139

Questions to ask yourself:

- Who am I angry with?
- What hurt is behind my anger?
- What fear is behind my anger?
- Do I have a part in this situation I'm angry about?

Prayer –

- "Jesus, I feel angry about ____."
- "Jesus, behind my anger I feel hurt/fear, because ____."
- "Jesus, my part in all this is _____ and I need your forgiveness and help in dealing with it."
- "Jesus, I commit this problem to you – the injustice and my reaction to it – and I look to you for direction."