

SERIES: I'M NOT ANGRY!
PART 1: WHAT'S YOUR TYPE?

Good morning, CVCHURCH. I am excited as this morning (afternoon) we begin the first of a brand new 8-week series entitled I'M NOT ANGRY. This title is important for many Christians in their homes and in their misunderstanding of what the Bible teaches about anger—they refuse to admit that they're angry when they are. They think they will be looked at as less of a Christian if they confess to anger. The truth is, because we're created in God's image, we experience anger. God does, but His anger is always righteous, because He is perfect, and He knows how to demonstrate His anger in a wholesome, authentic and right way.

This series on anger is important for another reason. In order to experience all of the breakthroughs that God has for each one of us individually and as a Church family, learning to deal with our anger is of most importance. **The purpose of my teaching today is to help each one of us identify four of the most common ways people express their anger and for you to be able to see if there is a leading type that you would acknowledge is how you most commonly express your anger.** Please no elbow nudging or pointing the finger or giving those who are sitting around you the look that says, that is you.☺ I ask that each one of us be honest with ourselves as I speak today. Just be truthful with the truths and biblical principles that speak to you, and you know that it is God pointing something out for you to look at, and then

choose to apply the truth so you can make the changes that God wants for you to make and experience the breakthroughs that are on the other side of your obedience.

Here are some facts about anger: **1) Anger is one of your emotions, along with happiness, sadness and fear; 2) Anger is a completely normal, usually healthy emotion that varies in intensity; 3) Anger is a reaction to an inner emotion and not a planned action; 4) Anger is considered a secondary emotion, meaning something usually triggers a bad thought or feeling and you begin to feel angry; 5) Anger can also be caused by fear, stressful situations and fatigue; 6) Worrying or brooding over personal problems can cause anger; 7) Repeated bad thoughts over and over in your head can increase your anger's intensity; 8) Anger can be an instant reaction from a single event or a response after numerous events; 9) Anger reduces stress and makes you feel temporarily powerful; 10) Anger is a learned behavior—we imitate how others handled anger.** The Bible is very clear on these factors that lead to the experience of anger. It is up to you on how you choose to handle your anger. Here is the question for us as we commit to looking at anger and how it will impact our 2018: THE YEAR OF BREAKTHROUGH. Do you want to continue imitating others and letting your anger get the best of you, or do you want to create a happier place for yourself and those around you? The purpose of today's teaching is to help you make the decision to not let anger control your life any longer and to learn the skills of how to deal with this very powerful emotion. The Bible tells us in Ephesians 4:26, **“And don't**

sin by letting anger control you. Don't let the sun go down while you are still angry." Notice the Bible doesn't say you sin when you feel and experience anger. No, God says don't sin; don't miss the mark for your own emotional health and relationships by allowing anger to control you. You will either control your anger or it will control you. In vs. 27 Paul writes, **"For anger gives a foothold to the devil."** Satan will use the misuse of anger in your life to create barriers, blockades and bondages to thwart God's purposes and plans for your life. Let's learn some anger management skills that God desires to teach us. Here are several quotes on anger as we start this morning (afternoon). "Carrying a grudge is like being stung to death by a bee." "When a person is wrong and won't admit it, they will always get angry." I like this one: "If you kick a stone in anger, you'll hurt your own foot." "Temper tantrums, no matter how fun they may be, never solve the problem that is causing them." "Anger is what makes a clear mind seem clouded." "Always write letters to your enemies. Never mail them." "No person can think clearly when their fists are clenched." "Anger blows out the lamp of the mind."

Here are a few verses to get us started. Proverbs 25:28 says, **"A person without self-control is like a city with broken-down walls."** Without self-control you are defenseless. People will be able to manipulate your life. This is how the devil gets a foothold in your life. This is where learning to place boundaries on your own thoughts, feelings and actions are imperative. Self-control is strategically linked to your own personal boundaries. Someone who gets angry a lot can

help themselves greatly by learning more about what a boundary is and how to set them on themselves for themselves. Proverbs 12:15-16, **“Fools think their own way is right, but the wise listen to others. A fool is quick-tempered but a wise person stays calm when insulted.”** In the book of Proverbs, who is right or wise in their own eyes sees no need to seek instruction or counsel from others, so they are unwilling to listen to reproof and correction. Proverbs strongly warns against this because none of us are immune to self-deception. Proverbs 16:2 says, **“People may be pure in their own eyes, but the Lord examines their motives.”** God is more concerned about our motives, intentions and attitudes concerning how we think and the actions we take, especially when it comes to anger. Proverbs 19:11 says, **“Sensible people control their temper, they earn respect by overlooking wrongs.”** One of the keys to managing our anger is the development of patience. In this verse God links patience to wisdom. The patient person is literally “long of nose,” meaning that it takes a long time for the nose to get hot in anger. The irony of this verse is that God tells us is that when we seek to protect our honor or status by quarreling is when we stand to lose it the most. God says when you learn to manage your anger you will gain respect and honor by overlooking the insults and remain calm.

Proverbs 16:32 says, **“Better to be patient than powerful, better to have self-control than to conquer a city.”** God says it is more important to be in control of your own

emotions than to be in control of other people. True leadership always begins with myself.

I. Four ways people can use to express their anger

There are a lot of different ways that anger shows up. Not everyone screams, yells and explodes. But you still have anger problems. The first skill to develop is to identify the different ways you and others express their anger so you can learn how to deal with the feelings and thoughts you will experience.

A. The Machine Gun

These are the kinds of people who will just dump on you. They will mow you down with their anger. Recently I was with someone who was talking about a person he was angry with and he raised his voice, used inappropriate language and his eyes bugged out, and it was very clear that he was very angry. They're very expressive. They will curse, yell, throw things and potentially hit. These people are exploders. The Mount Vesuvius type. They're like walking time bombs. Bobby Knight, who is a famous coach, was known for screaming and even hitting the athletes that played for him. In one game he was so angry with a call from the referee that he took a chair and threw it out on the court. These kinds of people are in the newspaper all the time. The Alec Baldwin's, the Charlie Sheen's. They react like ticking time bombs. An example from the Bible is Cain in Genesis 4:5 & 8d, **“But God did not accept Cain and his gift. This made Cain very**

angry, and he looked dejected.... ^{8d}**Cain attacked his brother, Able, and killed him.”** Please circle the word attacked. The shootings that have taken place across our land in the last 5-10 years are leading examples of the machine gun personality.

B. The Mute

The mute response is the exact opposite of the machine gun type. They don't blow up, they clam up. **Mutes don't get violent at first, they get silent.** They hold their anger, disappointment, frustration, irritation, and agitation in, and they live in denial, and they masquerade around and pretend that everything is okay. These are the people who refuse to admit that they're angry. This is the crockpot style of anger. It stews and it simmers and it's a slow burn. Mutes swallow their anger. The problem is that every time you swallow your anger your stomach keeps score. If you don't talk out your anger you will take it out on your body. Symptoms from this kind of anger management are high blood pressure, chronic pain, tension headaches, ulcers, and other anger related effects to their body. A biblical example of the mute was Jeremiah. He is called the weeping prophet because he wept a lot. God gave him a very difficult assignment. He would tell Israel what God told him to speak to them, and they would get angry at him and take it out on him. Basically God told him, "You know you will be successful if My people reject everything you say for Me." Look at Jeremiah 15:17-18, **"I never joined the people in their merry feasts. I sat alone because Your hand was on me. I was filled with**

indignation at their sins. ¹⁸Why then does my suffering continue? Why is my wound so incurable? Your help seems as a seasonal brook, like a spring that has gone dry.” Do you hold on to unexpressed anger? When people say they burn me up, it literally does. Holding on to your anger is like swallowing poison. It’s not just what you eat but what’s eating you that is destructive to your health, emotions and relationships.

C. The Martyr

This kind of anger management excels at throwing pity parties. Martyrs tend to be passive in life and they tend to punish themselves. When a disruptive person comes into their life they don’t think, “My mom is crazy.” They think, “What’s wrong with me? What did I do wrong? It must all be my fault.” This is a very strong message that I grew up with. I often got the message that I was the source of the family’s problems. Here is the language of a martyr. **I should. I must. I have to. I ought.** Do you “should” on yourself a lot? The martyr personality blames themselves a lot for what goes on in their life and others. One of the leading symptoms that come from the martyr reaction is depression. Depression is caused by many different things. But one of the primary causes of depression is frozen anger. You hold on to anger and you let it freeze in your life, you will think, talk and feel like a martyr and depression is a leading result of this type of lifestyle. Often times the martyr will traffic in gossip, slander and lying about others as a passive way of getting back at others. Right now in the news we’re seeing lying, false

stories, gossip, and slander as means to try to destroy a person's reputation and life.

A leading example of this kind of anger expression is the older brother in the parable of the prodigal and older brother. The younger brother demanded his inheritance and went and squandered it on sexual misconduct and gluttony. He blew all of his inheritance. When he is sitting in a pigpen the Bible says he came to his senses. Friends, sometimes you won't get the help you need until you're sitting in your own mess and you finally come to your senses, and you're willing to accept your responsibility for the irresponsible decisions that you have made. Sometimes God doesn't move in our lives until we come to this critical moment. The father's unconditional love welcomes him back, and the older son becomes very angry. His argument is, "I am the good boy, and you have never thrown a party for me. Your sex addict, alcoholic, indulgent boy comes home and you throw him a party. I am not coming." Luke 15:28-29 says, "**The older brother was angry and wouldn't go in. ²⁹'I've slaved for you and never refused to do a single thing you told me to do. You have never thrown a party for me.'**" Do you know anyone like this? They have to be coaxed. They have to be begged and pampered. They make everyone else miserable. If they're not happy they don't want anyone else to be happy. This is anger being expressed.

D. The Manipulator

The theme of the manipulator is don't get mad, get even. One of the newer shows in the last 6 years was the program REVENGE. The amount of manipulation that went on week after week was mind boggling. Manipulators won't tell you that they're angry to your face, they will do it subtly. They will do it sarcastically. They will be indirect with jibs and cuts. They do things to sabotage you and to make you look back to see what happens, but you will never catch them. They don't own up to what they're doing, thinking or feeling. They will do something to hurt you and then simply say, "Can't you take a joke." They're not joking, they're trying to control you.

The Pharisees the religious leaders are classic examples of manipulation. Luke 6:11, after Jesus healed a man's deformed hand on the Sabbath, says this, **"At this the enemies of Jesus were wild with rage and began to discuss what to do with Him."**

If you feel you have been dominated the majority of your life you will tend to use manipulating ways to control people so you can feel safe and that your life is manageable. The manipulator will often say to themselves, "I will never let anybody control me again. No one is going to take advantage of me. I will always look out for #1." They will have a tendency to encroach on your boundaries. They can be people who talk too much. People who always have a plan of how to get what they want. They will often times act as if they have a plan for your life. They don't respect your process and how you do things. They know better, is their perspective.

If you relate to a manipulator you will often feel like they're taking advantage of you. That you are being treated unfairly. They're just using you; they don't really care for you. Do you have anyone like that in your life, or do you treat people like that?

In this series we're looking at how to think, feel and act more like Jesus when it comes to anger and the Breakthroughs that we're looking for from God in all 7 areas of **S.E.R.F.V.I.P.**, which stands for the **Spiritual, Emotional, Relational, Financial, Vocational, Intellectual and Physical areas of our lives.**

We have looked at four ways that any one of us can choose to express our anger. Do you exhibit the machine gun type, or the mute style, or the martyr or the manipulator style? I am asking you to reflect over your notes and the scriptures we looked at today and begin to prayerfully ask God to help you identify in yourself your own kind of anger management and then to identify these characteristics in how others treat you.

This is the only way to break the stranglehold that anger can have on every one of us. Our own anger is a major tool that satan uses to take advantage of us. Anger can have devastating effects on us Spiritually, Emotionally, Relationally, Financially, Vocationally, Intellectually and Physically.

Next Sunday I want to look at the subject, YOUR ANGER IS NOT MY PROBLEM, and the skills the Bible can give us on how to deal with those people in our lives that have the tendency to trigger our anger, and how to deal with it so we can live more PEACE FILLED AND PEACE BASED in our relationships.

COMMUNION

“As they were eating, Jesus took some bread and blessed it. Then He broke it in pieces and gave it to the disciples, saying, ‘Take this and eat it, for this is My body.’ And He took a cup of wine and gave thanks to God for it. He gave it to them and said, ‘Each of you drink from it, for this is My blood, which confirms the covenant between God and His people. It is poured out as a sacrifice to forgive the sins of many.’” Matthew 26:26-28