

# Our Anger And God's Wrath

Genesis 4:1-16

**Introduction:** Anger is an emotionally charged reaction to an unfulfilled expectation.

## I. The Decisions Of Sinful Anger (4:1-8)

### A. Evaluate Anger's Alternatives: Is Anger The Optimal Response? (1-5; Heb 11:4)

- Choose To Slow Down The Anger Process (James 1:19-20)
- Choose to understand the other person's point of view (Prov 14:29)
- Choose to remain "cool" as you gather the facts (Prov 17:27; 29:20)
- Choose to ignore minor disagreements or offenses (Prov 19:11; 17:14)
- Choose to cool the situation than to heat it up (Prov 15:1; 21:23)

### B. Assess Anger's Motivation: Am I Angry For The Right Reasons? (6)

1. **Understand The Cause Of Our Anger** – *"Why are you angry?"*
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2. **Understand The Effect Of My Sinful Anger** – *"Why has your countenance fallen?"*

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#### 1. Make Sure Our Anger Is Acceptable To God (7a)

##### a. Deal With Anger Biblically (Eph 4:26-27)

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- 2) Be Angry Without Sin
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##### b. Get Angry At What Angers God

- 1) God Gets Angry At Idolatry (1 Kings 11:9-10)
- 2) God Gets Angry At Injustice (John 2:14-17)
- 3) God Gets Angry At Insensitivity (Mark 3:1-5)

#### 2. Resist Dominating Sin (7b; cf. 1 Pet 5:8)

##### a. The Motivation Of Anger May Be Sinful

- The Absence Of A Just Cause Makes Anger Sinful (Mt 5:21-22)
- Anger That Is Motivated By The Flesh, Our Pride And/Or Our Selfishness Is Sinful (Gal 5:19-26/ Lk 15:28-30)

##### b. The Mindset Of Anger May Be Sinful

- Anger That Is Not Under The Control Of The Spirit Of God Is Sinful (Gal 5:22-26)
- Anger That Resists God's Will Is Sinful (Jonah 4:1-4)
- Anger That Does Not Seek A Righteous Outcome Is Sinful (James 1:19-20)
- Anger That Is Vengeful Is Sinful (Rom 12:17-21)

**c. The Manifestation Of Anger May Be Sinful** (see next point)

**D. Choose Anger's Manifestation: How Shall I Express My Anger? (8; 1 Jn 3:10-15)**

- Even if we're angry for a moral reason, the expression of anger may be immoral.
- 1. Expressed Anger** – Anger taken out on others (Prov 29:11,20,22; 25:28; 14:17,29)
  - Harmful Anger (Ps 37:8), Quick Temper (Titus 1:7), Physical Expression (Titus 1:7), Multiplying Anger (Eph 6:4; Prov 29:22)
- 2. Repressed Anger** – Anger taken out on yourself and others (indirectly)  
(Material adapted from Norman Wright, *Living Beyond Worry And Anger* and James Cecy, *The Emotions*)
  - Scape-Goating, Spring-Loading, Subtle Revenge, Self-Pity, Silent Hatred

**II. The Denial Of Sinful Anger (9-13)**

- A. Lying About Our Ignorance:** "I do not know"
- B. Misdirecting Our Responsibility:** "Am I my brother's keeper?"
- C. Ignoring God's All-Knowingness:** "your brother's blood is crying to me" (Heb 4:13)
- D. Playing The Victim:** "My punishment is greater than I can bear"
- E. Blame-Shifting:** "You have Driven Me Away"

**III. The Model Of God's Mercy & Wrath (14-16)**

**A. God's Wrath Is Emotionally Derived From His Justice And Goodness In Dealing With Sin (Ezek 33:11; 1 Pet 1:17)**

1. God's Wrath Is The Emotional Expression Of God's Hatred Towards Sin And All That Opposes Him (Dt 9:7-8; Prov 20:2)
2. God's Wrath Is The Emotional Fury That Will Rage In Judgment (Isa 66:15; 59:18; Ps 95:11; 110:5; Rom 1:18; Rev 19:15)
3. God's Wrath Is A Righteous, Calculated And Methodical Indignation (Ps 7:11-13)

**B. God's Mercy Protects Us From What We Normally Deserve** (cf. Mic 7:18)

**Conclusion:**

- God's Wrath Is Aimed At Our Sin. Are we saved from His wrath? (Rom 5:8-9)
- What Are We Angry At? Is anger our most righteous option?
- How Am I Expressing Anger? Am I seeking a righteous or destructive result?
- Who Are We Angry At? Will you forgive this person as Christ has forgiven you?

**Discussion:**

1. Do you agree or disagree that anger is a choice? Why? Does someone else really make us angry or do we allow ourselves to become angry?
2. What makes us angry most frequently? Why?
3. What practical steps will slow our anger (James 1:19-20; Prov 19:11)? What are the benefits of slowing down anger?
4. What makes us angry in a righteous way? What action does that motivate us towards?
5. How can we balance imitating both God's wrath and mercy?

# Our Anger And God's Wrath

Genesis 4:1-16

## Introduction:

Ie/ A man was getting drunk in a bar atop a huge metropolis sky scraper. His demeanor grew mean and angry. Another man in the bar decided to cheer him up by telling him that life is not that bad and there are many good things in this world to focus on. The surly drunk didn't want to bother with this man but entered into a conversation with him.

The drunk asked the man if he knew how the winds swirled amidst the skyscrapers in the city. The cheerleader said that he didn't. The drunk said that the winds create a huge back draft between the buildings – so much so that you could throw an object off the top of the building and it would return to you. The other man in disbelief challenged that statement. So the two went atop the penthouse and tested the theory.

The drunk climbed to the top of the fence and jumped. He passed the 80<sup>th</sup> floor, then the 70<sup>th</sup>, 60<sup>th</sup> and 50<sup>th</sup>. To the amazement of the astonished encourager, the drunk slowed to a stop at the 40<sup>th</sup> floor and then the wind lifted the drunk back to the top of the building. The spectator was so shocked, he wondered if he could do it to. The drunk said, "Sure, why not."

So the other man climbed the fence and jumped. He passed the 80<sup>th</sup> floor, the 70<sup>th</sup>, 60<sup>th</sup>, 50<sup>th</sup>...but did not slow or even pause. He fell flat and went splat. The drunk returned to the bar where the bartender pointed the drunk out to another patron and said, "That Clark Kent sure gets mean when he's angry!"

- Anger is a universal problem.
- Not every is an alcoholic, adulterer or abuser, but everyone struggles with anger in one way or the other.
- **70% of people are angry at someone**
- "Anger is a problem for every Christian; **sinful anger probably is involved in 90 percent of counseling problems.** Counselors, therefore, should look regularly for anger as a possible root of many problems in nearly every case." (Jay Adams, *The Christian Counselor's Manual*, p. 359-360)
- **Anger is one letter short of danger.** ~Author Unknown

## \*\* Anger is an emotionally charged reaction to an unfulfilled expectation.

- "Anger is an emotional reaction that comes in the face of wrongdoing." (Les Carter, p. 27)
- God expected man to be holy is He is holy. God expected the creature to worship the Creator. Because of the unfulfilled expectation, God's wrath is manifest.
- Expect to live without the threat of violence & terrorism. Positive anger leads to cracking down on security issues and eliminating the threat in the world.

- Expect kids to appreciate you – you're angry when they don't.
- Expect your spouse to be your teammate, not your antagonist.
- Expect your friend to respect your privacy, angry when they don't.
- The Scriptures amplify just how emotionally charged it is:

**Ephesians 4:26,31** "Be **angry** (*orge*), and do not sin": do not let the sun go down on your **wrath** (*parorgismos*)...Let all **bitterness** (*pikria*), **wrath** (*thumos*), **anger** (*orge*), **clamor** (*krauge*), and **evil speaking** (*blasphemia*) be put away from you, with all **malice** (*kakia*)"

**James 1:19-20** "So then, my beloved brethren, let every man be swift to hear, slow to speak, slow to **wrath** (*orge*); for the **wrath** (*orge*) of man does not produce the righteousness of God."

**A. Orge** (45x) – a simmering, lingering anger, to be provoked

**Romans 10:19** But I say, did Israel not know? First Moses says: "I will provoke you to jealousy by those who are not a nation, I will move you to **anger** by a foolish nation."

**James 1:19-20** So then, my beloved brethren, let every man be swift to hear, slow to speak, slow to **wrath**; for the **wrath** of man does not produce the righteousness of God.

- "Orge...is 'anger' as the most striking manifestation of impulsive passion. Unlike *thymós*, a complementary term, *orgé* is especially oriented to revenge or punishment." (Kleinknecht, *TDNT*, 382-92)

**B. Thumos** (20x) – boiling, turbulent, explosive anger

- uncontrolled passion

**Galatians 5:20** Idolatry, sorcery, hatred, contentions, jealousies, outbursts of **wrath**, selfish ambitions, dissensions, heresies

**Luke 4:28** So all those in the synagogue, when they heard these things, were filled with **wrath**,

**Acts 19:28** Now when they heard this, they were full of **wrath** and cried out, saying, "Great is Diana of the Ephesians!"

- The difference between *orge* and *thumos* is the difference between simmering and exploding. *Orge* burns like a candle. *Thumos* explodes like dynamite.
- "Thumos speaks of a turbulent commotion, the boiling agitation of the feelings, passion, anger forthwith boiling up and soon subsiding, which is forbidden in Ephesians 4:31." (Wuest)
- "thymós is preferred for sudden rage" (Kittel)
- "more passionate and temporary, that is, anger that boils up" (Hoehner)

**C. Parorgismos** (3x) – wrath, provoked

**Ephesians 6:4** And you, fathers, do not provoke your children to **wrath**, but bring them up in the training and admonition of the Lord.

**Romans 10:19** But I say, did Israel not know? First Moses says: "I will provoke you to jealousy by those who are not a nation, I will move you to **anger** by a foolish nation."

- Same word used of fathers not **parorgizo** their children unto **parorgizo** (Eph 6:4)
- Don't provoke your children into being provokers
- "It refers to anger that is accompanied by irritation, exasperation, embitterment." (Wuest)

ie/ Parent insults child, child insults back or repels with deep resentment

- D. *Pikria*** – bitterness, grudges, bitter, poisonous, acidic (πικρία)
- opposite of sweetness and kindness
  - it does not mean the "embitterment" which involves withdrawal and isolation (the word is not attested elsewhere in this sense) but "bitterness," "resentment," "an incensed and angry attitude of mind" to one's neighbour. (Kittel's, *Theological Dictionary of the New Testament*, Vol. 6, p. 125)
  - "resentfulness, harshness, virulence," (Wuest, *Word Pictures In The New Testament*)
  - bitterness taste in life
- E. *Krauge*** – clamor, outcry, crying, shouting, NIV "brawling"
- F. *Blasphemia*** – blasphemy, vilification, evil speaking
- G. *Kakia*** – badness, evil, malice, wickedness

## I. The Decisions Of Sinful Anger (4:1-8)

### A. Evaluate Anger's Alternatives: Is Anger The Optimal Response? (1-5)

*1 Now Adam knew Eve his wife, and she conceived and bore Cain, saying, "I have gotten a man with the help of the LORD." 2 And again, she bore his brother Abel. Now Abel was a keeper of sheep, and Cain a worker of the ground. 3 In the course of time Cain brought to the LORD an offering of the fruit of the ground, 4 and Abel also brought of the firstborn of his flock and of their fat portions. And the LORD had regard for Abel and his offering, 5 but for Cain and his offering he had no regard. So Cain was very angry, and his face fell.*

- V. 1 – Cain – "I have produced"
  - The name Cain (*qayin*) is a play on the verb "I have produced" (*qānîti*). More important, Eve says, "I have produced a man (*ʾîš*) with the help of the LORD." Not just a baby, not just a boy, but a man. Cain, for Eve, is another Adam. (Greidanus, Sidney. *Preaching Christ from Genesis*. Eerdmans. Kindle Edition.)
- V. 2 – Abel – "breath" (*hebel* – "vanity" in Ecclesiastes)
- Cain's **religion** is everything Christianity is not
- Abel represented faith, Cain represented works

- **The problems with Cain's offering:**

- not a blood offering
- effort of work and not faith
- about the presenter and presentation, not about God
- Possibility: from the ground (ground cursed in Gen 3:17)
- Another Possibility: Abel offered the first of the flock and fat – Cain is not mentioned as offering his first fruit
  - Prov 3:9-10 – honor the Lord with your possessions, and with the firstfruits of all your increase

**Hebrews 11:4** By faith Abel offered to God a more acceptable sacrifice than Cain, through which he was commended as righteous, God commending him by accepting his gifts. And through his faith, though he died, he still speaks.

- Cain **interpreted** his own sacrifice, Abel followed the animal sacrifice pattern
  - **1 John 1:7** "The blood of Jesus His Son cleanses us from all sin"
  - Gen 3:21 – clothed with garments of skin infers an animal sacrifice right after the pronouncement of judgment

**Jude 1:11** Woe to them! For they walked in the way of Cain and abandoned themselves for the sake of gain to Balaam's error and perished in Korah's rebellion.

#### **The Way Of Cain (Gen 4)**

- Rejected God's Way (Jn 14:6)
- Error of false religion
- He tried to make offering to God his way instead of God's way
- He employed human effort, not faith
- He rejected the right way (of Abel)

#### **The Error Of Balaam (Num 22-25)**

- Rejected God's Truth
- When Israel was ready to enter the Promised Land, the King of Moab (Balak) wanted to thwart Israel, so he hired Balaam, an Israelite, to come to curse Israel
- God sent a donkey to tell him not to sell out
- But Balaam went for the money and sold God out and Israel out
- He worked out a plan where Moabite women would seduce Israelite men to compromise God's purity of faith

**1 Peter 5:2** <sup>2</sup>Shepherd the flock of God which is among you, serving as overseers, not by compulsion but willingly, not for dishonest gain but eagerly;

**2 Peter 2:3** <sup>3</sup>By covetousness they will exploit you with deceptive words; for a long time their judgment has not been idle, and their destruction does not slumber.

#### **The Rebellion Of Korah (Num 16)**

- Rejection Of God's Authority

- Korah was a privileged Levite, Kohathite, keeper of the Tabernacle, but he led 250 leaders in rebellion against Moses
- Cain sought to please God through his own efforts, the Bible teaches salvation by faith alone (Eph 2:8-9)
  - Cain may have spent more time on his offering and it may have been more pricy
  - “firstfruit” is missing
  - He just brought fruit
  - Ie/ Making a bouquet or a fruit salad can cost more than bringing the meat dish to a potluck
  - It may have had the most beautiful flowers and crops, but it didn’t have an ounce of blood
  - It may have been his best effort, but God isn’t asking for our effort
  - It’s better to obey than to sacrifice
- **Cain had to make a choice when he was disappointed with God. Change, ignore or get angry.**
- **Anger is a choice!**
- “If we become angry it’s because we had anger already within us, and we allowed someone else to pull it out of us. But no one can *make* us angry.” (David Jeremiah, *Slaying the Giants in Your Life*, p. 112)
- “This can be done by positive self-talk such as, ‘I’m feeling really angry, but I do not have to give in to these feelings. I may be hot, but I don’t have to blow. I want to choose my reaction rather than let my blood pressure dictate my response. I can also ask myself whether the situation is worth the energy I am expending on the experience.’” (Paul Wilson, *How To Stop Being Your Own Worse Enemy*, p. 104)
- When we get angry at golf – we can’t blame our partner, our golf clubs, the lay of the hole, the tree, the rough, the trap, the water hazard or the weather. If we hit the tree, we should probably apologize to the tree instead of blaming it. If we hit another golfer, we’d apologize to them – not blame them for getting in the way.
- “You want to avoid the hostile extreme by accepting responsibility *before* showing anger.” (Carter, p. 33)

## 1. **Choose To Slow Down The Anger Process (James 1:19-20)**

**James 1:19-20** So then, my beloved brethren, let every man be swift to hear, slow to speak, slow to wrath; for the wrath of man does not produce the righteousness of God.

**Proverbs 19:11** The discretion of a man makes him slow to anger, And his glory is to overlook a transgression.

## 2. **Choose to understand the other person’s point of view (Prov 14:29)**

**Proverbs 14:29** He who is slow to wrath has great understanding, but he who is impulsive exalts folly.

Ie/ When the husband comes home from work and snaps at the wife, instead of the wife reacting back with reverberating insults, she could say, "Rough day at work, huh?" or "Did I do something to make you angry?"

Ie/ Find the reason for your teen's anger. They are being emotionally stretched by their raging hormones and yet lack the experience in life to handle the anger. They get upset at the slightest thing – a comment from a parent, the appearance of betrayal by a friend, the work load from the teacher...etc. When they come home angry, ask the why.

### **3. Choose to remain "cool" as you gather the facts (Prov 17:27; 29:20)**

**Proverbs 17:27** He who restrains his words has knowledge, and he who has a cool spirit is a man of understanding.

**Proverbs 29:20** Do you see a man hasty in his words? There is more hope for a fool than for him.

Ie/ You can blow up at a bad report card or you can assess the facts as to why your child got a bad report card. If it's the school work, you can talk to the teacher about getting your child help. If it's the Game Boy or the telephone, you can get righteously angry and remove those distractions until the results improve. The goal is to stay school so you can assess.

Ie/ A coworker is labeling you as a liability to the team. Your first result is to hurl and insult back. A biblical response is to not act on hearsay, but go assess the accuracy of the information.

### **4. Choose to ignore minor disagreements or offenses (Prov 19:11; 17:14)**

**Proverbs 19:11** A man's discretion makes him slow to anger, and it is his glory to overlook a transgression.

- Ephesians 4 calls this forbearance (4:1) and longsuffering. It will take a long time to make you suffer.
- Forgiveness (4:32)

**Proverbs 17:14** The beginning of strife is like letting out water, so abandon the quarrel before it breaks out.

- Ie/ A boy asked his father how wars are started. His father replies that in World War I the Germans invaded Belgium. Mom, who was listening while washing the dishes, interrupted and said, "Why don't you tell him the truth, the war started because somebody got murdered." The father reacted to the mother's interruption and said "Who's answering the question, you or me?" The mother reacted angrily,

slamming the dishes into the sink, slamming the kitchen door behind her. There was an awkward silence between the father and son. The son then said "Never mind dad, I think I know how war is started."

**5. Choose to cool the situation than to heat it up (Prov 15:1; 21:23)**

**Proverbs 15:1** "A gentle answer turns away wrath, but a harsh word stirs up anger."

**Proverbs 21:23** "He who guards his mouth and his tongue, guards his soul from troubles."

**B. Assess Anger's Motivation: Am I Angry For The Right Reasons? (6)**

*6 The LORD said to Cain, "Why are you angry, and why has your face fallen?"*

- Cain's flesh fanned his pride
- His anger forced him to see only his view, not God's view
- His anger drove him to take out his anger by striking against a victim
- Anger caused him to kill his brother
- E.g. Anger can cause misbehavior in a police officer or a parent
- E.g. Anger can be aroused by mobs leading to mob violence
- Anger throws reason to the door
- Individual acts of sin must be dealt with and judged – vigilantism, mob violence are not the answer
- I'm not discounting the right to a peaceful protest – but when individuals take matters into their own concept of justice and we forsake a just court, we violate Jesus' command to turn the other cheek
- God gives an antidote to anger

**1. Understand The Cause Of Our Anger – "Why are you angry?"**

- "If we become angry it's because we had anger already within us, and we allowed someone else to pull it out of us. But no one can *make* us angry." (David Jeremiah, *Slaying the Giants in Your Life*, p. 112)

**The Reasons For Anger:**

**a. Disappointment**

- We can get angry when we are disappointed with someone not meeting our expectations
- We can get angry when relationships fail – breakup, divorce, betrayal of a friend
- We can get angry with God when we are upset with His direction in our lives or we have different expectations of God than who He is

**b. Frustration**

- The perfectionist gets mad when execution of plans doesn't occur the way they plan it

- Disciplined athletes might lose their temper towards the end of the sporting event when they are frustrated with losing
- Children get mad when they are frustrated with their toy or art work
- The golfer gets mad when his shot ends up in the rough or trap
- Six Levels From Frustration To Anger  
(by Paul Hauck, quoted by Paul Wilson, *How To Stop Being Your Own Worse Enemy*, p. 100)
  - "I want something."
  - "I didn't get what I wanted and am frustrated."
  - "It is awful and terrible not to get what I want."
  - "You shouldn't frustrate me! I must have my way."
  - "You're bad for frustrating me."
  - "Bad people ought to be punished."

**c. Pain**

- "If you see anger, look for the pain." (R. C. Sproul)

**d. Fear**

- Fear causes us to feel out of control and we get angry to try to bring control or dominance over the situation.

**2. Understand The Effect Of My Sinful Anger – "Why has your countenance fallen?"**

- Anger collapses our smile
- "countenance" – facial expression
- Anger collapses our world

**C. Determine Anger's Morality: Shall Change Towards Righteousness Or Continue In My Sinful Anger? (7)**

*7 If you do well, will you not be accepted? And if you do not do well, sin is crouching at the door. Its desire is for you, but you must rule over it."*

**1. Make Sure Our Anger Is Acceptable To God (7a)**

*7a If you do well, will you not be accepted?*

- V. 7 **Do well** – reasonable expectation from God, but Cain refused
- Refusing to "do well" before God is "sin"

**a. Deal With Anger Biblically**

**Ephesians 4:26-27** "Be angry, and do not sin": do not let the sun go down on your wrath, nor give place to the devil."

**1) Be Angry For Righteous Reasons – "Be angry"**

- God commands us to get angry
- Who among us would have expected a command to get angry?

- *emotion* = to move out
- Moses' anger moved him to destroy the idol and execute judgment
- What is the God-given emotion of anger moving you to do?
  - If we're angry at the political situation, we need to be moved to **pray** more. There is no greater way of impact our world than to pray. The world events are in God's hands.
  - If we're angry at sin in our workplace, school or neighborhood, we need to be moved to **evangelize**. Sinners will act like sinners. Only the transformation through Christ will bring about righteousness.
  - If we're angry at sin in our church or family, we need to be moved to **confront** and **admonish** the one who is in sin before the Lord. The unity of the Body and the spiritual health of the offender is at stake.
  - If we're angry at ourselves, we need to **change** our attitude and behavior. What sin needs to be repented of? What improvements need to be made?
- "Anger offers a wide variety of possibilities. It can create chaos in your life, or you can learn to express it in highly constructive ways. It can provide all the power you need to remove troublesome barriers in your path. You can move forward methodically when you have learned to use anger effectively." (Neil Clark Warren, *Make Anger Your Ally*, p. 20)
- Moses gets angry at the worship of the golden calf
 

**Exodus 32:19-20** "So it was, as soon as he came near the camp, that he saw the calf and the dancing. So Moses' anger became hot, and he cast the tablets out of his hands and broke them at the foot of the mountain. Then he took the calf which they had made, burned it in the fire, and ground it to powder; and he scattered it on the water and made the children of Israel drink it."
- Saul gets angry at the invasion by enemies
 

**1 Samuel 11:6-7** "Then the Spirit of God came upon Saul when he heard this news, and his anger was greatly aroused. So he took a yoke of oxen and cut them in pieces, and sent *them* throughout all the territory of Israel by the hands of messengers, saying, "Whoever does not go out with Saul and Samuel to battle, so it shall be done to his oxen." And the fear of the LORD fell on the people, and they came out with one consent."

## 2) **Be Angry Without Sin** – "*and do not sin*"

- Q: Is it OK to be angry when your child rebels? Yes
- but that doesn't give us the excuse to provoke our child to wrath

**3) Deal With Anger Immediately** – *"do not let the sun go down on your wrath"*

- God permits us to be angry to move us towards resolving a conflict or correcting a sin
- It is not meant to keep eating away at you all night
- ie/ A couple that argues angrily must work on dealing with the issue. Now, the issue may not be resolved immediately, but the anger must. Sometimes, the couple must resolve the anger before they can rationally discuss the issue they are divided upon.
- **Dangers of not settling your anger immediately:**
  - There is a failure in an attempt to resolve the controversy – the problem persists
  - Reaction dominates your marriage, not communication
  - Children are taught the pattern of destructive intimidation, not constructive resolution
  - Your testimony before others is damaged as one who is controlled by emotions, not the Spirit of God
  - Your ability to worship God will be impaired
  - Your marriage will struggle intimately
- "Never go to bed mad. Stay up and fight." (Phyllis Diller, *Phyllis Diller's Housekeeping Hints*, 1966)

**4) Don't Let Anger Make You Vulnerable To The Devil** – *"nor give place to the devil"*

- Aristotle: "A man who is angry on the right grounds, against the right persons, in the right manner, at the right moment and for the right length of time deserves great praise."

**b. Get Angry At What Angers God**

- "A man that does not know how to be angry does not know how to be good. A man that does not know how to be shaken to his heart's core with indignation over things evil is either a fungus or a wicked man." (Henry Ward Beecher)
- "Under certain conditions, *orge* (anger) is a righteous passion to entertain. The Scripture has nothing in common with the Stoic's absolute condemnation of anger. It inculcates no apathetic attitude, but only a moderation, not an absolute suppression of the passions which were given to man as winds to fill

the sails of his soul, as Plutarch excellently puts it. When guided by reason, anger is a right affection, so the Scripture permits it, and not only permits, but on fit occasion demands it." (Trench)

### **1) God Gets Angry At Idolatry (1 Kings 11:9-10)**

**1 Kings 11:9-10** "So the LORD became angry with Solomon, because his heart had turned from the LORD God of Israel, who had appeared to him twice, and had commanded him concerning this thing, that he should not go after other gods; but he did not keep what the LORD had commanded."

Ie/ a friend at church idolized marriage and loneliness, that this person marries an unbeliever and stops going to church – our anger should be aroused to encourage this person to get right with the Lord instead of idolizing relationships

Ie/ your spouse loves money more than the Lord – be angry at idolatry

Ie/ your child would rather play sports than go to church – be angry at idolatry

### **2) God Gets Angry At Injustice (John 2:14-17)**

**John 2:14-17** <sup>14</sup>And He found in the temple those who sold oxen and sheep and doves, and the moneychangers doing business. <sup>15</sup>When He had made a whip of cords, He drove them all out of the temple, with the sheep and the oxen, and poured out the changers' money and overturned the tables. <sup>16</sup>And He said to those who sold doves, "Take these things away! Do not make My Father's house a house of merchandise!" <sup>17</sup>Then His disciples remembered that it was written, "Zeal for Your house has eaten Me up."

- Devoted Jewish worshippers would bring their best lamb to be offered to God. These wicked moneychangers would inspect their lambs, rate them as inferior, then sell them a replacement from their stock at an exorbitant price. Then they would go and sell the lamb they got in "trade-in" to another unsuspecting customer.
- Jesus was rightly upset

ie/ upset when kids get picked on at school

ie/ angry when boss shows favoritism or prejudice

ie/ mad at somebody cheating someone over a business deal

### **3) God Gets Angry At Insensitivity (Mark 3:1-5)**

**Mark 3:1-5** <sup>1</sup>And He entered the synagogue again, and a man was there who had a withered hand. <sup>2</sup>So they watched Him closely, whether He would

heal him on the Sabbath, so that they might accuse Him. <sup>3</sup>And He said to the man who had the withered hand, "Step forward." <sup>4</sup>Then He said to them, "Is it lawful on the Sabbath to do good or to do evil, to save life or to kill?" But they kept silent. <sup>5</sup>And when He had looked around at them with anger, being grieved by the hardness of their hearts.

- Jesus was angry because the religious leaders did not understand the importance of compassion and mercy. They were only concerned about the minor technicalities of their manmade laws.

Ie/ someone you love is insensitive to the mercy of the Lord

Ie/ your child is insensitive to obeying you

Ie/ your spouse refuses to hear your side of the story

## 2. **Resist Dominating Sin (7b; cf. 1 Pet 5:8)**

*7b And if you do not do well, sin is crouching at the door. Its desire is for you, but you must rule over it.*

- Sin is depicted as a predatory and violent animal
- Lurking, preying
- "If you do not do well, you leave yourself wide open to attack by this ferocious animal. Like a lion crouching for the kill." (Greidanus, Sidney. *Preaching Christ from Genesis*. Eerdmans. Kindle Edition.)

**1 Peter 5:8** Be sober-minded; be watchful. Your adversary the devil prowls around like a roaring lion, seeking someone to devour.

- Though anger itself may not necessarily be sinful, there are three avenues: Motivation, Mindset or Manifestation
- Jay Adams: "Clearly, all our emotions are from God; in and of themselves they are not negative. However, because of human sin, emotions may be aroused for the wrong reasons, released in the wrong ways, etc. Emotions become 'negative', i.e. harmful to others and to the one who exhibits them, under such circumstances." (Forward in Ken Campbell's *Those Ugly Emotions: How To Manage Your Emotions*, Christian Focus, 2001)

### a. **The Motivation Of Anger May Be Sinful**

#### 1) **The Absence Of A Just Cause Makes Anger Sinful (Mt 5:21-22)**

**Matthew 5:21-22** "You have heard that it was said to those of old, 'You shall not murder, and whoever murders will be in danger of the judgment.' But I say to you that whoever is angry with his brother without a cause shall be in danger of the judgment."

- hatred is one of the moral qualifiers here in this passage
- hatred is sinful (righteous anger is a result of love)
- you've heard the phrase: "Hate the sin, not the sinner."
- the other moral qualifier is "without a cause"
- this would understand an insertion of: "without a [righteous] cause"
- the causes of sinful anger are usually void of a righteous cause
- the idols of pride, feeling, personal rights are selfish and sinful causes
- to not pursue the glory of God is to be angry without a [just] cause

## 2) **Anger That Is Motivated By The Flesh, Our Pride And/Or Our Selfishness Is Sinful (Gal 5:19-26/ Lk 15:28-30)**

**Galatians 5:19-26** "19 Now the works of the flesh are evident, which are: ...20 ...hatred, contentions, jealousies, outbursts of wrath, selfish ambitions, dissensions, heresies, 21envy, murders, drunkenness...those who practice such things will not inherit the kingdom of God.

Ie/ The prodigal son's older brother because jealous because of his selfishness.

**Luke 15:28-30** "28"But he was angry and would not go in. Therefore his father came out and pleaded with him. 29"So he answered and said to his father, 'Lo, these many years I have been serving you; I never transgressed your commandment at any time; and yet you never gave me a young goat, that I might make merry with my friends. 30'But as soon as this son of yours came, who has devoured your livelihood with harlots, you killed the fatted calf for him.'

- Ie/ While Leonardo da Vinci was painting "The Last Supper", he got angry at a particular individual. His violent rage would be expressed in giving this individual harsh and furious tongue lashings. When he returned to the canvas to paint the face of Jesus, he was unable to. How could one seek to paint Christ and regard sinful anger in his heart. Da Vince needed to put down the paintbrush, find the man he was mad at, ask for forgiveness and then with a clear conscience return to the canvas to paint Christ.

### **b. The Mindset Of Anger May Be Sinful**

- Sinful vs. righteous anger has to do with quality
  - Righteous anger will have a divine quality to it
  - Sinful anger will have a degrading quality to it

## 1) **Anger That Is Not Under The Control Of The Spirit Of God Is Sinful (Gal 5:22-26)**

**Galatians 5:22-26** But the **fruit of the Spirit** is **love, joy, peace, longsuffering, kindness, goodness, faithfulness, gentleness, self-control**. Against such there is no law. And those who are Christ's have crucified the flesh with its passions and desires. If we live in the Spirit, let us also walk in the Spirit. Let us not become conceited, provoking one another, envying one another."

- Use the fruit of the Spirit as a checklist
- If any of these fruits are missing in the expression of your anger – then it is not a Spirit controlled anger

## 2) **Anger That Resists God's Will Is Sinful (Jonah 4:1-4)**

**Jonah 4:1-4** 1But it displeased Jonah exceedingly, and he became angry. 2So he prayed to the Lord, and said, "Ah, Lord, was not this what I said when I was still in my country? Therefore I fled previously to Tarshish; for I know that You are a gracious and merciful God, slow to anger and abundant in lovingkindness, One who relents from doing harm. 3"Therefore now, O Lord, please take my life from me, for it is better for me to die than to live!" 4Then the Lord said, "Is it right for you to be angry?"

- Jonah is upset that his preaching was successful. The Ninevites repented of their sin and didn't get judged by God like Jonah was thinking should have happened.

## 3) **Anger That Does Not Seek A Righteous Outcome Is Sinful (James 1:19-20)**

**James 1:19-20** "So then, my beloved brethren, let every man be swift to hear, slow to speak, slow to wrath; for the wrath of man does not produce the righteousness of God."

- The glory of God, the repentance of sin, the unity of the Body of Christ is a righteous product of godly anger
- Anger that does not produce the righteous results is sinful – because it produces sinful results

### ▪ **Solve The Issue That Caused The Anger (Prov 27:4-6)**

**Proverbs 27:4-6** "Wrath is fierce and anger is a flood, but who can stand before jealousy? Better is open rebuke than love that is concealed. Faithful are the wounds of a friend, but deceitful are the kisses of an enemy."

- If you don't solve your anger, problems will arise – often exponentially and dangerously.

- Anger moves us to action – in this case towards a solution through confronting sin
- “One controls his anger best when he is *solution-oriented* rather than *problem-oriented*. Christians who are problem-oriented tend to talk about the problem, feel sorry for themselves, start up blame-shifting operation, and focus their energies upon who is at fault. Solution-oriented Christians size up the problem, try to fix responsibilities, and then *turn as quickly as possible* toward solving the problem biblically.” (Adams, p. 354)

#### 4) Anger That Is Vengeful Is Sinful (Rom 12:17-21)

**Romans 12:17-21** <sup>17</sup>Repay no one evil for evil. Have regard for good things in the sight of all men. <sup>18</sup>If it is possible, as much as depends on you, live peaceably with all men. <sup>19</sup>Beloved, do not avenge yourselves, but rather give place to wrath; for it is written, “Vengeance is Mine, I will repay,” says the Lord. <sup>20</sup>Therefore ‘If your enemy is hungry, feed him; If he is thirsty, give him a drink; For in so doing you will heap coals of fire on his head.’ <sup>21</sup>Do not be overcome by evil, but overcome evil with good.”

#### c. The Manifestation Of Anger May Be Sinful (see next point)

#### D. Choose Anger’s Manifestation: How Shall I Express My Anger? (8)

*8 Cain spoke to Abel his brother. And when they were in the field, Cain rose up against his brother Abel and killed him.*

v.8 – Cain spoke to Abel – I wonder what the conversation was like

- Maybe he expressed his frustration
- “Look all I had done and God wasn’t pleased” (frustrated)
- “He liked your offering more than mine” (jealous)
- “All you did was sacrifice one of your flock” (comparison)
- “Remember that time you knocked over my Lincoln Logs – I’m still mad about that” (bitterness)
- Cain allowed anger to overcome him and turned from the Lord
- Cain killed his brother (8)
- Cain was investigated by God (9a)
- Cain lies and pleads “not guilty” (9b)
- “brother’s keeper” is a sarcastic term related to Abel being the “keeper of sheep”
- “One controls his anger best when he is *solution-oriented* rather than *problem-oriented*. Christians who are problem-oriented tend to talk about the problem, feel sorry for themselves, start up blameshifting operation, and focus their energies upon who is at fault. Solution-oriented Christians size up the problem, try to fix responsibilities, and then *turn as quickly as possible* toward solving the problem biblically.” (Adams, p. 354)
- The Apostle John adds his sad commentary on this tragedy:

**1 John 3:10-15** [10] By this it is evident who are the children of God, and who are the children of the devil: whoever does not practice righteousness is not of God, nor is the one who does not love his brother. [11] For this is the message that you have heard from the beginning, that we should love one another. [12] We should not be like Cain, who was of the evil one and murdered his brother. And why did he murder him? Because his own deeds were evil and his brother's righteous. [13] Do not be surprised, brothers, that the world hates you. [14] We know that we have passed out of death into life, because we love the brothers. Whoever does not love abides in death. [15] Everyone who hates his brother is a murderer, and you know that no murderer has eternal life abiding in him.

- **Even if we're angry for a moral reason, the expression of anger may be immoral.**
- "Righteous anger can become unrighteous anger in two ways: 1) by the *ventilation* of anger; 2) by the *internalization* of anger. These two opposite extremes are known more popularly as **blowing up** and **clammng up**. When one blows up, his emotional energies are aimed and fired at someone else. When he clams up, bodily tensions are released within oneself. In both cases, the emotional energies of anger are wasted. In both they are used 'destructively.' In neither instance are they used constructively to solve problems." (Jay Adams, *The Christian Counselor Manual*, pp. 349-350)

**1. Expressed Anger** – Anger taken out on others (Prov 29:11,20,22; 25:28; 14:17,29)

**Proverbs 29:11** A fool vents all his feelings, But a wise man holds them back.

**Proverbs 25:28** Whoever has no rule over his own spirit Is like a city broken down, without walls.

**Proverbs 29:20** Do you see a man hasty in his words? There is more hope for a fool than for him.

**Proverbs 29:22** An angry man stirs up strife, And a furious man abounds in transgression.

**Proverbs 14:17** A quick-tempered man acts foolishly, And a man of wicked intentions is hated.

**Proverbs 14:29** He who is slow to wrath has great understanding, But he who is impulsive exalts folly.

**a. Harmful Anger** (Ps 37:8)

**Psalm 37:8** "Cease from anger, and forsake wrath; Do not fret—it only causes harm."

- Cain slew Abel (Gen 4)
- Saul got angry and tried to kill his son, Jonathan, as well as David (1 Sam 20)
- Simeon & Levi – angry, self-willed, murderous (Gen 49)

## Questions on why angry outbursts take place in marriage:

(from Willard Harley, *Love Busters*, p. 93)

- What are the most important reasons that you use angry outbursts to punish your spouse?
- When you use angry outbursts to punish your spouse, what do you typically do?
- When you use angry outbursts to punish your spouse, what hurts your spouse the most?
- After you use angry outbursts to punish your spouse, do you usually feel better about the situation than before you used them? Why or why not?
- Do you feel that punishment evens the score and that without it your spouse wins and you lose? Explain.
- Do you ever try to control or avoid using angry outbursts to punish your spouse? If so, why do you do it? How do you do it?
- If you were to decide never to use angry outbursts to punish your spouse again, would you be able to stop? Why or why not?
- Are you willing to stop using angry outbursts to punish your spouse? Why or why not?

### b. **Quick Temper** (Titus 1:7)

**Titus 1:7** "For a bishop must be blameless, as a steward of God, not self-willed, not quick-tempered, not given to wine, not violent"

- "quick temper" = passionate, flies off the handle, loses cool  
- word implies persistent behavior

### c. **Physical Expression** (Titus 1:7)

- "violent" = lit. means a "striker"  
  
ie/ Christ overturned tables, not people (Jn 2)
- ie/ Note about spanking: Spanking is a responsibility of a parent in disciplining a child. We are not to spank unless our anger is under control (not absent, but controlled). It is purposeful, loving and controlled. This is only for parents and children, not for spouses or friends or church discipline.

### d. **Multiplying Anger** (Eph 6:4; Prov 29:22)

- anger breeds anger

**Ephesians 6:4** "Fathers, do not provoke your children to wrath, but bring them up in the training and admonition of the Lord."

- same word for *provoke* and *wrath*

- fathers would provoke their children to be provoking

**Proverbs 29:22** “An angry man stirs up strife, and a furious man abounds in transgression.”

## 2. **Repressed Anger** – Anger taken out on yourself and others (indirectly)

(Material adapted from Norman Wright, *Living Beyond Worry And Anger* and James Cecy, *The Emotions*)

- “Repression is a form of denial. If a person denies that he is angry, then he feels no obligation to deal with his anger....Repression may have its short-term rewards, but in the long run repressed anger is usually especially powerful and bitter. By repressing it, a person is pushing anger from the conscious to the subconscious. There it can fester and worsen without that person’s knowledge.” (Les Carter, *Good 'n' Angry*, p. 94)

### a. **Scape-Goating** – We blameshift responsibility for our anger onto somebody else

ie/ mad at your boss, take it out on your children

ie/ mad at your spouse, take it out on your dog

### b. **Spring-Loading** – We stuff down our anger so we can excuse our explosion later

- there is a momentum and intensity that can build up

- explosions are a result of pressing down the anger

- later on, we will address the solution is not blowing off steam

- pent up anger can be resolved through confession of sin and giving it over to the Lord

- but there is a recognition of an intensity and momentum that builds up from stuffing anger

ie/ catapult, rubber band and paper wad

### c. **Subtle Revenge** – Passive aggression seeks dispassionate harm

- Strategic pouting
- Sarcastic jabs
- Stealth revenge

ie/ you get cut off by a car on the road – instead of fuming, you speed up, cut the person off and smile at them as you drive by or you speed up to cut them off between you and a big rig in front of them

- revenge feels good

- “I don’t get mad, I get even.”
- This a person who smiles at you while plotting on you
- Students who cut school or are constantly tardy are passive-aggressive
- Clarence Darrow: “I’ve never killed a man, but I have read obituaries with great pleasure.”
- “Underhandlers are typically the most clever mismanagers of anger. They are like magicians – almost impossible to catch in the act, but somehow they’re doing it to you. Many underhandlers are unaware of their anger. They think they’re just being funny. They argue that they didn’t mean a thing by what they said or did. They try to make you think that you’re imagining things. But when you feel invisibly punched or cut up or poked at or deflated or put down, trust your feelings. And look around for an underhandler.” (Warren, p. 81)

**d. Self-Pity** – Anger turns into a depressive immobilization

- you get mad at God or the person who did not fulfill your expectation
- the anger destroys you from within
- “If you are a *self-punisher*, you may not be aware of it. We often beat up on our self-conceptions in quiet and subtle ways, so imperceptibly that sometimes we become aware of it only when we meet up with a crisis in our lives and realize that our self-image is shriveled and drawn.” (Warren, p. 69)

**e. Silent Hatred** – Bitterness strikes out at others internally for an extended period

ie/ Rubin “Hurricane” Carter was a former boxing champion and a very angry man that was falsely convicted of 3 counts of murder. Denzel Washington depicted his struggle in a recent movie as he spend 20 years in prison for something he didn’t do.

How angry would you be if you were “Hurricane” – imprisoned for 20 years for something you didn’t do? How much bitterness should he be permitted to have?

In his own words, here’s what Hurricane wrote: “The question invariably arises, it has before and it will again: ‘Rubin, are you bitter?’ And in answer to that I will say, ‘After all that’s been said and done – the fact that the most productive years of my life, between the ages of twenty-nine and fifty, have been stolen; the fact that I was deprived of seeing my children grow up – wouldn’t you think I would have a right to be bitter? Wouldn’t anyone under those circumstances have a right to be bitter? In fact, it would be very easy to be bitter. But that has never been my nature, or my lot, to do things the easy way. If I have learned nothing else in my life, I’ve learned that bitterness only consumes the vessel that contains it. And for me to permit bitterness to control or to infect my life in any way whatsoever would be to allow those who imprisoned me to take

even more than the 22 years they've already taken. Now that would make me an accomplice to their crime." (cited by David Jeremiah, *Slaying The Giants In Your Life*, p. 117)

**Two Types Of Anger** (from Les Carter, *Good 'n' Angry*)

<b>Aggressive Anger</b>	<b>Assertive Anger</b>
Seeks to punish a person who does wrong	Seeks to help a person who does wrong
Does not care about the other person's point of view	Tries to be understanding
Is stubborn, immovable, and demanding	Is flexible and willing to seek alternatives
Is condemning and judgmental	Recognizes we all have faults
Has high expectations of everyone	Knows that even the finest people sometimes makes mistakes
Cares about what happens to oneself	Cares about the welfare of others
Holds grudges	Knows the value of forgiving
Does not notice one's own area of weakness	Recognizes that one can always improve

\* Consequences of Sinful Anger (from Neil Warren, *Make Anger Your Ally*)

- Personal embarrassment and the need for a pride-crunching apology
- Damaged relationships
- Termination of a friendship
- Significant job consequence
- Costly damage to property
- Runaways
- Guilt
- Divorce
- Anxiety
- Personal injury or murder

**II. The Denial Of Sinful Anger (9-13)**

*9 Then the LORD said to Cain, "Where is Abel your brother?" He said, "I do not know; am I my brother's keeper?" 10 And the LORD said, "What have you done? The voice of your brother's blood is crying to me from the ground. 11 And now you are cursed from the ground, which has opened its mouth to receive your brother's blood from your hand. 12 When you work the ground, it shall no longer yield to you its strength. You shall be a fugitive and a wanderer on the earth." 13 Cain said to the LORD, "My punishment is greater than I can bear.*

- Following his parent's excusing of their sin (Gen 3), Cain fails to take responsibility for his sinful anger

**A. Lying About Our Ignorance: "I do not know"**

- How often do we lie when we get caught
- 1 John 1:9 – confess (to say the same thing – *homologeo*)
- Saw what God already knows

**B. Misdirecting Our Responsibility: "Am I my brother's keeper?"**

- Another tactic in our lying – not dealing with the truth but, like a magician, trying to redirect attention
- E.g. a basketball fake move

**C. Ignoring God’s All-Knowingness:** “your brother’s blood is crying to me”

**Hebrews 4:13** And no creature is hidden from his sight, but all are naked and exposed to the eyes of him to whom we must give account.

**D. Playing The Victim:** “My punishment is greater than I can bear”

- Cain knew he alienated himself from God and felt that God’s presence and protection would no longer be with him
- Sin does alienate
- But to feel that God is going to abandon you is a wrong assumption
- He wants a relationship with us even in sin

**E. Blame-Shifting:** “You have Driven Me Away”

- Cain is judged (10-12)
- Cain’s hardened heart complains to the Lord instead of complying to the Lord (13)
- Cain didn’t have any remorse nor repentance – he only focused on himself
- He didn’t feel sorry for Abel, he felt sorry for himself
- In our personal struggle with sin, we must take responsibility for our actions against God and others
- In our collective struggle, a national repentance is in order – it happened with Nehemiah and Ezra’s time, it will happen when Israel is ready to receive Christ as Messiah
- E.g. Our society isn’t taking personal responsibility – we are casting blame
- We focus on perception and spin, rather than dealing with truths of the condition of the human heart
- We’ve joined the political game where we don’t see the politicians or candidates for who they are, but what we perceive them to be or a mere alternative to what we don’t want them to be
- Like Cain, we are taking matters into our own hands in how to express our frustration
- We live in a day like the days in the book of Judges where everyone did what was right in their own eyes. God’s justice didn’t matter. The

**III. The Model Of God’s Mercy & Wrath (14-16)**

*14 Behold, you have driven me today away from the ground, and from your face I shall be hidden. I shall be a fugitive and a wanderer on the earth, and whoever finds me will kill me.” 15 Then the LORD said to him, “Not so! If anyone kills Cain, vengeance shall be taken on him sevenfold.” And the LORD put a mark on Cain, lest any who found him should attack him. 16 Then Cain went away from the presence of the LORD and settled in the land of Nod, east of Eden.*

- God demonstrates His wrath in removing Cain but also demonstrates His mercy in protecting Cain
- The tradition in Israel was that if someone was murdered, a family member had the right to avenge his family member's blood. Cain feared someone would avenge Abel's blood.
- God put a mark on him
- God protected Him – that's God's grace – 7x judgment on whoever attacked Cain
- Cain went away from the presence of God in Eden ("Nod, East of Eden")
- "Nod" in Heb. means "wandering" or "exile"
- Fulfilling Cain's statement about himself: *I shall be a fugitive and a wanderer on the earth*

#### **A. God's Wrath Is Emotionally Derived From His Justice And Goodness In Dealing With Sin (Ezek 33:11; 1 Pet 1:17)**

- The Bible expresses the wrath of God with frightening descriptions intended to warn us of the results of sin.
- A.W. Pink states "A study of the concordance will show that there are more references in Scripture to the anger, fury, and wrath of God, than there are to His love and tenderness." (*Attributes of God*, p. 75)
- The Scriptures paint a very full picture of God and His attributes:

**Ezekiel 33:11** Say to them: 'As I live,' says the Lord God, 'I have no pleasure in the death of the wicked, but that the wicked turn from his way and live. Turn, turn from your evil ways! For why should you die, O house of Israel?'

- Wickedness is a reality, so is the wrath of God.
- God has no pleasure in the death of the wicked
- Repentance is necessary

**1 Peter 1:17** And if you call on the Father, who without partiality judges according to each one's work, conduct yourselves throughout the time of your stay here in fear;

#### **1. God's Wrath Is The Emotional Expression Of God's Hatred Towards Sin And All That Opposes Him (Dt 9:7-8; Prov 20:2)**

- Wayne Grudem: "God's wrath means that he intensely hates all sin." (*Systematic Theology*, p. 206)
- A. W. Pink: "The wrath of God is His eternal detestation of all unrighteousness. It is the displeasure and indignation of Divine equity against evil. It is the holiness of God stirred into activity against sin. It is the moving cause of that just sentence which He passes upon evildoers. God is angry against sin because it is rebelling against His authority, a wrong done to His inviolable sovereignty." (*The Attributes of God*, p. 83)

**Deuteronomy 9:7-8** 7 Remember and do not forget how you provoked the Lord your God to wrath in the wilderness. From the day you came out of the land of Egypt until you came to this place, you have been rebellious against the Lord. 8 Even at Horeb you provoked the Lord to wrath, and the Lord was so angry with you that he was ready to destroy you.

**Proverbs 20:2** The terror of a king is like the growling of a lion; whoever provokes him to anger forfeits his life.

- Jonathan Edwards: "The wrath of kings is very much dreaded, especially of absolute monarchs, who have the possessions and lives of their subjects wholly in their power, to be disposed of at their mere will." ("Sinners At The Hand Of An Angry God," Enfield, Connecticut July 8, 1741)

## 2. **God's Wrath Is The Emotional Fury That Will Rage In Judgment (Isa 66:15; 59:18; Ps 95:11; 110:5; Rom 1:18; Rev 19:15)**

**Isaiah 66:15** "For behold, the Lord will come in fire, and his chariots like the whirlwind, to render his anger in fury, and his rebuke with flames of fire."

**Isaiah 59:18** According to their deeds, so will he repay, wrath to his adversaries, repayment to his enemies; to the coastlands he will render repayment.

**Psalms 95:11** Therefore I swore in my wrath, "They shall not enter my rest."

**Psalms 110:5** The Lord is at your right hand; he will shatter kings on the day of his wrath.

**Romans 1:18** For the wrath of God is revealed from heaven against all ungodliness and unrighteousness of men, who by their unrighteousness suppress the truth.

**Revelation 19:15** From his mouth comes a sharp sword with which to strike down the nations, and he will rule them with a rod of iron. He will tread the winepress of the fury of the wrath of God the Almighty.

- J. I. Packer: "The phrase 'the wrath' may refer specifically to the future crowning manifestation of this hatred on 'the day of wrath' (Rom 5:9; 2:5), but it may also refer to present providential events and processes in which divine retribution for sin may be discerned." (*Knowing God*, p. 139)

## 3. **God's Wrath Is A Righteous, Calculated And Methodical Indignation (Ps 7:11-13)**

**Psalms 7:11-13** 11 God is a righteous judge, and a God who feels indignation every day. 12 If a man does not repent, God will whet his sword; he has bent and readied his bow; 13 he has prepared for him his deadly weapons, making his arrows fiery shafts.

- A Righteous Wrath (11a)

- A Controlled Wrath (11b)
- An Intensifying Wrath (12)
- A Prepared Wrath (13)

**B. God’s Mercy Protects Us From What We Normally Deserve** (cf. Mic 7:18)

**Micah 7:18** “Who is a God like you, who pardons sin and forgives the transgression of the remnant of his inheritance? You do not stay angry forever but delight to show mercy”

- **Ie/ Anger to Pity for Dad**

<b>Conclusion:</b>
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- Thomas Jefferson: “When angry, count ten before you speak; if very angry, one hundred.”
- Mark Twain said: “When angry, count four; when very angry, swear.”
- David Jeremiah: (*Slaying The Giants In Your Life*, pp. 110ff)
  1. Don’t Nurse Your Anger
  2. Don’t Rehearse Your Anger
  3. Don’t Converse About Your Anger (Eph 4:29)
  4. Don’t Disperse Your Anger (Prov 19:11)
  5. Reverse Your Anger
- **God’s Wrath Is Aimed At Our Sin. Are we saved from His wrath?** (Rom 5:8-9)
- **What Are We Angry At? Is anger our most righteous option?**
- **How Am I Expressing Anger? Am I seeking a righteous or destructive result?**
- **Who Are We Angry At? Will you forgive this person as Christ has forgiven you?**

<b>Discussion:</b>
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1. Do you agree or disagree that anger is a choice? Why? Does someone else really make us angry or do we allow ourselves to become angry?
2. What makes us angry most frequently? Why?
3. What practical steps will slow our anger (James 1:19-20; Prov 19:11)? What are the benefits of slowing down anger?
4. What makes us angry in a righteous way? What action does that motivate us towards?
5. How can we balance imitating both God’s wrath and mercy?