

Untangling the Heart: Anger | Psalm 4:4-5

Be angry and do not sin; ponder in your own hearts on your beds, and be silent. Selah. Offer right sacrifices, and put your trust in the Lord.

The What: What Is Anger?

1. A Definition: "Active Displeasure." - David Powlison

2. Manifestations of Anger

- a. Irritability
- b. Argumentative
- c. Bitterness
- d. Passivity
- e. Self-righteousness

The Why: Why Are You Angry?

1. The Imago Dei

2. The Difference Between Godly Anger and Ungodly Anger

- Now Adam knew Eve his wife, and she conceived and bore Cain, saying, "I have gotten a man with the help of the Lord." And again, she bore his brother Abel. Now Abel was a keeper of sheep, and Cain a worker of the ground. In the course of time Cain brought to the Lord an offering of the fruit of the ground, 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, but for Cain and his offering he had no regard. So Cain was very angry, and his face fell. The Lord said to Cain, "Why are you angry, and why has your face fallen? 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 contrary to you, but you must rule over it." (Genesis 4:1-7)

The How: How Does The Gospel Free You

1. Repentance

2. Mercy: "Constructive Displeasure." (David Powlison)

- a. Patience
- b. Forgiveness
- c. Grace
- d. Constructive Conflict

Benediction | Romans 12:17-21

Repay no one evil for evil, but give thought to do what is honorable in the sight of all. If possible, so far as it depends on you, live peaceably with all. Beloved, never avenge yourselves, but leave it to the wrath of God, for it is written, "Vengeance is mine, I will repay, says the Lord." To the contrary, "if your enemy is hungry, feed him; if he is thirsty, give him something to drink; for by so doing you will heap burning coals on his head." Do not be overcome by evil, but overcome evil with good.