

THEME: SEVEN DEADLY PASSIONS – ANGER

TOPIC: WHAT IS ANGER?

TEXT: EPHESIANS 4:26-27; JAMES 1:19; PROVERBS 15:1; 14:29; COLOSSIANS 3:8; ROMANS 12-19-21; Psalm 37:8

INTRODUCTION

As part of our study of “What is Anger?” We looked at the different kinds of Anger, considering the subject of “God’s Anger and Good Anger”. Today we will be considering or exploring “The manifestation of deadly anger”. The kind of anger which destroys, it manifests itself in five different stages.

THE MANIFESTATION OF DEADLY ANGER

1. Mild irritation

Minor matters can trigger mild irritation in your life. You just go through some unpleasant disturbance: your neighbour’s music is too loud or someone has just made a remark about you which you did not find funny at all.

Mild irritation could come because someone lacks enough funds for the day. You become tangy and irritable because you are unable to meet your financial obligations.

Q: Where does ‘mild irritation’ sit within the text that says we can be angry but sin not?

2. Indignation

If this mild irritation is not dealt with, some form of indignation begins to rise in you. It is a reaction to situations out of fear – fear of losing what belongs to you, control, the fear of losing a territory or what you thought you had mastered.

Indignation could be your reaction to an act that seems unreasonable and that has been carried against you. Such as your cheque dishonoured by the bank even though you had done everything. Someone driving on the road who has been unreasonable in their sharing of the road or they have not concentrated on their own lane and have made you almost have an accident. This could push you to indignation.

Q: Are situations of indignation justifiable.

3. Wrath

Mild irritation graduates to indignation and when it goes unchecked it becomes wrath. This is anger expressed either on your face or in your speech.

Wrath is also a strong desire to want to strike back at the person that made you feel that indignation.

Wrath is the word Charles Haddon Spurgeon referred to when he told the story of two Christian ladies, both standing at the bus stop. One older and the younger being mentored by the older.

Just before the bus arrived, another woman came to the bus stop and spoke in the most unpleasant way to the older Christian. After she had finished she moved on.

The younger lady, the protégée turned to her mentor appreciating how she was able to stand calm in the face of such indignation and wrath. The older lady revealed what was going on inside her by saying, “Yes my face was calm but there was a storm brewing inside me.”

Q: What should we do to avoid a situation turning to wrath?

4. Fury

Fury is that storm now blowing out. It is the loss of control, the loss of sanity, it is violent excitement. The kind you see, where they move through the stages described above: from mild irritation to indignation, and wrath and finally into fury.

As they begin to lose control you could almost tell that they are likely to strike someone and the blow might even result in the death of the other person. At the same time you can almost see the consequence: the courthouse, the judgement, the number of years they will serve in jail for five minutes of fury.

Q: What do we need to do to avoid our anger getting into a place of fury?

5. Rage

Fury now leads into rage. This is the final and the most dangerous part of anger. It is brutal violence or brutal verbal virulence because some people do not carry out their anger by

Rage could be brutal violence. Cain could not handle the fact that it was the day Abel had to be celebrated for bringing the right sacrifice. In his rage he killed his brother. The sons of Jacob went and in the name of avenging their sister **Genesis 34:31**.

Rage often is that level where people are no longer conscious or aware of the magnitude of what they are doing.

- It makes fools out of people. *Ecclesiastes 7:9*
- It brings tears and unhappiness. The sons of Jacob later regretted because instead of blessing from their father, their anger affected and poisoned the final benediction from the patriarch. *Genesis 49:7*

CONCLUSION

Anger makes people to act out of character or regular behaviour. People who have been pushed to the far stages have sometimes shocked their neighbours because suddenly one day, they discovered they had been living with a person who is more like a volcano waiting to burst out.

Anger makes you react like your reasoning faculty is limited and you are unable to handle pressure. Anger reduces logic and reason and makes them to go away like the wind.