

Anger: Prepare or Be Controlled



We all know what anger is, and we've all felt it: whether as a fleeting annoyance or as full-fledged rage. Anger takes control. You can't think straight. You do and say stupid things. Anger quickly takes control and demands a high price.

Anger is a big problem and can take over in a split second. While Moses was following the clear direction of God, his anger would occasionally flare up and overpower the situation. It is interesting to note that the Hebrew word for "anger" comes from the words for "face" and "nostrils." Anyone who has faced a truly angry person understands why. When anger builds up, it distorts our appearance, an outward manifestation of the fiery volcano within. Anger unchecked can eat away at the heart and affect the character of a person like few other emotions. Anger is a reaction. You don't see it coming. It takes over in a split second and does a lot of damage. Tonight, I want us to consider the principle that **Because anger controls the unprepared, you must prepare to control anger.**

Tonight we will consider three ways that anger may seek to control you and conclude with the only way that your anger can be controlled. Let's ask the Lord for wisdom as we look at His Word.

I. Anger controls through self-reliance. (Ex. 2, Acts 7:24-25)

Moses struggle with his anger when he was relying on his own strength. In this instance, he was trying to be the deliverer of the Israelites on his own. Self-reliance causes us to make everything work out according to our plans.

Anger: Prepare or Be Controlled

A. Anger attempts to justify it's own behavior.

B. Anger attempts to minimize it's severity.

Moses is now leading the Israelites through the wilderness.

II. Anger controls through destructive behavior. (Ex. 32:19-20)

A. Anger damages your relationship with God.

B. Anger damages your relationships with others.

III. Anger controls through defensiveness. (Num. 11:10-15)

A. Anger manufactures paranoia.

B. Anger manufactures discouragement.

IV. Anger is controlled through discouragement.

A. Prepare for the battle against anger with salvation.

1 John 5:4-5 says, "For whatsoever is born of God overcometh the world: and this is the victory that overcometh the world, even our faith. 5 Who is he that overcometh the world, but he that believeth that Jesus is the Son of God?"

B. Prepare for the battle against anger with time with God.

C. Prepare for the battle against anger with humility.

D. Prepare for the battle against anger with dependence.

E. Prepare for the battle against anger with accountability.

Because anger controls the unprepared, you must prepare to control anger. When Moses was prepared, He was an excellent servant for the Lord. When He was unprepared and relying in his own strength, his anger overwhelmed him. His anger controlled him. Anger controls you through self reliance, destructive behavior, and defensiveness. Notice the theme. Anger is all about self. You must prepare for the battle against anger by being all about God. It is only then that you have a defense against the controlling power of anger.