

Pastor Ron Case  
8/1/10

## **“Tormenting Anger”**

*“But I say to you that everyone who is angry with his brother will be liable to judgment; whoever insults his brother will be liable to the council; and whoever says, ‘You fool!’ will be liable to the hell of fire.” (Matthew 5:22)*

### **First-Fruit of the Flesh**

**Genesis 4:3-8** – (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. (6) The LORD said to Cain, ‘Why are you angry, and why has your face fallen? (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.’ (8) Cain spoke to Abel his brother. And when they were in the field, Cain rose up against his brother Abel and killed him.”

**1 John 3:12, 14-15** – (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... (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.”

### **A Conduit of Corruption**

**1 John 2:9-11** – (9) “Whoever says he is in the light and hates his brother is still in darkness. (10) Whoever loves his brother abides in the light, and in him there is no cause for stumbling. (11) But whoever hates his brother is in the darkness and walks in the darkness, and does not know where he is going, because the darkness has blinded his eyes.”

### **Anger’s Pathological Path**

**Ephesians 4:26-27** – (26) “Be angry and do not sin; do not let the sun go down on your anger, (27) and give no opportunity to the devil.”

**Colossians 3:8** – “But now you must put them all away: anger (agitation), wrath (fierce agitation, chest pounding, face-reddening anger), malice (depravity, malignity), slander, and obscene talk from your mouth.”

<b>Key Point: Release Anger Quickly Lest Your Soul be Sickly</b>
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## **Response:**

### **(1) Vent Vertically**

“Be not silent, O God of my praise! For wicked and deceitful mouths are opened against me, speaking against me with lying tongues. They encircle me with words of hate, and attack me without cause. In return for my love they accuse me, *but I give myself to prayer.*”

(Psalm 109:1-4)

### **(2) Learn to Listen**

“Know this, my beloved brothers: let every person be quick to hear, slow to speak, slow to anger; for the anger of man does not produce the righteousness that God requires.” (James 1:19-20)

### **(3) Avoid Angry Agitators**

“Make no friendship with a man given to anger, nor go with a wrathful man, lest you learn his ways and entangle yourself in a snare.”

(Proverbs 22:24-25)

<p><b>“Anger is one letter short of Danger.” - Author Unknown</b></p>
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## **Questions:**

What impacted me the most in this message?

Do I tend to let anger reside long in my heart? (Eccl. 7:9)

Is there proper anger? (John 2:14-17; Eph. 4:26)

Am I tormented because of long standing anger? (1 Sam. 16:14)