

Pastor Ron Case

1/31/21

## **“Arresting Anger”**

**“But now you must put them all away: anger, wrath, malice, slander, and obscene talk from your mouth.” (Colossians 3:8)**

### **Sweetening the Sour Psalmist**

**Psalm 73:21-24** – (21) “When my soul was embittered, when I was pricked in heart, (22) I was brutish and ignorant; I was like a beast toward you. (23) Nevertheless, I am continually with you; you hold my right hand. (24) You guide me with your counsel, and afterward you will receive me to glory.”

**Psalm 73:16-17** – (16) “But when I thought how to understand this, it seemed to me a wearisome task, (17) until I went into the sanctuary of God; then I discerned their end.”

### **Seriously Jonah?**

**Jonah 3:10, 4:1-4** – (10) “When God saw what they did, how they turned from their evil way, God relented of the disaster that he had said he would do to them, and he did not do it. (1) But it displeased Jonah exceedingly, and he was angry. (2) And he prayed to the LORD and said, ‘O LORD, is not this what I said when I was yet in my country? That is why I made haste to flee to Tarshish; for I knew that you are a gracious God and merciful, slow to anger and abounding in steadfast love, and relenting from disaster. (3) Therefore now, O LORD, please take my life from me, for it is better for me to die than to live.’ (4) And the LORD said, ‘Do you do well to be angry?’”

**Jonah 4:5-9** – (5) “Jonah went out of the city and sat to the east of the city and made a booth for himself there. He sat under it in the shade, till he should see what would become of the city. (6) Now the LORD God appointed a plant and made it come up over Jonah, that it might be a shade over his head, to save him from his discomfort. So Jonah was exceedingly glad because of the plant. (7) But when dawn came up the next day, God appointed a worm that attacked the plant, so that it withered. (8) When the sun rose, God appointed a scorching east wind, and the sun beat down on the head of Jonah so that he was faint. And he asked that he might die and said, ‘It is better for me to die than to live.’ (9) But God said to Jonah, ‘Do you do well to be angry for the plant?’ And he said, ‘Yes, I do well to be angry, angry enough to die.’”

**Jonah 4:10-11** – (10) “And the LORD said, ‘You pity the plant, for which you did not labor, nor did you make it grow, which came into being in a night and perished in a night. (11) And should not I pity Nineveh, that great city, in which there are more than 120,000 persons who do not know their right hand from their left, and also much cattle?’”

## **Aids to Arrest Assaulting Anger:**

### **(1) Compassion for Obnoxious Offenders**

**Luke 23:32-34** – (32) “Two others, who were criminals, were led away to be put to death with him. (33) And when they came to the place that is called The Skull, there they crucified him, and the criminals, one on his right and one on his left. (34) And Jesus said, ‘Father, forgive them, for they know not what they do.’ And they cast lots to divide his garments.”

### **(2) Retribution Refusal**

**Acts 7:54-60** – (54) “Now when they heard these things they were enraged, and they ground their teeth at him. (55) But he, full of the Holy Spirit, gazed into heaven and saw the glory of God, and Jesus standing at the right hand of God. (56) And he said, ‘Behold, I see the heavens opened, and the Son of Man standing at the right hand of God.’ (57) But they cried out with a loud voice and stopped their ears and rushed together at him. (58) Then they cast him out of the city and stoned him. And the witnesses laid down their garments at the feet of a young man named Saul. (59) And as they were stoning Stephen, he called out, ‘Lord Jesus, receive my spirit.’ (60) And falling to his knees he cried out with a loud voice, ‘Lord, do not hold this sin against them.’ And when he had said this, he fell asleep.”

**1 Peter 2:21, 23** – (21) “For to this you have been called, because Christ also suffered for you, leaving you an example, so that you might follow in his steps. (23) When he was reviled, he did not revile in return; when he suffered, he did not threaten, but continued entrusting himself to him who judges justly.”

### **(3) Take the Long View**

**Psalm 37:7-10** – (7) “Be still in the presence of the LORD, and wait patiently for him to act. Don’t worry about evil people who prosper or fret about their wicked schemes. (8) Stop being angry! Turn from your rage! Do not lose your temper— it only leads to harm. (9) For the wicked will be destroyed, but those who trust in the LORD will possess the land. (10) Soon the wicked will disappear. Though you look for them, they will be gone.” (NLT)

(ESV used unless otherwise noted)

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