

WHY WE GET ANGRY

By

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EPH. 4:26

***BE ANGRY, AND DO NOT SIN: DO NOT LET THE
SUN GO DOWN ON YOUR WRATH***

WHAT IS ANGER?

- ✘ Anger is “an emotional state that varies in intensity from mild irritation to intense fury and rage...it is accompanied by physiological and biological changes; when you get angry, your heart rate and blood pressure go up, as do the levels of your energy hormones, adrenaline, and noradrenalin.

WHY DO PEOPLE GET ANGRY?

× Disrespect

+ Examples:

× David (1 Sam. 25:1-13)

× Haman (Esther 3:5)

+ We need to ask ourselves, “Are we angry because of disrespect like David or Haman

WHY DO PEOPLE GET ANGRY

✘ Selfishness

+ Balaam (Num. 22:27)

✘ Jealousy

+ Cain (Gen. 4:1-10)

+ Elder brother (Lk. 15:25-32)

✘ Abuse

+ Improper discipline (Eph. 6:4)

WHY DO PEOPLE GET ANGRY?

- ✘ Seeing others prosper (Psa. 73:1-18)
- ✘ False accusation (Gen. 39:19)
- ✘ Frustration (Jonah 4:1)
- ✘ They have been offended (Mk. 6:14-26)

WHY DO PEOPLE GET ANGRY?

- × When others don't do what we want
 - + Vashti (Esther 1:14)
 - + Someone has said that we get angry when others
 - × Don't do what we want them to do
 - × Do what we don't want them to do
 - × Do it in a way we don't want them to
 - × Don't do it fast enough for us