

How to Ruin Relationships And Restore Them God's Way

Lesson Two • James 1:19-21

Use Anger to Get What You Want

How to Ruin Relationships and Restore Them God's Way:

To ruin relationships, use ANGER to get what you want. To restore relationships, put away the anger in your heart.

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 of God. Therefore put away all filthiness and rampant wickedness and receive with meekness the implanted word, which is able to save your souls. James 1:19-21 ESV

Putting Away the Anger in My Heart:

1. The Command: Be Quick to HEAR, Slow to SPEAK, Slow to ANGER!

Two Kinds of Anger:

- External anger that BLOWS UP in rage.
- Internal anger that CLAMS UP in resentment.

Why Does James Link Anger with Our Communication?

Uncontrolled ANGER leads to uncontrolled SPEECH.

Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen. And do not grieve the Holy Spirit of God, with whom you were sealed for the day of redemption. Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. Ephesians 4:29-31 NIV

The Anger Test:

Ask yourself—or better, ask a friend or family member—how your anger sinfully manifests itself in life and relationships.

A man of quick temper acts foolishly, and a man of evil devices is hated. Proverbs 14:17 ESV

A gentle answer turns away wrath, but a harsh word stirs up anger. Proverbs 15:1 NIV

A hot-tempered man stirs up strife, but he who is slow to anger quiets contention.

Proverbs 15:18 ESV

Better to be slow to anger than to be a mighty warrior, and one who controls his temper is better than one who captures a city. Proverbs 16:32 NET

An angry person stirs up conflict, and a hot-tempered person commits many sins.

Proverbs 29:22 NIV

2. The Reason: My Anger Doesn't Produce BEHAVIOR That Is Pleasing to God!

The Heart of Anger:

Anger is a primary expression of PRIDE in the heart, and manifests itself when our desires and demands are hindered.

What About Righteous Anger?

There is such a thing as righteous anger, but our anger is RARELY righteous.

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

3. The Prescription: REPENT of Your Anger And RECEIVE God's Grace in the Gospel!

The Good News:

The wrath of God collides with the anger of mankind at the Cross of Jesus Christ. Jesus bore the wrath of God and the anger of mankind so that on the other side of that collision we could be saved—that's the Good News of the Gospel!