

It's Not That Easy

# Why Am I So Angry Inside?

**Adapted from:**

**[www.baptiststart.com/sermons\\_ppt.html](http://www.baptiststart.com/sermons_ppt.html)**

**For more downloadable teachings see:**

**[www.altogetherlovely.org](http://www.altogetherlovely.org) (FREETEACHINGS)**

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## Why Am I So Angry Inside?

- 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. Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you. (Eph. 4:29-32)

# Why Am I So Angry Inside?

## Anger is Comprehensive

**Physical Process:** blood pressure, pulse, adrenaline

**Relational**

**Emotion**

**Action:** express or repress, withdraw or rage

**Cognitions:** involves our beliefs & values

**History:** the baggage of our past

**Environment**

**Spiritual**

# Why Am I So Angry Inside?

## Different Kinds of Anger

- Vs. 31 “Let all bitterness, wrath, anger, clamor, and evil speaking be put away from you, with all malice.”

# Why Am I So Angry Inside?

## Bitterness

- Sharp, pungent, venomous
- Bitterness resides in our spirits
- Bitterness is revealed in our speech
- “The Grump” – “Uses angry, griping pessimism as a shield against further pain”
- **Vs. 31 “Let all bitterness, wrath, anger, clamor, and evil speaking be put away from you, with all malice.”**

# Why Am I So Angry Inside?

## Wrath

- To burn
- Passionate anger, rage
- Exasperation that boils up and soon subsides
- Angry exploders... like an active volcano, there is always the threat of eruption
- **Proverbs 29:22 “An angry man stirs up strife, And a furious man abounds in transgression.”**

# Why Am I So Angry Inside?

## Anger

- Lasting animosity and resentment
- Unwillingness to forgive
- Settled determination in one's soul to make them pay
- **Vs. 31 “Let all bitterness, wrath, anger, clamor, and evil speaking be put away from you, with all malice.”**

# Why Am I So Angry Inside?

## Clamor

- Harsh, abusive, insulting words
- Quarrelling
- Shouting, yelling, screaming
- Word where we get “blasphemy”
- **Vs. 31 “Let all bitterness, wrath, anger, clamor, and evil speaking be put away from you, with all malice.”**



# Why Am I So Angry Inside?

## Evil Speaking

- Words chosen to wound others
- Insinuations
- Calling a person's motives into question
- **Vs. 31 “Let all bitterness, wrath, anger, clamor, and evil speaking be put away from you, with all malice.”**

# Why Am I So Angry Inside?

## Malice

- A spiteful desire to injure another
- Unashamed meanness
- Motto: “I don’ t get mad, I get even”
- Vs. 31 “Let all bitterness, wrath, anger, clamor, and evil speaking be put away from you, with all malice.”

# Why Am I So Angry Inside?

## Where Does It Come From?

1. Unresolved Hurts (real or imagined)
2. World View
3. Learned patterns

# Why Am I So Angry Inside?

## 1. Past, Unresolved Hurts

(Real or Imagined)

- Situations or words can remind us of past hurts
- We can lash out to prevent future hurt
- We can learn the wrong lessons from past experiences

# Why Am I So Angry Inside?

## 2. World View: Our Belief Structure

- **Life:** Supposed to be fair, but isn't to me
- **People:** Out to get me
- **Self:** I dislike myself & will take it out on you
- **God:** It does not occur to me that God has a plan and is providentially overseeing my life... my life seems like chaos to me.

# Why Am I So Angry Inside?

## 3. Learned Patterns

- **Proverbs 22:24-25** “Make no friendship with an angry man, And with a furious man do not go, Lest you learn his ways And set a snare for your soul.”
- We can grow up with anger and think it's normal
- We can train ourselves to use anger to manipulate people and get our way

# Why Am I So Angry Inside?

## Anger is a Response to Threats to One of Two Desires

- 1. To feel that life is under control
- 2. Self-esteem
- “Anger is a experience that occurs when a goal, value, or expectation that I have chosen has been blocked or when my sense of personal worth is threatened.”

-- Glenn Taylor & Rod Wilson

# Why Am I So Angry Inside?

## Responding to Threats

- When the response is directed inward:

Fear

- When the response is directed outward:

Anger

- Both fear and anger  
are accountable emotions.
- We choose how we respond to threats



# Why Am I So Angry Inside?

## Ways We Express Anger:

### “3 Case Studies”

- **1. Isolating:**

Withdrawing, pouting

- **2. Dominating:**

Throwing our weight around

- **3. Retaliating:**

Getting revenge actively or passively

# Why Am I So Angry Inside?

## 1. Isolating: Case Study: The Elder Brother

- Luke 15:28 “But he was angry and would not go in. Therefore his father came out and pleaded with him.”
- Note: “would not go in”

# Why Am I So Angry Inside?

## 1. Isolating: Case Study: The Elder Brother

- Luke 15:29 “So he answered and said to his father, ‘Lo, these many years I have been serving you; I never transgressed your commandment at any time; and yet you never gave me a young goat, that I might make merry with my friends.’”
- Note: “these many years”

# Why Am I So Angry Inside?

## 2. Dominating: Case Study: Nabal (1 Samuel 25:10-11)

**“Then Nabal answered David’s servants, and said, ‘Who is David, and who is the son of Jesse? There are many servants nowadays who break away each one from his master. Shall I then take my bread and my water and my meat that I have killed for my shearers, and give it to men when I do not know where they are from?’ ”**

# Why Am I So Angry Inside?

## 2. Dominating: Case Study: Nabal (1 Samuel 25)

- Vs. 21 “Now David had said, ‘Surely in vain I have protected all that this fellow has in the wilderness, so that nothing was missed of all that belongs to him. And he has repaid me evil for good.’”

# Why Am I So Angry Inside?

## 2. Dominating: Case Study: Nabal (1 Samuel 25)

- Vs. 37-38 “So it was, in the morning, when the wine had gone from Nabal, and his wife had told him these things, that his heart died within him, and he became like a stone. Then it came about, after about ten days, that the LORD struck Nabal, and he died.”

# Why Am I So Angry Inside?

## Vulnerable to Dominating Anger

- Those who are task & goal oriented
- Those who are highly competitive
- Those who are highly self-centered
- Type A personalities

# Why Am I So Angry Inside?

## 3. Retaliating: Case Study: Cain (Genesis 4)

- **Genesis 4:4-6** “Abel also brought of the firstborn of his flock and of their fat. And the LORD respected Abel and his offering, but He did not respect Cain and his offering. And Cain was very angry, and his countenance fell. So the LORD said to Cain, ‘Why are you angry? And why has your countenance fallen? If you do well, will you not be accepted? And if you do not do well, sin lies at the door. And its desire is for you, but you should rule over it.’”



# Why Am I So Angry Inside?

## 3. Retaliating: Case Study: Cain (Genesis 4)

- **Vs. 8 Now Cain talked with Abel his brother; and it came to pass, when they were in the field, that Cain rose up against Abel his brother and killed him.**

# Why Am I So Angry Inside?

## *Anger: How to Deal with It*

1. Admit that you are angry
2. Call your anger by name
3. Ask yourself, “Why am I really angry?”
4. Use your strong emotions to work toward a solution (instead of dissolution)
5. Distinguish between anger and aggression

# Why Am I So Angry Inside?

## *Anger: How to Deal with It*

- **Vs. 26 “Be angry, and do not sin”**
  - Commit to managing your anger instead of letting it manage you

# Why Am I So Angry Inside?

## *Anger: How to Deal with It*

- **Proverbs 16:32** “He who is slow to anger is better than the mighty, And he who rules his spirit than he who takes a city.”
- **Managed anger:**  
“How can I make the situation better?”
- **Mismanaged anger:**  
“Who is to blame?”  
“How can I make them pay?”

# Why Am I So Angry Inside?

## Mismanaged Anger Traps Us in Our Past

- It chains us to our offenders
- It forces us to relive our hurts repeatedly without release & healing

# Why Am I So Angry Inside?

## Mismanaged Anger Traps Us in Our Past

- It means that we embrace our identity as a powerless victim
- Hebrews 10:15 “Looking carefully lest anyone fall short of the grace of God; lest any root of bitterness springing up cause trouble, and by this many become defiled”

# Why Am I So Angry Inside?

## An Alternative to the Anger Lifestyle

- Ephesians 4:32

“And be kind to one another,

Kind, not bitter or malicious

tenderhearted,

Tenderhearted, not full of wrath

forgiving one another,

Forgiving, not retaliating

just as God in Christ forgave you.”

Forgiven-aware, not self-righteous

# Why Am I So Angry Inside?

**LET' S PRAY:**