





UNSHACKLED:

**Freedom from the pain of the Past
Part 5**

Philippians 3:12-14

Jesus, “The Wounded Healer”.

Hebrews 4:14-16; Luke 4:16-19

**We must believe that Jesus really
desires to heal and mend our
Emotional wounds!!**

Luke 4:16-19

- 1. Preach The Gospel To The Poor**
- 2. To Heal The Brokenhearted**
- 3. To Preach Deliverance To The Captives**
- 4. Recovering Of Sight To The Blind**
- 5. To Set At Liberty Them That Are Bruised**
- 6. To Preach The Acceptable Year Of The Lord**

DEALING WITH ANGER



How Do We Define Anger?

Anger is a feeling of irritation or offense that arises when we don't like something that is taking place. It occurs in different degrees of intensity, from mild irritation, to violent rage. Sometimes we can hold it, and other times we just let it go. It may last only a short time, or it may continue on as a deep-seated bitterness and resentment.

“Anger is a form of protest. When we consider something to be unfair or unjust, when something (or someone) we value is taken from us, or when we feel threatened, we naturally have an emotional response. Something within us reacts. We may say it out loud or merely feel it within ourselves, but something, says, *This is not fair! This is not right! I object! I protest!*”

Tony Cooke, “*Life After Death*” page 51

God gets Angry!

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“For the wrath of God is revealed from heaven against all ungodliness and unrighteousness of men, who suppress the truth in unrighteousness,”

Romans 1:18.

2. God's anger is ALWAYS slow and controlled.

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“The Lord is merciful and gracious, slow to anger, and abounding in mercy. He will not always strive with us, nor will He keep His anger forever.” **Psalm 103:8-9**

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“But we know that the judgment of God is according to truth against those who practice such things.” **Romans 2:2.**

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“And He entered the synagogue again, and a man was there who had a withered hand. So they watched Him closely, whether He would heal him on the Sabbath, so that they might accuse Him.

And He said to the man who had the withered hand, ‘Step forward.’ Then He said to them, ‘Is it lawful on the Sabbath to do good or to do evil, to save life or to kill?’ But they kept silent. And when He had looked around at them with anger, being grieved by the hardness of their hearts, He said to the man, ‘Stretch out your hand.’ And he stretched *it* out, and his hand was restored as whole as the other.”

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What the Bible Says About Human Anger.

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“When angry, do not sin; do not ever let your wrath (your exasperation, your fury or indignation) last until the sun goes down. Leave no [*such*] room or foothold for the devil [*give no opportunity to him*].”

Ephesians 4:26-27 - Amplified Bible

“Anger is a divinely implanted emotion. Closely allied to our instinct for right, it is designed – as are all our emotions – to be used for constructive spiritual purposes. The person who cannot feel anger at evil is a person who lacks enthusiasm for good. If you cannot hate the wrong, it’s very questionable whether you really love righteousness.”

Dr. David Seamands.

Human anger becomes wrong when it is misdirected and/or uncontrolled.



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2. A man who doesn't control his anger is called a fool. **Proverbs 14:17, 29; Ecclesiastes 7:9.**
3. A man who doesn't exercise control is defenseless. **Proverbs 25:28 (New Living Translation)**

4. A strong man is a man who is slow to anger. **Proverbs 16:32; Proverbs 19:11.**

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7. Those in leadership should not be easily angered. **Titus 1:7.**

Causes of Sinful Anger

Not getting our way: Some people grow angry when they lose control of a situation.

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Loss: Losing what we cherish, or simply fearing that loss.

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Disappointment: Unmet expectations can lead to anger.

Injustice: When mistreated, we can become hateful, vengeful, or bitter.

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Feeling inadequate: Comparing our life to the lives of others may upset us.

**What are some Results of
uncontrolled and misdirected anger?**

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2. It can cause a church to be destroyed.

“An angry man stirs up strife, And a furious man abounds in transgression.”

Proverbs 29:22

“Now I urge you, brethren, note those who cause divisions and offenses, contrary to the doctrine which you learned, and avoid them. For those who are such do not serve our Lord Jesus Christ, but their own belly, and by smooth words and flattering speech deceive the hearts of the simple.

For your obedience has become known to all. Therefore I am glad on your behalf; but I want you to be wise in what is good, and simple concerning evil.

And the God of peace will crush Satan under your feet shortly. The grace of our Lord Jesus Christ *be* with you. Amen.

Romans 16:17-20.

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3. It damages relationships with those we're supposed to love. **Ephesians 4:31-32.**

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4. Our children will learn to be the same way.
(Remember Proverbs 22:25.)

5. It can affect your health and even possibly kill you.

“For wrath kills the foolish man, and envy slays the silly one.” - **Job 5:2**

Ephesians 4:26-27 - Unresolved anger gives place to the devil.

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2. **Damages the liver and kidneys.**
3. **Fuels depression.** Research published in the journal *JAMA Psychiatry* found that overt irritability and anger were present in about 54 percent of the 500 patients who participated in a U.S. National Institute of Mental Health study on depression.

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6. It will distance us in our relationship with God. **Ephesians 4:30.**

How Do We Overcome Sinful Anger?

1. Admit and Confess the Sin of Sinful Anger.

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2. If you don't know, ask God to show you why you are so angry.

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“But when anything is exposed and reprovved by the light, it is made visible and clear; and where everything is visible and clear there is light” - Ephesians 5:13 - Amplified Bible.

3. Memorize Scriptures about anger and wrath which will become weapons against temptation. (e.g. James 1:19-20)

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6. Think through the consequences of any action of anger.

7. Forgive!!



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