



**A. WHAT ARE THE FOUR SOURCES OF ANGER?**



**B. WHAT CAUSES A SUDDEN CHANGE IN INTENSITY OF ANGER?**



**C. HOW DO EXPECTATIONS LEAD TO ANGER?**



**D. WHAT IS THE ROOT CAUSE OF ANGER?**

# ANGER CAUSES



## III. CAUSES OF ANGER

Exodus 32:19 states, “When Moses approached the camp and saw the calf and the dancing, his anger burned and he threw the tablets out of his hands, breaking them to pieces at the foot of the mountain.”

Moses reacted because he was full of fear. He was afraid that God’s righteous anger against his disobedient people would result in their destruction. He

“Every prudent man acts out of knowledge, but a fool exposes his folly.”

knew they needed to ...

“Worship God acceptably with reverence and awe, for our ‘God is a consuming fire.’ ”

(Hebrews 12:28–29)

# A. What Are the Four Sources of Anger?



“ \_\_\_\_\_ must finish its work so that you may be mature and complete, not lacking anything.”

(James 1:4)



1. \_\_\_\_\_

Your \_\_\_\_\_ is wounded.

Everyone has a God-given inner need for \_\_\_\_\_.

### Biblical Example: 12 Sons of Jacob

“Israel [Jacob] \_\_\_\_\_ Joseph \_\_\_\_\_ than any of his other sons, because he had been born to him in his old age; and he made a richly ornamented robe for him. When his brothers saw that their father \_\_\_\_\_ him \_\_\_\_\_ than any of them, they \_\_\_\_\_ him and could not speak a kind word to him.” (Genesis 37:3–4)



2. \_\_\_\_\_

Your \_\_\_\_\_ is violated.

Everyone has an inner \_\_\_\_\_ that produces a sense of right and wrong, fair and unfair, just and unjust.

### Biblical Example: King Saul

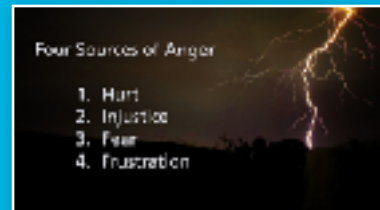
“ ‘ \_\_\_\_\_ should he be put to death? \_\_\_\_\_ has he done?’ Jonathan asked his father. But Saul hurled his spear at him to kill him [Jonathan]. Then Jonathan knew that his father intended to kill David. Jonathan got up from the table in fierce **anger**; on that second day of the

### Exodus 32:19 (ESV)

19 And as soon as he came near the camp and saw the calf and the dancing, Moses’ anger burned hot, and he threw the tablets out of his hands and broke them at the foot of the mountain.



Our God is a consuming fire



### James 1:4 (ESV)

4 And let steadfastness have its full effect, that you may be perfect and complete, lacking in nothing.

month he did not eat, because he was grieved at his father's \_\_\_\_\_ treatment of David" (1 Samuel 20:32-34).



3. \_\_\_\_\_

Your future is \_\_\_\_\_.

Everyone is created with a God-given inner need for \_\_\_\_\_.

**Biblical Example: King Saul**

Saul became angry because of David's many successes on the battlefield. He was threatened by David's popularity and feared he would lose his kingdom. (Read 1 Samuel 18:5-15, 28-29.)

"Saul was very \_\_\_\_\_.... 'They have credited David with tens of thousands,' he thought, 'but me with only thousands.' ... Saul was \_\_\_\_\_ of David, because the Lord was with David but had left Saul." (1 Samuel 18:8, 12)



4. \_\_\_\_\_

Your \_\_\_\_\_ is not accepted.

Everyone has a God-given inner need for \_\_\_\_\_.

**Biblical Example: Cain**

"In the course of time Cain brought some of the fruits of the soil as an offering to the Lord. But Abel brought fat portions from some of the firstborn of his flock. The Lord looked with favor on Abel and his offering, but on Cain and his offering he did not look with favor. So Cain was very **angry**, and his face was downcast.... Now Cain said to his brother Abel, 'Let's go out to the field.' And while they were in the field, Cain attacked his brother Abel and \_\_\_\_\_ him." (Genesis 4:3-5, 8)

**Question:** "What does God want me to do about my inappropriate anger?"

**Answer:**

---

---

---

---

"The Lord will \_\_\_\_\_ you always; he will satisfy your \_\_\_\_\_ in a sun-scorched land and will \_\_\_\_\_ your frame. You will be like a well-watered garden, like a spring whose waters never fail." (Isaiah 58:11)

## B. What Causes a Sudden Change in Intensity of Anger?



- \_\_\_\_\_ abuse (steroids, cocaine)
- \_\_\_\_\_ injury (sports, fall, car accident)
- \_\_\_\_\_ (certain antidepressants)
- \_\_\_\_\_ deficiencies (hormonal imbalances)
- Certain \_\_\_\_\_ or \_\_\_\_\_ (brain tumor, brain cancer)
- Physical or emotional \_\_\_\_\_ or \_\_\_\_\_ (post-traumatic stress disorder)

Sudden changes of behavior warrant a close examination as to what could be a physical cause, especially in the brain.

“Every \_\_\_\_\_ man acts out of knowledge, but a \_\_\_\_\_ exposes his folly.”

(Proverbs 13:16)

## C. How Do Expectations Lead to Anger?



“What causes \_\_\_\_\_ and \_\_\_\_\_ among you? Don’t they come from your desires that battle within you? You want something but don’t get it. You kill and covet, but you cannot have what you want. You quarrel and fight. You do not have, because you do not ask God. When you ask, you do not receive, because you ask with wrong motives, that you may spend what you get on your pleasures.... ‘God \_\_\_\_\_ the proud, but gives grace to the humble.’ ”

(James 4:1-3, 6)

### Unrealistic Expectations

- Anger over \_\_\_\_\_

“I expected good things would always come my way ... but life is clearly not what I’d expected.”

- Anger toward \_\_\_\_\_

“I expected that you would always be here for me, to always support and love me ... but now I’m left alone.”

- Anger toward \_\_\_\_\_

“I expected to always excel ... but now I am struggling and feel like a failure.”

“Find rest, O my soul, in God \_\_\_\_\_; my \_\_\_\_\_ comes from him.”

(Psalm 62:5)

**Question:** “How can I handle my anger over the losses in my life?”

**Answer:** When you experience significant loss in your life, you will go through a time of \_\_\_\_\_.

- Admit your \_\_\_\_\_—your hurt or sense of injustice, your fear or frustration.
- \_\_\_\_\_ to God all the pain you feel, along with the situations that are beyond your control.
- \_\_\_\_\_ God to give you the grace and insight to deal constructively with each loss.
- Release your \_\_\_\_\_ that life must go your way.

“Give thanks in all \_\_\_\_\_, for this is God’s will for you in Christ Jesus.” (1 Thessalonians 5:18)

## D. What Is the Root Cause of Anger?



“\_\_\_\_\_ in the Lord with \_\_\_\_\_ your heart and lean \_\_\_\_\_ on your own understanding; in all your ways acknowledge him, and he will make your paths straight.”

(Proverbs 3:5–6)

### Wrong Belief:

“Based on what I believe is fair, I have the right to be angry about the disappointments in my life and to stay angry for as long as I feel like it. I have the right to express my anger in whatever way is natural for me.”

### Right Belief:

“Since the Lord is sovereign over me and I \_\_\_\_\_ Him with my life, I have yielded my \_\_\_\_\_ to Him. My human disappointments are now God’s appointments to \_\_\_\_\_ my faith and develop His character in me. I choose to not be \_\_\_\_\_ by anger, but to use anger to \_\_\_\_\_ me to do whatever God wants me to do.”

“In this you greatly rejoice, though now for a little while you may have had to suffer grief in all kinds of trials. These have come so that your \_\_\_\_\_—of greater worth than gold, which perishes even though refined by \_\_\_\_\_—may be \_\_\_\_\_ genuine and may result in praise, glory and honor when Jesus Christ is revealed.” (1 Peter 1:6–7)