

James It is time to grow up!

Men to Men Ministry

Lesson 5

Anger management

James 1:19-21





What are the effects of
Gods Righteousness in
my life?

- **What is personal righteousness?**
- **Is righteousness a moral or an ethical issue?**
- **Is righteousness something deserving effort?**
- **Is righteousness earned or bestowed?**
- **How righteous do I have to live in order to have eternal life?**
- **Why was God righteous to overlook former ignorance and pass over former sins?**
- **How can a man be righteous before God?**

James 1:19-20 NASB

You know *this*, my beloved brothers *and sisters*.

Now everyone must be quick to hear, slow to speak, *and* slow to **anger**; for a man's **anger** does not bring about the righteousness of God.

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Ethical or Moral

Old Testament Words for Anger

- **Aph** – nostrils flaring, immediate anger. Totally reactionary to circumstance.
- **Chemah** – Wrath or fury, an emotional response to fear, hurt or frustration.
- **Quasp** – Simple anger, an conditioned response to a trigger. Usually associated with previous traumatic events in life.
- **Zaam** – Indignation, rage, measured revenge.



What is anger in Greek?

Two different words:

A. THUMOS

- **A sudden outburst of passionate emotion.**
- **An insult to your spirit may cause thumos.**
- **A blaze of temper which flares into violent words and deeds and just as quickly dies.**

B. ORGE

- **Indignation which has arisen gradually and become more settled.**
- **A state of mind accompanied with a desire to take revenge.**
- **A well calculated, well pointed or willful lashing out.**
- **A lingering, seething, purposeful, vengeful act.**



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The anger words here are ORGE, Purposeful, vengeful, retaliation in response to a trigger event.

ANGER is a response to a trigger

• Emotions – the brain and the Amygdala

The amygdala plays a prominent role in mediating many aspects of emotional learning and behavior. There exist a vast array of human emotions, ranging from joy to sadness, disgust to excitement, and regret to satisfaction.

This scripture seems to be a moral decision to embrace a negative emotion. It is a moral decision prompted by an ethical knowledge.

1. I have listened intently to your position (Quick to listen); I allowed you to go without interruption (Slow to Speak), but now I am faced with an emotion to react, a negative reaction.
2. James calls it anger.
3. Psychologists insist there is no such thing because it can not be defined.
4. They would divide it into three other emotions.
 1. Fear
 2. Hurt
 3. Frustration

Process of negative emotions

- A situation of fear, hurt, or frustration (trigger)
- The amygdala produces chemicals that stimulates reactions and other chemicals like Adrenaline.
- Increased heart rate, more blood flow, tense muscles.
- Triggers events and appraisal
 - Causes resentment
 - Causes of willful actions.

In this portion of James, what is causing the anger?

Was the anger caused by fear? Was there a threat of pain or pain?

Was the anger caused by HURT? Someone slighted you and made you feel less of a person?

Was the anger caused by FRUSTRATION? Someone simply did not understand?

The cause of the anger problem

James 1:21

Therefore, ridding *yourselves* of all filthiness and *all* that remains of wickedness, in humility receive the word implanted, which is able to save your souls.

- Anger is a spiritual problem
- Anger is an outward sign of an inward state of grace.
 - If you are angry, look first at yourself.
 - If you are not where you should be. Start over
 - Belief
 - Repentance
 - Confession
 - Reception

The solution to the Anger problem

Therefore, ridding *yourselves* of all filthiness and *all* that remains of wickedness, in humility receive the word implanted, which is able to save your souls.

- **You know the problem**
- **receive in HUMILITY**
- **the WORD planted in our Soul**
- **And that will save our soul.**