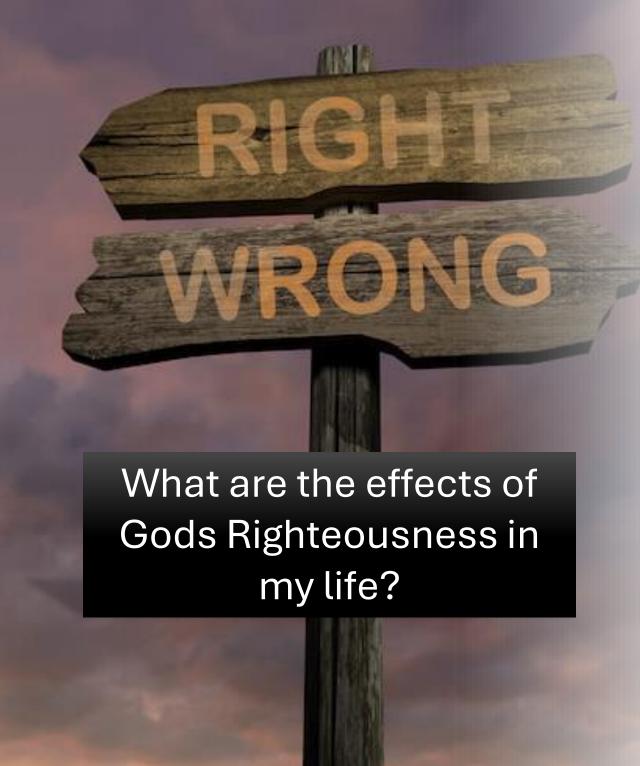
James It is time to grow up!

Men to Men Ministry
Lesson 5
Anger management
James 1:19-21





- 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.

James 1:19-20 NASB

You know this, my beloved brothers and sisters.

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

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.



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.

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 is 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.