

## **Ephesians 4:26-27**

*"Be angry, and do not sin": do not let the sun go down on your wrath, nor give place to the devil.*

# Biblical Psychology 101



God's prescription for emotional and  
spiritual stability

## Anger

**Anger**

**Mild irritation**

**Indignation**

**Wrath**

**Fury**

**Rage**

**Anger**

Mild irritation

Indignation

**Wrath**

**Fury**

**Rage**

**Anger is a God-given emotion**

**Anger of God recorded in  
the Old Testament**

**Anger of Jesus also recorded in  
the New Testament**

**Anger is appropriate when we observe  
two safeguards**

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down on your wrath, **nor give place to the devil.***



**When is anger justified?**

**Anger is justified when God is  
deliberately disobeyed**

## **Exodus 32:19-20**

*So it was, as soon as he came near the camp, that he saw the calf and the dancing. So Moses' anger became hot, and he cast the tablets out of his hands and broke them at the foot of the mountain. Then he took the calf which they had made, burned it in the fire, and ground it to powder; and he scattered it on the water and made the children of Israel drink it.*

**Anger is justified when we are robbed  
of our liberty in Christ**

## **Galatians 2:4-5**

*And this occurred because of false brethren secretly brought in (who came in by stealth to spy out our liberty which we have in Christ Jesus, that they might bring us into bondage), to whom we did not yield submission even for an hour, that the truth of the gospel might continue with you.*

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## **Galatians 2:11-13**

*Now when Peter had come to Antioch, I withstood him to his face, because he was to be blamed; for before certain men came from James, he would eat with the Gentiles; but when they came, he withdrew and separated himself, fearing those who were of the circumcision.*

*And the rest of the Jews also played the hypocrite with him, so that even Barnabas was carried away with their hypocrisy.*

**Anger is justified when parents are  
unfair and unreasonable with their  
children**



## **Ephesians 6:4**

*And you, fathers, do not provoke your children  
to wrath...*

## **Ephesians 6:4 (NIV)**

*Do not **exasperate** your children...*

## **Colossians 3:21**

*Fathers, do not provoke your children, lest they become discouraged.*

## **Colossians 3:21 (NIV)**

*Do not **embitter** your children...*

## **Ephesians 6:4**

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## **Ephesians 6:4 (NIV)**

*Do not **exasperate** your children...*

## **Colossians 3:21 (NIV)**

*Do not **embitter** your children...*

**When is anger unjustified?**

**Anger is unjustified when it comes from  
wrong motives – like jealousy**

**Luke 15:1-32**

The Parable of the Prodigal Son

## **Luke 15:25-30**

*"Now his older son was in the field. And as he came and drew near to the house, he heard music and dancing. So he called one of the servants and asked what these things meant. And he said to him, 'Your brother has come, and because he has received him safe and sound, your father has killed the fatted calf.' But he was angry and would not go in. Therefore his father came out and pleaded with him.*

## **Luke 15:25-30**

*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. But as soon as this son of yours came, who has devoured your livelihood with harlots, you killed the fatted calf for him.'*"



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## **Anger from jealousy**

Jealousy can do the same to us when someone receives something we feel we deserve

Recognize the source of our anger and ask God for help

**Anger is unjustified when we didn't get  
our way, or when things didn't turn out  
as we planned**

## **Jonah 1:1-3**

*Now the word of the Lord came to Jonah the son of Amittai, saying, "Arise, go to Nineveh, that great city, and cry out against it; for their wickedness has come up before Me." But Jonah arose to flee to Tarshish from the presence of the Lord. He went down to Joppa, and found a ship going to Tarshish; so he paid the fare, and went down into it, to go with them to Tarshish from the presence of the Lord.*



**Tarshish**

**Nineveh**

**Joppa**

Tarshish



Nineveh

Joppa

## **Jonah 3:10**

*Then God saw their works, that they turned from their evil way; and God relented from the disaster that He had said He would bring upon them, and He did not do it.*

## **Jonah 4:1**

*But it displeased Jonah exceedingly, and he became angry.*



## **Jonah 4:6-9**

*And the Lord God prepared a plant and made it come up over Jonah, that it might be shade for his head to deliver him from his misery.*

*So Jonah was very grateful for the plant. But as morning dawned the next day God prepared a worm, and it so damaged the plant that it withered. And it happened, when the sun arose, that God prepared a vehement east wind; and the sun beat on Jonah's head, so that he grew faint.*

## **Jonah 4:6-9**

*Then he wished death for himself, and said, "It is better for me to die than to live." Then God said to Jonah, "Is it right for you to be angry about the plant?" And he said, "It is right for me to be angry, even to death!"*

## **Anger from arrogance and pride**

Common in prideful, conceited, selfish, self-centered people who feel they must have their way

**Anger is unjustified when we get angry  
before we have all the facts**

## **Ecclesiastes 7:8-9**

*"The end of a matter is better than its beginning,  
patience of spirit is better than haughtiness of  
spirit. Do not be eager in your heart to be angry,  
for anger resides in the bosom of fools."*

## **James 1:19b**

*"Let everyone be quick to hear, slow to speak  
and slow to anger."*

**Practical ways to deal with our anger**

*"When angry, count to ten before you speak;  
if very angry count to a hundred."*

- Thomas Jefferson

# Ignore petty disagreements

**Proverbs 19:11**

*"The discretion of a man makes him slow to anger, and his glory is to overlook a transgression."*



# **Don't associate with anger-prone people**

## **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."*

# Keep a close check on your tongue

## Proverbs 15:1-2

*"A soft answer turns away wrath, but a harsh word stirs up anger. The tongue of the wise uses knowledge rightly, but the mouth of fools pours forth foolishness."*

**Cultivate honest communication  
without getting angry**

**Proverbs 27:6**

*"Faithful are the wounds of a friend, but the  
kisses of an enemy are deceitful."*

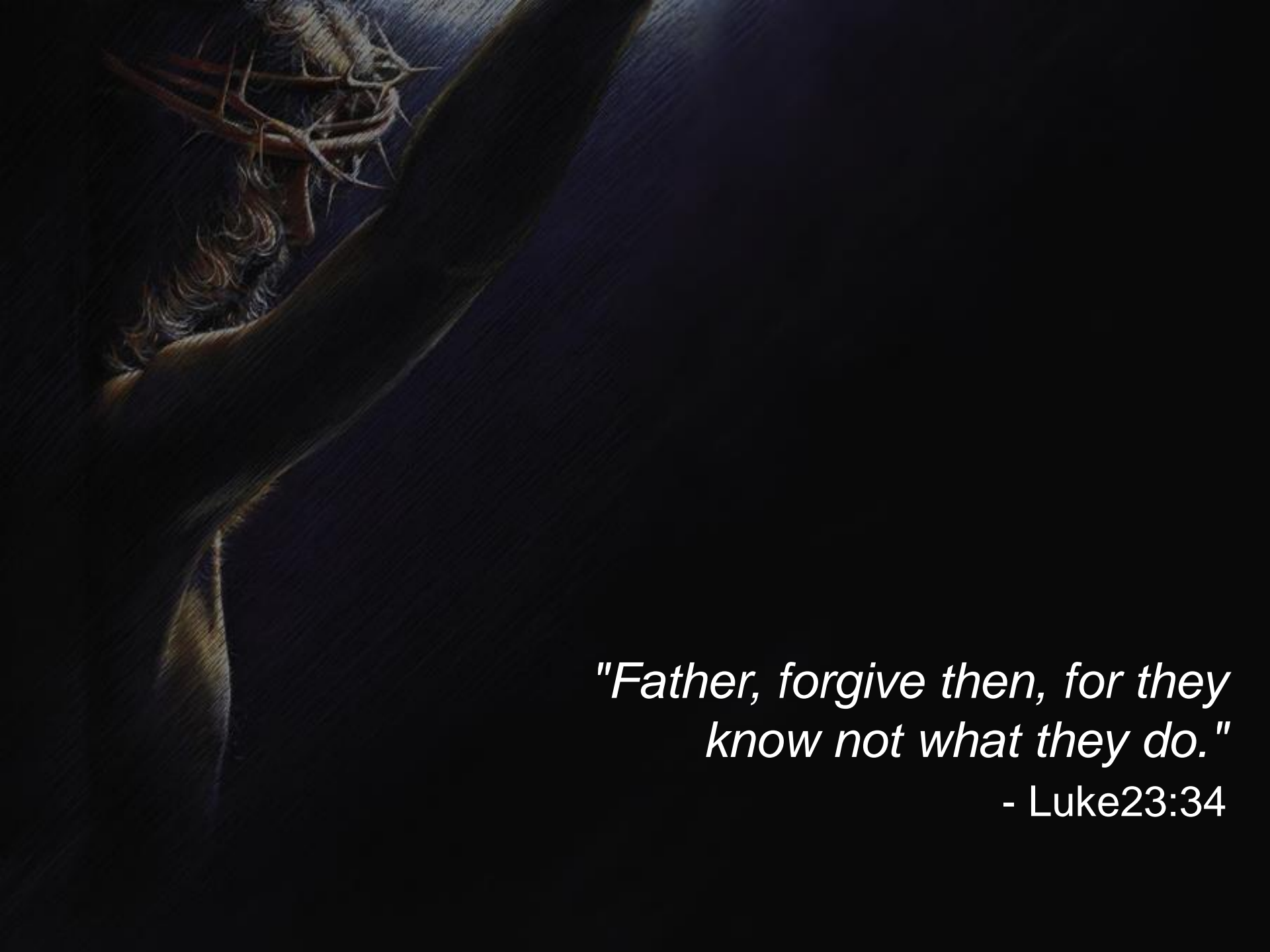
**Control your anger or it will  
destroy you**

**Proverbs 25:28**

*"Whoever has no rule over his own spirit is like a  
city broken down, without walls."*

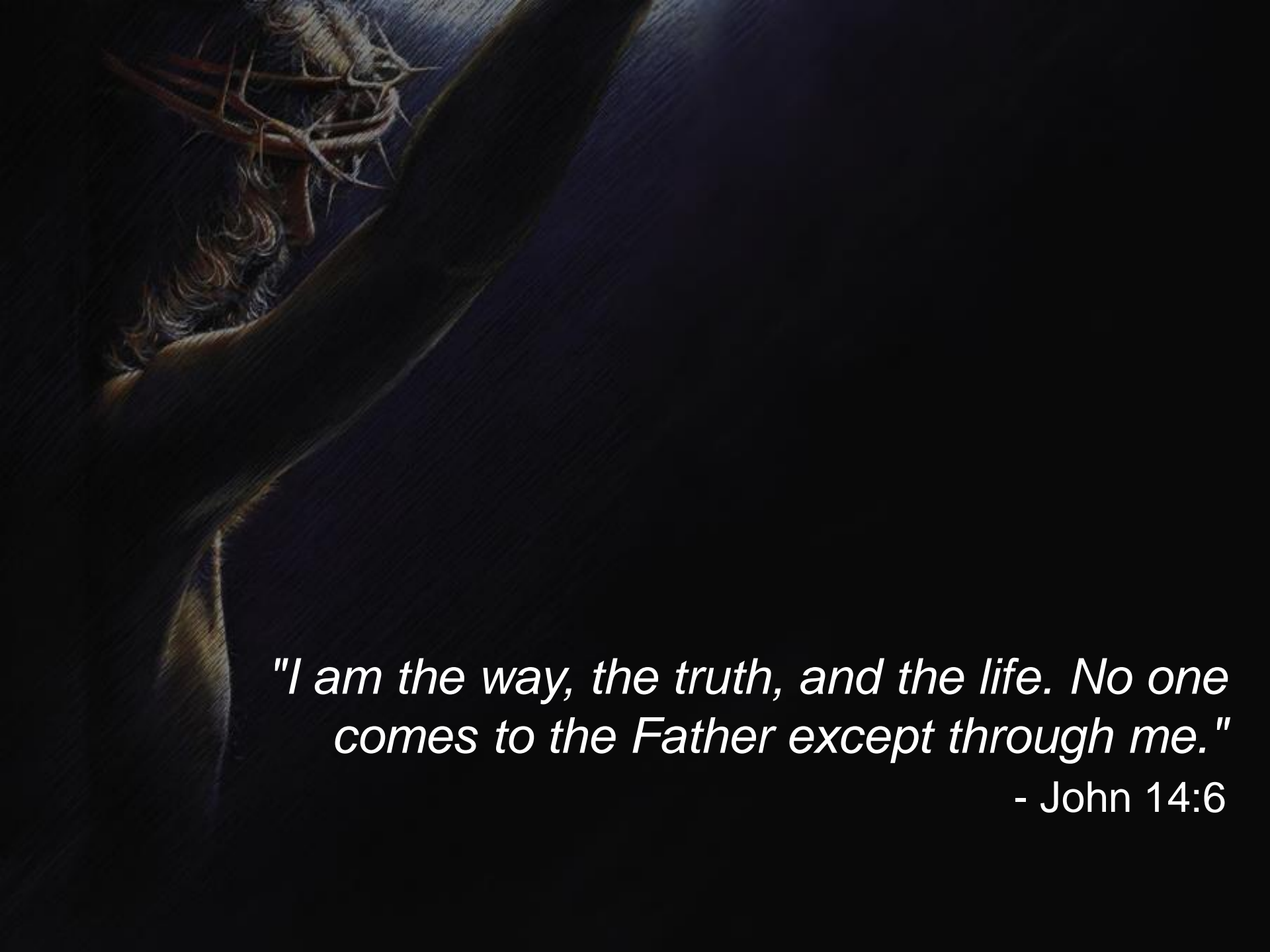
**Ephesians 4:26**

*"Be angry, and sin not."*



*"Father, forgive them, for they  
know not what they do."*

- Luke 23:34



*"I am the way, the truth, and the life. No one comes to the Father except through me."*

- John 14:6

