# INSHAKEABLE

A Study Through

Colossians

Proverbs 22:24 Do not make friends with a hot-tempered person, with one easily angered.

# Training in Biblical Anger Management

1) The Dangerous Progression of Anger 2) The Deeper Root of Anger 3) The Redeeming

Solution to Anger

# The Dangerous Progression of Anger

Colossians 3:8 But now you must also rid yourselves of all such things as these: anger, rage, malice, slander, and filthy language from your lips.

# The Dangerous Progression of Anger

Anger- emotional state

# The Dangerous Progression of Anger

"Anger" - emotional state "Rage" - outward expression

## The Dangerous Progression of Anger

"Anger"- emotional state
"Rage"- outward expression
"Malice"- intent on doing
harm

We have three generations of sin here: anger cherished begets rage and rage if not judged begets malice.

Proverbs 30:33 For as churning cream produces butter, and as twisting of the nose produces blood, so stirring up anger produces strife.

# The Dangerous Progression of Anger

"Anger"- emotional state
"Rage"- outward expression
"Malice"- intent on doing harm
"Slander"- aimed to cut down
(passive)

"Filthy Language"- Abusive speech (direct)

# The Deeper Root of Anger

# Proverbs 16:32 Whoever is slow to anger is better than the mighty.

Not NO anger, not BLOW anger, but rather SLOW anger. -Tim Keller

# Ephesians 4:26 Be angry but do not sin.

He that is angry without cause sins, but he who is not angry when there is cause sins. For unreasonable patience is the hotbed of many vices.

-John Chrysostom

Anger in its pure, uncorrupted form is love in motion aimed to extinguish a threat of evil toward something you love.

The ultimate problem of our hearts that leads to all other sins is disordered love. We love good things more than God.

-St. Augustine

# The Redeeming Solution to Anger

Exchange the Old Self with the New Self (Christ's Life)

Colossians 3:10

...and have put on the new self, which is being renewed in knowledge in the image of its Creator.

Exchange the Old Self with the New Self (Christ's Life)

Colossians 3:11 Here there is no Gentile or Jew, circumcised or uncircumcised, barbarian, Scythian, slave or free, but Christ is all, and is in all.

### Redeeming Anger

1) Admit it. (Confess)

### Redeeming Anger

1) Admit it. (Confess)2) Examine it.(Meditate)

"What is this big thing that's so important to me that I'm defending?"

#### Redeeming Anger

1) Admit it. (Confess) 2) Examine it. (Meditate) 3) Exchange it. (Repent)

### Proverbs 15:1 A gentle answer turns away wrath, but a harsh word stirs up anger.