

## Turn Us Again Part 5 by Ps Mandy Elliott

### God's Wrath and Our Anger Part 1

Turn our hearts toward you and away from anger so that our prayers will be answered O Lord.

**Psalm 80:4 NLT** O LORD God of Heaven's Armies, how long will you be angry with our prayers?

- Anger and Wrath

Difference between and according to Christianity, wrath belongs to the seven deadly sins. This highlights that unlike anger, wrath is much stronger in its form. Anger is a displeasure that we have. But, wrath is not a mere displeasure but anger with vindictive motives.

Anger is a learned emotion

- Did you learn or inherit your anger?

Anger is something we cultivate in our hearts over time through our hurt. It then becomes a stronghold.

Frequently, people can think back to their parents, grandparents and other extended family as being angry people. Many think this is a genetic condition. However, most experts agree that anger is a learned behaviour, assuming that it is not stemming from Bipolar Disorder or any other mental illness.

### **Root Causes of Anger**

- Hurt or pain
- Frustration
- Bitterness and resentment
- Fear
- Shame
- Betrayal
- Moral Anger

### **Causes of Anger**

- Dysfunctional childhood programming
- Childhood emotional invalidation
- Low self-esteem
- Strong beliefs challenged by outsiders
- Betrayal
- Lack of power
- Fear
- Desire for control

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Generally speaking, there are four types of anger that people express:

- Assertive
- Aggressive
- Passive-Aggressive
- Suppressive

### Getting to the Root Causes of Anger

- Fear  
Think of an animal trapped in a corner.
- Shame  
People often react with anger when they feel disrespected, humiliated or embarrassed.
- Betrayal  
Some of the literature I read while researching anger identified pain or a sense of being hurt as a root cause of that emotion.

The arousal cycle of anger has five phases: trigger, escalation, crisis, recovery and depression. Understanding the cycle helps us to understand our own reactions and those of others. The trigger phase is when an event gets the anger cycle started.

What emotion is behind anger?

Typically, one of the primary emotions, like fear or sadness, can be found underneath the anger. Fear includes things like anxiety and worry, and sadness comes from the experience of loss, disappointment or discouragement.

- Passive Anger  
(This is an anger that doesn't express itself as anger)
- Volatile Anger
- Fear-Based Anger
- Frustration-Based Anger
- Pain-Based Anger
- Chronic Anger
- Manipulative Anger
- Overwhelmed Anger

We all struggle with moments of anger - whether we are faced with a small annoyance or an overwhelming situation. Rather than lashing out with harsh words and actions, which only leave us with guilt and shame...looking at God's word will help us to overcome an angry heart.

# Damage control

Once we have lost our temper or inflicted punishment, often inappropriately, we then feel guilt and shame. This is when condemnation sets in, followed by a repeat cycle.

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# Anger starts when...

You don't deal with your hurt which becomes the struggle.

The result— our souls not being at ease, our souls have been wounded.

When we become wounded in our souls our hearts hurt but because we can't cry anymore we let our emotions do the work for us. When one looks past the words to the behaviour most of the time you will see someone afraid, hurt, betrayed or powerless. The words mask the feelings and the action condemns the heart.

# In a time of trouble and despair the psalmist cries out to God in worship because their prayers had not been answered.'

**Psalm 80:3 TPT** Revive us, O God! Let your beaming face shine upon us with the sunrise rays of glory; then nothing will be able to stop us.

An admonition towards the Lord...

We see here that their prayers are not answered as God has become angry with them.

**Psalm 80:4 NLT** O LORD God of Heaven's Armies, how long will you be angry with our prayers?

Why has their prayers angered God?

Because of the sin in their hearts, they have become angry in their hearts and walking back in the sin He saved them from.

When we come to Him with a repentant heart and forgive each other. "...then nothing will be able to stop us."

Psalm 103 Forget not His benefits - Jesus came or restore us and bring us back to wholeness. He removes our sin far from us.

**Psalm 147:3-4 NLT** He heals the brokenhearted and bandages their wounds. [4] He counts the stars and calls them all by name.

- When we are broken inside we house our hurts

The house of depression has many rooms, each labeled with a type of behaviour.

When you get to the bottom of it, it often stems from roots of bitterness and resentment.

Normally it comes out in substance abuse or alcohol; dropping the defenses or numbing the pain of an angry heart.

A bitter heart finds no peace, like a forgiving heart.

# Stop and focus on Scriptures for help. Romans 8.1-8. No condemnation for those that are in Christ.

**Galatians 5:16-17 NLT** So I say, let the Holy Spirit guide your lives. Then you won't be doing what your sinful nature craves. [17] The sinful nature wants to do evil, which is just the opposite of what the Spirit wants. And the Spirit gives us desires that are the opposite of what the sinful nature desires. These two

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forces are constantly fighting each other, so you are not free to carry out your good intentions.

**When does anger become sin?**

- When there is intention to do harm or get back at someone.
- Hate in your heart. Hate is an abominable act against God.
- When you carry it over
- Moral Anger - be angry and sin not

The Bible teaches us that not all anger is wrong. Righteous anger stems from an anger that arises when we witness "an offense against God or His Word."

# Righteous anger cares about others.

It gets up and does something. It attacks the sin instead of the sinner. It's important to consider what can result from our anger. Will our anger produce actions that intend to make the world a better place and help bring people to hear the Gospel, in a loving way? Or will our anger retaliate, isolate, and cause someone to potentially stray away from the faith because of our actions?

# We should be slow to become angry and filter all emotions through how God wants us to respond to others.

**Ephesians 4:26-32 NKJV** "Be angry, and do not sin": do not let the sun go down on your wrath, [27] nor give place to the devil. [28] Let him who stole steal no longer, but rather let him labor, working with his hands what is good, that he may have something to give him who has need. [29] Let no corrupt word proceed out of your mouth, but what is good for necessary edification, that it may impart grace to the hearers. [30] And do not grieve the Holy Spirit of God, by whom you were sealed for the day of redemption. [31] Let all bitterness, wrath, anger, clamor, and evil speaking be put away from you, with all malice. [32] And be kind to one another, tenderhearted, forgiving one another, even as God in Christ forgave you.

THE BALANCE SHEET

Profit - credit ----- Loss - debit

Creditor and debtor. When more debtors than creditors = debt to debtors account = bad debt. Most of us live in a state that we owe more than we can pay. Or we are owed more than can be paid.

So too are our souls. Someone took away from us more than they can pay...and while they keep taking from us the capital debt = 'Loss'

Whatever was taken away from your creditor's column... maybe calculated losses and some will be irreconcilable debt.... It's this bad-debt that's been incurred on us that can never be redeemed. If we were to see it on paper it would read irreconcilable debt.

Jesus had to come to pay this debt with His blood so that we could be redeemed and free from the consequences and penalty for anything owed by us or to us. His blood wiped away our debt and

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reset the balance sheet.

# When something has been taken away there will always be a deficit.

Most of us have been walking around with a deficit in our souls because of what's been taken from us and hoping that someone will pay up... they just can't... Then when our someone lets us down our hopes are severely dashed. We then convert our disappointments into anger — friend no one is able to live up to the emotional price demanded to pay the cost of the wounds in our soul...

*The enemy of the heart is anger. We get angry when we don't get what we want.*

*Show me an angry person and I'll show you a hurt person. And I guarantee you that person is hurt because something has been taken. Somebody owes them something.*

*We all know people whose anger could be verbalized in one of the following ways: "You took my reputation." "You stole my family." "You took the best years of my life." "You stole my first marriage." "You robbed me of my teenage years." "You robbed me of my purity." "You owe me a raise." "You owe me an opportunity to try." "You owe me a second chance." "You owe me affection."*

*The root of anger is the perception that something has been taken. Something is owed you. And now a debt-to-debtor relationship has been established.*

*How about you? What debt is causing the anger you feel?*

*How long are you going to allow the people who have hurt you to control your life? Another month?*

*Another year? Another season of your life? How long?*

*I'd like to propose that today should be the day when you quit holding on to the hurt!*

*While it's true that you can't undo what's been done, it's equally true that you don't have to let the past control your future. In Ephesians 4, we're commanded to "get rid of all bitterness, rage and anger." We do that by "forgiving each other, just as in Christ God forgave you."*

*The remedy for anger is forgiveness. If we hold out waiting to be paid back for the wrongs done to us, we will be the ones who pay. If, on the other hand, we cancel the debts owed to us, we will be set free.*

*Of the four monstrous forces we have to deal with. Greed, Jealousy, envy. I believe this one—unresolved anger from intentional and unintentional hurt—is the most devastating. Yet in some ways it's the easiest to overcome. You simply make up your mind to cancel the debt. You decide and declare, "You don't owe me anymore."*

*Follow this four-step process today: (1) Identify who you're angry with. (2) Determine what they owe you. (3) Cancel the debt by forgiving them. (4) Don't let the anger build up again.*

<https://www.bible.com/reading-plans/3391-enemies-of-heart-breaking-free-fromfour-emotions/day/3>

### **What does God say about anger?**

**Psalm 37:8 NLT** Stop being angry! Turn from your rage! Do not lose your temper— it only leads to harm.

**Proverbs 10:12 NLT** Hatred stirs up quarrels, but love makes up for all offenses.

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## Toxicity

In anger we zip from 0 - red in 3 seconds on our Angermeter... becoming angry with everyone. Some of us display our anger and some don't. Some hold on to it even after the event is over instead of letting go there and then, placing under the blood of Jesus, this is when it turns into acid and becomes toxic for us

- # The question is whoever took from you—cannot pay you back what was taken, broken or damaged. It cannot be repaired or perhaps there is something that can just never be replaced in your life... it's priceless and irreplaceable. Jesus promises to be the restorer

**Joel 2:25 NLT** The LORD says, "I will give you back what you lost to the swarming locusts, the hopping locusts, the stripping locusts, and the cutting locusts. It was I who sent this great destroying army against you.

Imagine how God felt in the garden when Satan stole the very thing from Adam and Eve that could never be returned - their innocence and purity.

God's wrath against Satan was already displayed when He cast Satan out and he fell from heaven, and again in Eden when cast out of Eden.

So the wrath of God was displayed in Genesis already.

## The wrath of God

We need to determine what the wrath of God is.

**Romans 5:9 AMP** Therefore, since we have now been justified [declared free of the guilt of sin] by His blood, [how much more certain is it that] we will be saved from the wrath of God through Him.

God created you with Love - Satan's plan is to destroy

**Psalms 139:13-15 TPT** You formed my innermost being, shaping my delicate inside and my intricate outside, and wove them all together in my mother's womb. [14] I thank you, God, for making me so mysteriously complex! Everything you do is marvelously breathtaking. It simply amazes me to think about it! How thoroughly you know me, Lord! [15] You even formed every bone in my body when you created me in the secret place, carefully, skillfully shaping me from nothing to something.

- The hour glass - something broken within... something was taken away and cannot be replaced.
- The thief comes to steal, kill and destroy but he only gets away with things he can't use. When God is allowed in He turns everything around for His glory. (John 10:10)
- God's Wrath - we have been justified and saved from wrath (Romans 5:9)
- Man's Anger - human anger does not produce righteousness (James 1:19-20)  
What was taken? - Who owes you? Recognize that no-one can pay that debt... so stop punishing people because you are angry.

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**Ephesians 1:7 NLT** He is so rich in kindness and grace that he purchased our freedom with the blood of his Son and forgave our sins.

- Every time you lose your patience and get angry it's because you are feeling shortchanged
- How can I replace what was taken from me - you can't
- Jesus replaces what was taken (Joel 2.25)
- The presence heals as God diffuses His fragrance
- Gratefulness and thankfulness replaces worldly anger
- Be angry but sin not
- Do not let the sun go down on your wrath

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