

GETTING RID OF ANGER

After the lesson on Cain's anger taken from Gen.4:7, a note was passed to me that requested a study on how to get rid of anger that remains - after you had confessed it as sin.

This request led me to Eph.4:26-27: "Be angry, and yet do not sin; do not let the sun go down on your anger, and do not give the devil an opportunity."

I chose this passage because many people, who still have anger after confession, feel justified in it.

Many Greek scholars identify four imperatives in these two verses.

Justified

- Be angry (orgizo / p.m.impv.2pl) (permissive imperative of consent) or (p.m.ind) Also note the middle voice of reflection of the sense of righteous indignation (Ps.4:4) [ragaz] anger that causes one to tremble or quiver emotionally. For anger to be righteous (+R), God must be the source of it and not your flesh! You are defending God not self (David / 1 Sam.17:26 verses Saul / 1 Sam.18:8)

Warning: Justified anger is never to be expressed in sinful behavior (Gen.49:5-7; 34:1-31).

- Do not sin (me hamartano / p.a.impv. 2pl) - SIN
- Do not let the sun go down (me epiduo / p.a.impv.3ps) on your anger (parorgismos) - SUN
- Do not give (mede didomi / p.a.impv.2pl) the devil an opportunity - SATAN

There are three Greek words commonly used in the NT for anger: thumos, orge, and parorgismos.

- **Thumos anger** indicates agitated and emotional feelings or a sudden outburst of anger. It is often identified with OSN (Gal.5:19-21; 2 Cor.12:20-21). [People don't tend to view this type of anger as a problem in life.]
- **Orge anger** indicates an abiding mind set often with resentment based on lingering hurt. "Orge is less sudden in its rise than thumos, but more lasting in its nature." (Vines, pg.76) [People tend to view the next two types of anger as a problem in life.]
- **Parorgismos anger** indicates an orge anger that has developed into a cluster of sins. It has taken orge to stage of provocation because this lingering hurt has been turned into things like bitterness and hatred (Eph.4:26-27, 31) [In Eph.6:4, it used as a warning to parents (me parorgizo / p.a.impv.2pl)].

This lesson will study FOUR aspects of getting rid of Anger that persist after you have confessed it as sin.

1. **Orge anger is the most difficult to get rid of when it is attached to Old Man Cosmos Diabolicus (OMCD) thinking (Eph.4:22-24, 26-27, 31-32; Col.3:8-10). Confession gets rid of the sin but not the lingering emotional hurt.**

This type of anger is like smoldering coals looking for the occasion to flare-up again. An example of this OMCD anger is the older brother of the prodigal: "But he became angry, and was not willing to go in; and his father came out and began entreating him." (Luke 15:28--30)

"For the churning of milk produces butter, and pressing the nose brings forth blood; so the churning of anger produces strife." (**Prov.30:33**; 14:29-30; 19:19; 27:3-4; 29:22)

“Do not be eager in your heart to be angry, for anger resides in the bosom of fools.” (Eccl.7:9)
This type of anger residing in the heart is OMCD looking for an occasion of expression. Unsettled issues associated with emotional pain fuel it.

2. Old Man Cosmos Diabolicus (OMCD) anger is often used to cover insecurity, doubt, fear, shame, willful transgression, or a sense of unjustified personal hurt.

Left unresolved it will become exaggerated and blown out of proportion and often taken out of objective context. “Cease from anger, and forsake wrath; do not fret, it leads only to evildoing.” (Ps.37:8)

One example is Cain’s anger over his bloodless atonement offering not being accepted by God (Gen.4:3-7). “Then the Lord said to Cain, ‘Why are you angry? And why has your countenance fallen? If you do well, will not your countenance be lifted up? And if you do not do well, sin is crouching at the door; and its desire is for you, but you must master it.’” (4:6-7) Angry WITH God is not the same thing as angry FOR God.

When OMCD anger is not laid aside and is allowed to develop into parorgismos anger, it results in neurotic and even evil behavior. Cain killed his brother (4:8; 1 John 3:12).

“See to it that no one comes short of the grace of God; that no root of bitterness springing up causes trouble, and by it many be defiled.” (Heb.12:15)

This is why Paul warned us: “do not give the devil an opportunity.” (Eph.4:27)

3. Those faults least tolerated in others often become a cause of anger in us. And when that happens, it is OMCD mirror reflection. An example would be the older brother of the prodigal (Luke 15:28-32).

We call this mirror reflection. Mirror reflection is an exaggerated response to a negative emotion triggered by something in OMCD past experiences. It teaches that we are most prone to spot in others our own undesirable tendencies.

Another example of mirror reflection of OMCD anger is Jonah 4:1-4, 5-11. “And the Lord said, ‘Do you have a good reason to be angry?’” (Jonah 4:4, 9)

Both examples have a sad ending because they would not put off OMCD and put on New Man Divine Viewpoint (NMDV) (Jonah 4:10-11; Luke 15:28-32; Prov.27:4).

4. Spiritually advancing believers are instructed to put off OMCD thinking and to put on NMDV (Prov.23:7).

You can identify them because they are in conflict with each other. This brings us back to our request, “How can I get rid of anger that remains after confess as sin?”

“But now you also, **put them all aside** (apotithemi / a.a.impv.2pl): anger (thumos), wrath (orge), malice, slander, and abusive speech from your mouth. Do not lie to one another, **since you laid aside** (apekduomai / a.m.ptc.nplm) the old self with its evil practices, and **have put on** (enduo / a.m.ptc.nplm) the new self who is **being renewed** (anakainoo / p.p.ptc.asm) to a true knowledge according to the image of the One who created him.” (Col.3:8-10; 2 Cor.5:17; 1 Pet.1:23; 2 Cor.4:6; Rom.12:2)

“Let all bitterness and wrath and anger and clamor and slander **be put away** (airo / a.p.impv 3ps) from you, along with all malice. **And be** (ginomai / p.a.impv.2pl) kind to one another, tenderhearted, forgiving (charizomai / p.m.ptc.nplm) each other; **just as** God in Christ also has forgiven (a.m.ind) you.” (Eph.4:31-32)
COUNTRY TWO STEP: “Let everyone be quick to hear, slow to speak and slow to anger; for the anger of man does not achieve the righteousness of God.” (James 1:19-20; Prov.15:1; 16:32; 1 Pet.2:21-23)