

The Age of Rage

Man, in front of line was passed by guy on shoulder. Next stop light he shot him to death. We've heard stories like this pop-up all-over America. We are hearing new words to describe anger:

Computer rage

Road rage

Drive-byes

Going postal

School Shootings

However, anger is not something new:

Anger made Cain kill Abel/ Anger made Sai; lose his BAM. Anger made Moses smite the rock. We recognize, however, that anger is only an outward sign of something deeper. The condition of the soul of man...shows up on the physical man. We are a nation whose emotions are on edge. People are strung out, stressed out, burned out. We have phobias, fears, syndromes, disorders, and diseases.

Everything gets on everyone's nerves. Abuse and neglect have left a generation of fragmented people with holes in their soul, not knowing where to turn. Most people have turned into complainers, whiners and quitters.

Example: We are it in the church. One of the most common terms used today among psychiatrists is Low/Frustration/Tolerance. Some fuses are shorter than others. It's like ... BAM...RIGHT...NOW! They go from really happy to real mad...RIGHT...NOW!

They're never equally balanced. Hot or Cold. One thing sets them off. One thing goes wrong and they're mad at everyone. Others seem like they don't have a fuse. They show no emotion at all. Because if you spend all your time burying and hiding wrong emotions, you will eventually desensitize all emotion. And you walk around like a stone.

Ephesians 4:26" In your anger do not sin. Do not let the sun go down while you are still angry." Be angry. God is saying, I won't deny you the right to have emotion. But I don't want emotion to have you! Managing your emotions are the sign of being emotionally and spiritually mature.

I am supposed to have emotions. It's my emotions that touch God. We have a God who is (touched by the feelings of infirmities (brokenness)). Not all anger is a sin. Kinds of anger: Break up furniture, break up relationships, Things said that shouldn't be said.

You're a time bomb. A jack-in-the-box. You're angry because of something in the past that hurt you. And anytime someone gets even close to that hurt, you explode. Explosion hits a lot of things and people around you. You can control it.

Step one – Confess it. Step two – Submit to God. Step three- Stay away and stay away. If we are angry without just cause or anger that is seeking revenge, it is sin. It's sinful anger when ... it is toward a person without justifiable cause. It is sin when you are seeking revenge or breeding bitterness. Ultimately not forgiving is sin.

Stubborn anger is to be conquered. It is sin if anger stays and won't go away. It doesn't matter if you've counted to 10 or 100!

Ephesians 4:26 "Don't let the sun go down on your anger." Some have had the sun go down every night for 20 years. And the curse grows deeper and wider. Holding on to hurts, grudges, bitterness, it is sin.

Anger resides. It's always there waiting for opportunity. And when you least expect it, behind the smile, they are boiling. Anger resides in people who laugh with you, sleep with you, live with you, clap for you.

Anger resides when you are angry at people that are dead. It's not hurting them but it's hurting you. Anger resides when you been angry about the same thing for 30 years. It has dried you up, disassembled you, defeated you.

Sanctified Anger must be channeled. Be angry – that's a command. Sin not – that's a command.

Ephesians 4:26 "Don't let the sun go down on your anger."