



## What To Do With Your Anger

June 27, 2021 Message Notes  
HOSEA 4-6

What do you do with your anger? Some of us will vent it while others stuff it in suppression. Either has consequences that may not be helpful in the long run. But there is a way to be angry and still be pleasing to God – a way to harness the energy of anger to serve a higher cause, a godly one.



## NOTES

*“Anger is a signal and one worth listening to...that something is not right.”* – The Dance of Anger, by Dr. Lerner

There are many types of anger and one is vengeful aggression. It acts out in some type of aggressive, hurtful behavior to others.

“...anyone who is angry with his brother will be subject to judgment.”

“...anyone who says..., ‘You fool!’ will be in danger of the fire of hell.”  
*MATTHEW 5:22*

Sometimes we vent our anger and sometimes we stuff it in suppression.

Suppressed anger can turn into depression.

“Pick me up and throw me into the sea...I know it is my fault...”  
*JONAH 1:12*

Suppressed anger can leak out in passive aggression.

“Judas, are you betraying the Son of Man with a kiss?”  
*LUKE 22:48*

“Man’s anger does not bring about the righteousness God desires.”  
*JAMES 1:20*

### **God’s anger has no sin or evil in it.**

“In your anger do not sin.”  
*EPHESIANS 4:26*

There is a way to be angry and still be pleasing to God – a way to harness the energy of anger to serve a higher cause, a godly one.

### **The study of Hosea shows five cycles of anger from God:**

|                |                 |
|----------------|-----------------|
| Anger/Judgment | Mercy/Salvation |
| 1:2-9          | 1:10-2:1        |
| 2:2-13         | 2:14-3:5        |
| 4:1-5:14       | 5:15-6:3        |



6:4-11:7  
11:12-13:16

11:8-11  
14:1-9

### Five steps to process our anger:

- Feel the emotion
- Identify the cause
- Name the risk
- Channel the energy
- Move toward the goal of restoration/redemption

Even when justice must be done, God's judgment is always tempered with mercy.

### Disobedience shows in what ways?

- **Spiritual Infidelity:** forsaking God, our first love.

"There is no faithfulness, no love, no acknowledgement of God in the land." – Hosea 4:1

- **Moral and social breakdown in culture:** no respect for boundaries, property or people. "There is only cursing, lying and murder, stealing and adultery; they break all bounds and bloodshed follows bloodshed." – Hosea 4:2

- **The ecosystem:** nature is wasting away.

"The land mourns, all who live in it waste away, the beasts of the field and the birds of the air and the fish of the sea are dying." – Hosea 4:3

### Why are these things happening?

**Ignorance** – "... my people are destroyed from lack of knowledge... because you have rejected knowledge." – Hosea 4:6

**Lust** – "... a spirit of prostitution leads them astray." – Hosea 4:12

**Stubbornness** – "... the Israelites are stubborn, like a stubborn heifer." – Hosea 4:16

They see what's going on but close their eyes, turning instead to sensual indulgence and 'feel-good' religion that God is not in.

God's family is in trouble and he's using anger as a signal to show them something's not right.

"I will pour out my wrath on them like a flood of water."

HOSEA 5:10



*“Wrath does not mean an irrational passion in God. It means God’s opposition to evil and his judgment upon evil... If there were no sin, there would be no wrath.” – Baker’s Dictionary of Christian Ethics*

**When God acts in wrath, His target isn’t people, but sin – the thing that separates people from God.**

The Bible affirms that God is... “slow in anger and abounding in steadfast love.” Psalm 103:8, 145:8

There are tensions between God’s justice and His love, as also seen in the story of Noah. The people then were given years of opportunity before the judgment came.

**Are you wondering: does my family have a future?**

**Learn from God how to process your anger.**

- **Feel the Emotion** – label its intensity
- **Identify the Cause** – don’t judge, shame or blame but find the trigger
- **Name the Risk** – what is it that you don’t want to risk losing
- **Channel the Energy** – to healthy, life-giving outcomes
- **Move toward the Goal of restoration** – redeem the situation

Anger is a signal, not a master. Just because you feel it, doesn’t mean it’s the boss of you. You don’t have to blow up or stuff it down.

“The fruit of the Spirit is...patience (long-fused)...”  
GALATIANS 5:22

Sometimes we hurt each other and don’t know why. We get stuck in anger and don’t know how to get out. But God, by His Spirit, is here to help us.

Jesus is the Lamb of God who takes away the sin of the world so he can move us toward the goal of restoring our relationship with God and each other.

“For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life.”  
JOHN 3:16

“God did not send his Son into the world to condemn the world, but to save the world through him.”  
JOHN 3:17

