

SAMSON

A Wasted Life

Sunday, September 2, 2018 Pastor Ray Cummings

Part 4 – Anger Danger!

“Speak when you’re angry and you will make the best speech you’ll ever regret.”

Author Unknown

James 1:20 (ESV)

. . . for the anger of man does not produce the righteousness of God.

Judges 14:18-19 (ESV)

18 And the men of the city said to him on the seventh day before the sun went down, “What is sweeter than honey? What is stronger than a lion?” And he said to them, “If you had not plowed with my heifer, you would not have found out my riddle.” 19 And the Spirit of the LORD rushed upon him, and he went down to Ashkelon and struck down thirty men of the town and took their spoil and gave the garments to those who had told the riddle. In hot anger he went back to his father’s house. . .

- **How often do you blow your top?**
- **Do you ever use anger to try to control people?**
- **Are there people close to you who are afraid of you?**
- **Do your angry outburst ever turn physical?**

1. Analyze your Anger

- **Anger is Addictive**

Ecclesiastes 7:9 (ESV)

Be not quick in your spirit to become angry, for anger lodges in the heart of fools.

- **Anger Accelerates**

Proverbs 15:18 (ESV)

A hot-tempered man stirs up strife, but he who is slow to anger quiets contention.

- **Anger produces collateral damage**

Psalms 37:8 (ESV)

Refrain from anger, and forsake wrath! Fret not yourself; it tends only to evil.

- **Anger stops spiritual growth**

Proverbs 29:22 (ESV)

A man of wrath stirs up strife, and one given to anger causes much transgression.

2. Attack your Anger

Genesis 4:6-7 (ESV)

6 The LORD said to Cain, “Why are you angry, and why has your face fallen?

7 If you do well, will you not be accepted? And if you do not do well, sin is crouching at the door. Its desire is for you, but you must rule over it.”

Proverbs 29:11 (ESV)

A fool gives full vent to his spirit, but a wise man quietly holds it back.

- **Start by Allowing God’s Word to become your Counselor!**

2 Timothy 3:16-17 (ESV)

16 All Scripture is breathed out by God and profitable for teaching, for reproof, for correction, and for training in righteousness, 17 that the man of God may be complete, equipped for every good work.

- **Stop Putting Unrealistic Expectations on People!**

Psalms 103:13-14 (ESV)

13 As a father shows compassion to his children, so the LORD shows compassion to those who fear him. 14 For he knows our frame; he remembers that we are dust.

- **See the Difference between a Mountain and a Molehill!**

Matthew 23:24 (ESV)

You blind guides, straining out a gnat and swallowing a camel!

- **Work at developing Patience!**

Luke 13:6-9 (ESV)

6 And he told this parable: “A man had a fig tree planted in his vineyard, and he came seeking fruit on it and found none. 7 And he said to the vinedresser, ‘Look, for three years now I have come seeking fruit on this fig tree, and I find none. Cut it down. Why should it use up the ground?’ 8 And he answered him, ‘Sir, let it alone this year also, until I dig around it and put on manure. 9 Then if it should bear fruit next year, well and good; but if not, you can cut it down.’”

- **Resist the Temptation to Speculate!**

Proverbs 16:22 (ESV)

Good sense is a fountain of life to him who has it, but the instruction of fools is folly.