

"BE ANGRY and SIN NOT"

Eph 4:26; Mt 5:21-22

"Anger plays a central role in assault, child abuse, murder and many rapes, and in interethnic and international violent conflict. Of the seven deadly sins, anger is the most pervasive, injurious to self and others, and most responsible for unhappiness and psychopathological behavior."—Solomon Schimmel

- I. MULTIPLE SHADES of ANGER**—"a strong feeling of annoyance, displeasure or hostility"
- A. Self-defense—resisting attacks (verbal or physical), spontaneous response re self & others; "fight or flight" instinct, unavoidable;
 - B. Indignation—"annoyance provoked by what is perceived as unfair treatment" of self or others
 - C. Exasperation—"a feeling of intense irritation or annoyance;" losing patience with trying events
 - D. Outrage—"an extremely strong reaction of anger, shock or indignation;"
 - E. Mad—"very angry" (hinting at mental disorder)
 - F. Rage—"violent, uncontrollable anger," irrational & unrestrained; evident in riots
 - G. Fury—"wild or violent"
 - H. Wrath—"extreme anger" sustained & relentless
 - I. N.T. Greek distinctions
 - 1. *Thumos*—momentary reaction, lashing out (harsh words responding to same; barroom brawls)
 - 2. *Orge*—sustained, malevolent, vengeance-seeking (vendettas, family feuds)
- II. GOLDEN MEAN BETWEEN EXTREMES**—rightly routing deep feelings & convictions to good ends
- A. Neither Apathy—unmoved, disinterested, uncured
 - 1. Popular expressions—"couldn't care less;" "whatever;" "You have me confused with someone who cares"
 - 2. Personal illustration—World Cup soccer; Nobel Prize for Economics
 - 3. Historical illustrations
 - a. Russian "liberals" dealing with Bolsheviks in 1917
 - b. Americans accommodating Fidel Castro in 1951
 - B. Nor Sinful Anger—venomous, virulent, persistent
 - 1. Popular expressions—"Don't get angry, get even;" "He'll get his"
 - 2. Personal illustrations—"there better be a hell"
 - 3. Historical examples
 - a. Assassination of Archduke Ferdinand in 1914 & WWI
 - b. Assassinations of John F. Kennedy in 1963, Martin Luther King & Robert F. Kennedy in 1968
 - c. Riots instigated by BLM & Antifa following George Floyd death
 - 4. Recent events
 - a. Hamas slaughter of innocent Israelis, Oct 7, 2023, followed by demonstrations of support for terrorists
 - b. Killing of children in Catholic schools (TN & MN) followed by defense of "trans" killers
 - c. Killing of Iryna Zaritska (Ukrainian immigrant) in N.C. light rail train
 - d. Charlie Kirk assassination, followed by dramatically different reactions (Leftists & Christians, most notably Erika Kirk's statement of forgiveness)
 - C. But Righteous Anger—Aristotle: "A person is praised who is angry for the right reasons, with the right people, and also in the right way, at the right time and for the right length of time.... It is a slavish nature that will submit to be insulted or let a friend be insulted unresistingly." C.S. Lewis: "Anger is the fluid that love bleeds when you cut it." Taking up arms to defend oneself or other innocents.
 - 1. Popular expressions—"Talk softly but carry a big stick" (Theodore Roosevelt)
 - 2. Personal illustrations—speaking up for mistreated students; criticizing Muslims; response to O.J. verdict
 - 3. Biblical examples; Moses, Ex 32:9; David facing Goliath with slingshot; Jesus vis a vis Pharisees & cleansing the Temple; Paul denouncing "Judaizers" perverting the Gospel
 - 4. Historical examples
 - a. Self-defense: Black Kettle at Sand Creek & Washita
 - b. Establishing peace & justice—frontier "peace officers" such as "Wyatt Earp in AZ; Texas Rangers" remarkable record; Rudi Guiliani reversed New York crime chaos
 - c. Just wars (criteria set forth by Cicero, Augustine & Aquinas): Charles Martel & Battle of Tours (732 A.D.; Pope Urban II & 1st Crusade (1095 A.D.); Battle Vienna, (1683, A.D.); Allies in WWII (1939)