







Feeling angry is part of what it means to be human

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God gets angry

2:5 He rebukes them in his anger  
and terrifies them in his wrath,...

7:6 Arise, LORD, in your anger;  
rise up against the rage of my enemies.  
Awake, my God; decree justice.

Psalms 2:5, 7:6 (NIV)

<sup>5</sup> He looked around at them in anger and, deeply distressed at their stubborn hearts, said to the man, "Stretch out your hand." He stretched it out, and his hand was completely restored.

Mark 3:5 (NIV)

Feeling angry is part of what it means to be human

God gets angry — because of human cruelty

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God gets angry — because of human cruelty

God gets angry — because his people betray him

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Anger is part of God's self-understanding

<sup>6</sup> And he passed in front of Moses, proclaiming,  
"The LORD, the LORD, the compassionate and  
gracious God, slow to anger, abounding in love  
and faithfulness,...."

Exodus 34:6 (NIV)

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God's anger is slow anger

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Our anger is a corrupted reflection of God's anger

<sup>31</sup> Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice.

Ephesians 4:31 (NIV)

<sup>8</sup> But now you must also rid yourselves of all such things as these: anger, rage, malice, slander, and filthy language from your lips.

Colossians 3:8 (NIV)

<sup>26</sup> "In your anger do not sin": Do not let the sun go down while you are still angry, <sup>27</sup> and do not give the devil a foothold.

Ephesians 4:26-27 (NIV)

<sup>19</sup> My dear brothers and sisters, take note of this: Everyone should be quick to listen, slow to speak and slow to become angry, <sup>20</sup> because human anger does not produce the righteousness that God desires.

James 1:19-20 (NIV)

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Our anger is a corrupted reflection of God's anger

Human anger is fast anger

9 Do not be quickly provoked in your spirit,  
for anger resides in the lap of fools.

Ecclesiastes 7:9 (NIV)

<sup>18</sup> A hot-tempered person stirs up conflict,  
but the one who is patient calms a quarrel.

Proverbs 15:18 (NIV)

How do we do slow anger?

1. Recognize that you're angry

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2. Create Space

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1. Recognize that you're angry
2. Create Space
3. Use that space wisely

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