

## Contrasting Seasons of Faith – Anger and Joy

### I. Introduction

- A. Two opposite emotions: Anger and Joy
- B. Anger / angry used 350 times in the Bible
- C. Joy is used 422 times in the Bible / Rejoice is used 259 times

### II. Anger Characteristics

#### A. Slow to anger characterizes:

##### 1. God (Exodus 34:6-7) –

“Then the Lord passed by in front of him and proclaimed, "The Lord, the Lord God, compassionate and gracious, slow to anger, and abounding in lovingkindness and truth; who keeps lovingkindness for thousands, who forgives iniquity, transgression and sin; yet He will by no means leave the guilty unpunished, visiting the iniquity of fathers on the children and on the grandchildren to the third and fourth generations.””

##### 2. Wise Person (Proverbs 14:29) –

“He who is slow to anger has great understanding,  
But he who is quick-tempered exalts folly.”

##### 3. Strong Person (Proverbs 16:32) –

“He who is slow to anger is better than the mighty,  
And he who rules his spirit, than he who captures  
a city.”

##### 4. Peacemaker (Proverbs 15:18) –

“A hot-tempered man stirs up strife, But the slow  
to anger calms a dispute.”

#### B. Inappropriate anger characterizes the ungodly (Colossians 3:5-9) –

“Therefore consider the members of your earthly body as dead to immorality, impurity, passion, evil desire, and greed, which amounts to idolatry. For it is because of these things that the wrath of God will come upon the sons of disobedience, and in them you also once walked, when you were living in them. But now you also, put them all

aside: anger, wrath, malice, slander, and abusive speech from your mouth. Do not lie to one another, since you laid aside the old self with its evil practices”

### III. Appropriate Actions

A. Anger Assessment – carefully evaluate the situation before acting or reacting

Proverbs 19:11 – “A man's discretion makes him slow to anger”

B. Forgive, pray, and love

1. Proverbs 19:11 – “And it is his glory to overlook a transgression.”

2. Matthew 5:43-44 –

““You have heard that it was said, 'You shall love your neighbor and hate your enemy.' "But I say to you, love your enemies and pray for those who persecute you””

C. Confront the situation without sinning but in truth and love (Ephesians 4:26-27) –

“Be angry, and yet do not sin; do not let the sun go down on your anger, and do not give the devil an opportunity.”

### IV. Anger Prevention

A. Avoid angry people

1. Proverbs 22:24 – “Do not associate with a man given to anger; Or go with a hot-tempered man” because

2. Proverbs 29:22 – “An angry man stirs up strife, And a hot-tempered man abounds in transgression.”

B. Apply the “new self” by God’s grace through faith

1. Ephesians 4:17-24

“So this I say, and affirm together with the Lord, that you walk no longer just as the Gentiles also walk, in the futility of their mind, being darkened in their understanding, excluded from the life of God because of the ignorance that is in them,

because of the hardness of their heart; and they, having become callous, have given themselves over to sensuality for the practice of every kind of impurity with greediness. But you did not learn Christ in this way, if indeed you have heard Him and have been taught in Him, just as truth is in Jesus, that, in reference to your former manner of life, you lay aside the old self, which is being corrupted in accordance with the lusts of deceit, and that you be renewed in the spirit of your mind, and put on the new self, which in the likeness of God has been created in righteousness and holiness of the truth.”

## 2. Colossians 3:5-10

“Therefore consider the members of your earthly body as dead to immorality, impurity, passion, evil desire, and greed, which amounts to idolatry. For it is because of these things that the wrath of God will come upon the sons of disobedience, and in them you also once walked, when you were living in them. But now you also, put them all aside: anger, wrath, malice, slander, and abusive speech from your mouth. Do not lie to one another, since you laid aside the old self with its evil practices, and have put on the new self who is being renewed to a true knowledge according to the image of the One who created him”

## V. Anger Application

- A. Be slow to anger
- B. Forgiving
- C. Prayerful
- D. Loving
- E. Confront the situation without sinning in truth and love
- F. Avoid the angry who God would have us avoid
- G. Avoid deeds of the old self but rely on Your grace to put on the new self

## VI. What is Joy?

“In the Hellenistic world joy was related to happiness or pleasure, such as returning to one’s homeland, but this joy [Biblical joy] is grounded in conscious

relationship to God” (Rogers and Rogers, 431).

## VII. What do we rejoice about?

### A. Who God is & What He has done

1. Isa 61:10 – “I will rejoice greatly in the Lord, My soul will exult in my God, for He has clothed me with garments of salvation, He has wrapped me with a robe of righteousness, as a bridegroom decks himself with garland, and as a bride adorns herself with jewels.”

2. Phil 4:4 – “Rejoice in the Lord always, again I will say rejoice.”

### B. God’s Word

Jer 15:16 – “Thy words were found and I ate them, and Thy words became for me a joy and the delight of my heart, for I have been called by Thy name, O Lord God of hosts.”

### C. Christ’s birth

Lk 2:10-11 – “And the angel said to them, ‘Do not be afraid; for behold, I bring you good news of great joy which shall be for all the people; for today in the city of David there has been born for you a Savior, who is Christ the Lord.’”

### D. Gospel preached

Phil 1:18 – “Christ is proclaimed; and in this I rejoice, yes, and I will rejoice.”

### E. Salvation

Acts 16:34 – “And he brought them into his house and set food before them, and rejoiced greatly, having believed in God with his whole household.”

### F. Person comes or returns to Christ

Lk 15:11-32 – Prodigal son

### G. Evidence of spiritual growth

1. 3 Jn 4 – “I have no greater joy than this, to hear of my children walking in the truth.”

2. Col 2:5 – “For even though I am absent in body, nevertheless I am with you in spirit; rejoicing to see your good discipline and the stability of your faith in Christ.”

### H. Events in life

1. Birth (Job 3)
2. Marriage (Pv 5:18)
3. Life (Ecc 11:8)
4. Family (Pv 23:24)

### I. Friends

Phil 4:1 – “Therefore, my beloved brethren whom I long

to see, my joy and crown, so stand firm in the Lord, my beloved.”

#### J. Trials

##### 1. James 1:2-4

a. “Consider it all joy, my brethren, when you encounter various trials, knowing that the testing of your faith produces endurance. And let endurance have its perfect result, that you may be perfect and complete lacking in nothing.”

b. Faith test → endurance → maturity

##### 2. Rom 5:3-5

a. “We also exult in our tribulations, knowing that tribulation brings about perseverance; and perseverance, proven character, and proven character, hope; and hope does not disappoint, because the love of God has been poured out within our hearts through the Holy Spirit who was given to us.”

Trials → perseverance → proven character → hope

#### K. The future

1. Ps 16:9-11 – “Therefore my heart is glad, and my glory rejoices; my flesh also will dwell securely. For Thou wilt not abandon my soul to Sheol; neither wilt thou allow Thy Holy One to undergo decay. Thou wilt make known to me the path of life; in Thy presence is fullness of joy; in Thy right hand there are pleasures forever.”
2. If you are able to rejoice in the One who holds the future, you are able to rejoice in the future.

### VIII. How do we rejoice?

#### A. Music

1 Chron 15:16 – “Then David spoke to the chiefs of the Levites to appoint their relatives the singers, with instruments of music, harps, lyres, loud-sounding cymbals, to raise sounds of joy.”

#### B. Song

Ps 33:21 – “Sing for joy in the Lord”

#### C. Communication

##### 1. God

Phil 1:3-4 – “I thank my God in all my remembrance of you, always offering prayer with joy in my every prayer for you all.”

2. Others  
Book of Philippians

IX. Conclusion

- A. Personal Prayer Reflection
- B. Corporate Prayer