

## Back To Cool #6

**Human Anger**

**James 1:19-22** <sup>19</sup>My dear brothers, take note of this: Everyone should be quick to listen, slow to speak and slow to become angry, <sup>20</sup>for man's anger does not bring about the righteous life that God desires. <sup>21</sup>Therefore, get rid of all moral filth and the evil that is so prevalent and humbly accept the word planted in you, which can save you. <sup>22</sup>Do not merely listen to the word, and so deceive yourselves. Do what it says. (NIV 84)

- I. The message here is very straightforward. There are some key anger prevention suggestions in this passage.
  - A. **Listening** intently helps to know better how to respond. V. 19
  - B. Careful **word** selection helps to tone down our response. V. 19
  - C. It is important that we have a high anger **threshold** in dealing with others. V. 19
  - D. Our human anger does not lead either us or other people to live **righteous** lives. V. 20
- II. The context of this passage is responding to God's **correction** in our lives. V. 21-22
  - A. We must humbly look for what God is trying to **tell us** through our exchanges with others. V. 21 I refer to these as "trigger points" of our anger.
  - B. God wants to change us into the image of **His Son**. His Word can help this to be accomplished. V. 21
  - C. Putting God's Word into **action** in our lives brings about real change not just in us but also in others. V. 22
- III. Here are some applications for this passage.
  - A. If your anger comes with **examples** from your history, there may be some forgiveness needed in order to lower the "trigger point" for your anger.
  - B. Memorize passages in **Scripture** that deal with issues that tend to trigger your anger.
  - C. Remind yourself of these truths when confronted with **volatile** situations.
  - D. Always keep the **big picture** of what God wants to do, in you and in others, fresh in your mind.