

# The Danger of Anger

Jonah 4:1-4

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2. Selfishness

3. A Desire to Control

- Jerry Bridges in *Respectable Sins*

“No one is isolated from its presence or immune from its poison. It permeates each person and spoils our most intimate relationships. Anger is a given part of our fallen human fabric. Sadly, it is true even in our Christian homes and churches.

“Anger is often directed toward those we should love most: our spouse, children, parents, or siblings in our human families, and those who are our brothers and sisters in Christ in our church families.”

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A. Anger sometimes leads us to find fault with God (v.1)

*But it displeased Jonah exceedingly, and he was angry. (v.1, ESV)*

*But to Jonah this seemed very wrong, and he became angry. (NIV)*

“The very strong expression indicates that Jonah’s anger welled up from the depths of his being, like that of a child throwing a temper tantrum. Such anger is totally irrational, and yet it must have an explanation.”

- Joyce Baldwin

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A Desire to Control: Jonah wanted to control God.

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*And he prayed to the Lord and said,  
“O Lord, is not this what I said when I was yet in my country? That is why I made haste to flee to Tarshish; for I knew that you are a gracious God and merciful, slow to anger and abounding in steadfast love, and relenting from disaster. (v.2)*

*The good man brings good things out of the good stored up in his heart, and the evil man brings evil things out of the evil stored up in his heart. For out of the overflow of his heart his mouth speaks.*  
(Lk.6:45)

C. Anger sometimes leads us to feel sorry for ourselves.

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*Therefore now, O Lord, please take my life from me, for it is better for me to die than to live.” (v.3)*

“When things do not turn out as we desire them to, we then find ourselves, in truth, angry with the will of God for our lives.

It is then that we, like Jonah, run the gamut of feelings from a simple pity party, 'Woe is me,' to *depression*, where we don't even feel like getting up most days;

from there we slide to *despondency*, where we check out mentally and emotionally from a relationship; and then to *despair*, where we can't see anything good at all.

Finally, if we do not recognize the downward emotional cycle, we can land at Jonah's *death wish* because we can see no way to make life fair: 'God, it would be better if I were dead.'"

- Eric Redmond

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*And the Lord said, “Do you do well to be angry?” (v.4, ESV)*

*The Lord said, “Do you have good reason to be angry?” (NASB)*

*But the Lord replied, “Is it right for you to be angry?” (NIV)*

Confess and repent of your sinful anger.

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*If we confess our sins, he is faithful and just to forgive us our sins and to cleanse us from all unrighteousness. (1 Jn.1:9)*

Trust that God is sovereign.

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*And we know that in all things God works for the good of those who love him, who have been called according to his purpose. (Rom.8:28).*

Ask God to help you grow in love for other people.

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Love will help us not be as easily offended:

*Love is not . . . easily angered*  
(1 Cor.13:5).

Ask God to help you grow in love for other people.

Love will help us overlook a lot of things:

*Above all, love each other deeply, because love covers over a multitude of sins  
(1 Pet.4:8).*

Ask God to help you grow in love for other people.

Love will help us to forgive and forget:

*Love . . . keeps no record of wrongs*  
(1 Cor.13:5).