

## **Releasing Your Anger - Outline**

- ❖ Your anger is not sinful in of itself.
  - It is an emotion designed to mobilize force to tear something apart.
  - Anger in of itself is not sinful because God is angry with the wicked every day ([Psalm 7:11](#)).
  - Furthermore, Jesus Christ was angry at the Pharisees' sin ([Mark 3:5](#)).
  - However, [Ephesians 4:26](#) indicates that its expression may be sinful.
- ❖ There are two ways in which your anger is sinful.
  - When it grows out of pride or hurt feelings and when it expressed in sinful ways.
- ❖ There are two sinful expressions of righteous anger: Blowing up and Clamming up.
  - Blowing up (ventilation) [Proverbs 29:11](#); [25:28](#); [Ephesians 4:31](#)
    - Blowing up is energy wasted and used to tear up others.
  - Clamming up ([Ephesians 4:26](#)).
    - Clamming up (internalization) is energy wasted and used to tear up self--God commands not to bear hold anger in--bear grudges ([Leviticus 19:17,18](#)).
- ❖ The Bible reveals how to express anger.
  - The scriptural acceptable expression of anger is not the opposite extreme of either sinful on: Internalization to ventilation or Ventilation to internalization.
  - Rather, anger is to *be released under control* and aimed at tearing up the problem while building up persons ([Ephesians 4:29](#)).