

**I'm not angry,  
I'm just HURT!!**

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**Meet Susan:** A 49 year old Christian woman. Susan has been married to Bill, her high school sweet heart for nearly 27 years. Susan's husband is also a professing Christian. Bill and Susan have two adult children. The family has been members of your church for many years.

Whenever you meet Susan in church, she is always wearing the same lovely accessory, a sweet, frozen smile. As she shakes your hand, Susan calmly declares that everything is "fine, just fine" but when she walks away something starts to bother you and you begin to wonder if everything is truly, "just fine".

One day, as you meet Susan in the church parking lot and ask her how she is doing, she has a different response. Now it all comes pouring out, the pain, the loneliness, the sense of isolation and the years of frustration. Between sobs, Susan informs you that she is a neglected and unloved woman. She has sought to honor God through submission and love for her husband but she is finally at her wits end.

Susan explains that for most of their married life, Bill has engrossed himself in his business to the neglect of his marriage and his family. "He's a workaholic," Susan complains. "He only loves his work and his T.V. Our couple time is a joke; we rarely even have time to eat a meal at the same table. We never go anywhere together. At night, he just wants to stay holed up in his office at home while I have to spend time with my women friends to have someone to talk to. We live in separate bedrooms and our sex life has been virtually non existent for the past two years. Both of our children have strained relationships with their father because he has neglected them so. They don't even want to come to our home any more. I have to meet them at a restaurant when I want to visit with them."

"I know God hates divorce but I don't want to live this way any longer. I'm absolutely numb. I'm not angry, I'm just hurt, so very deeply hurt!"

**What will you say to Susan?**

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**Four Questions you must consider if you are going to help Susan.**

- Is Susan angry?
- Is it wrong for Susan to be angry?
- Is there a difference between anger and hurt?
- What should Susan do with all that "hurt"?

**I. Is Susan angry?**

**a. What is Anger?**

- Let's talk definitions -

**Anger:** It is a strong feeling of displeasure, and antagonism (often accompanied by sinful emotions, words, and actions hurtful to those who are the objects of our anger).

The English word for anger is a rendering of at least ten biblical words, of which the most common is Heb. *aph*, which could also mean "snorting."  
(New Bible Dictionary)

**Wrath:** -a closely connected word - It is the translation of many Hebrew and Greek words, ranging widely in tone, intensity, and effects.  
(2 Ch. 26:19; Esth. 1:12; Ps. 85:4; Matt. 2:16)

The wrath of a just, pure, and holy God is dreadful to evildoers, yet God is slow to anger, eager to forgive. (Num. 11:1-10; Heb. 10:26-31; Ps. 103:8-9) The first display of human wrath is seen in Gen. 4:5-6.

**b. Anger is natural.** (God is an angry God and man is created in God's image.)

The capacity to experience anger was a part of man as he came from the hand of the Creator. It was not added as a result of the curse. (Gen. 1:28)

"Oh let the wickedness of the wicked come to an end; but establish the just: for the righteous God trieth the hearts and reins. My defence *is* of God, which saveth the upright in heart. God judgeth the righteous, and God is angry *with the wicked* every day. If he turn not, he will whet his sword; he hath bent his bow, and made it ready. He hath also prepared for him the instruments of death; he ordaineth his arrows against the persecutors."

(Psalm 7:9-13 KJV)

**Note:** the word for anger in these verses could also be translated as wrath. God is portrayed here as a God of continual, Holy Anger. He continually stands in judgment against the evil acts of mankind and especially against the persecutors of God's people. If these wicked men do not turn from their wicked ways, God Himself will rain the fiery arrows of judgment upon their heads.

## II. Is it wrong for Susan to be angry?

### a. Anger isn't sinful in and of itself.

Our Holy God expresses a holy anger. God is angry with sin everyday. God is incapable of sinning therefore not all anger is sin.

(Gen. 3:1-7; Ex. 11:8; Neh. 5:1-7; Ps. 4:4, 7:11; **Ps. 50:16-22**; Eph. 4:26)

### b. Anger is a moral emotion in two senses.

#### 1. We feel justified in being angry.

##### **Anger is a moral judgment.**

Anger says someone is morally at fault for his or her thoughts, words, or deeds.

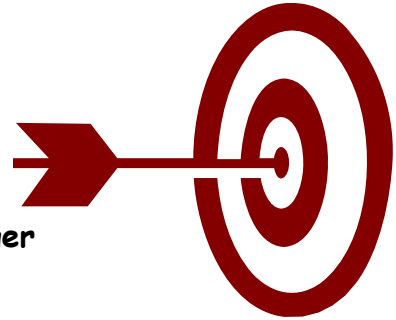
#### 2. It is either righteous or unrighteous.

Righteous anger arises from an accurate perception of true evil.

(True Evil - A Violation of God's Moral Law - Gen. 2:9, 17; 3:5, 22)

## ➔ The Focus and Expressions of Righteous Anger:

- God's Will is violated.
- Christ is the Lord of my life.
- I am motivated by a sincere love for God.
- My anger is Spirit Controlled *and* Self Controlled.
- My anger has the proper motive for this situation.
- My anger is in the proper balance for this situation.
- My anger has the proper target for this situation.



**Jesus revealed the proper target for righteous anger in the following passages.**

"He looked around at them in anger and, deeply distressed at their stubborn hearts," (Mk. 3:5, NIV)

"And if anyone causes one of these little ones who believe in me to sin, it would be better for him to be thrown into the sea with a large millstone tied around his neck." (Mk. 9:42, NIV)

"In the temple courts he found men selling cattle, sheep and doves, and others sitting at tables exchanging money. So he made a whip out of cords, and drove all from the temple area, both sheep and cattle; he scattered the coins of the money changers and overturned their tables. To those who sold doves he said, "Get these out of here! How dare you turn my Father's house into a market!" "His disciples remembered that it is written: "Zeal for your house will consume me." (JN 2:14-17, NIV)

**Life Tip: Righteous anger aims at the target of sin against God.**

The next time you become angry try to identify either who or what is the actual target of your anger. Inanimate objects are often an excuse for the real target of our anger, providence from the hand of our Sovereign God. If you slam a door, kick the wall, or shout at the T.V. you are probably angry at someone.

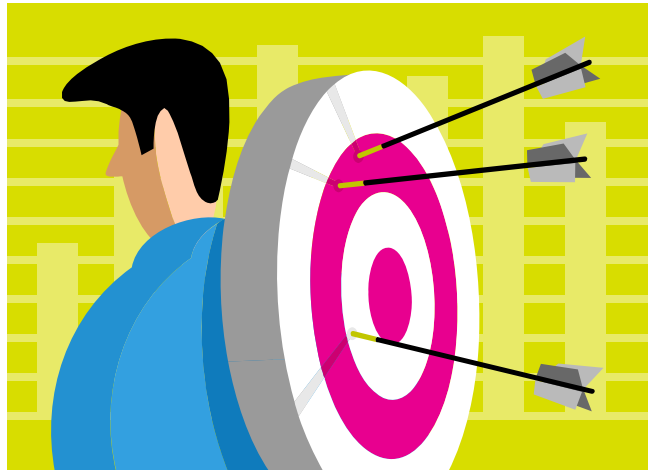
**Sinful anger originates from selfish motives and hurt pride.  
It IS evil and harms others.**



### **The focus and expressions of sinful anger**

- My Will is violated.
- I don't get what I want.
- I am the Lord of my life.
- I am motivated by a love of some idolatrous desire.
- It displays a Lack of the Spirit's Control and a Lack of my Self Control.
- Self Love motivates the thoughts, words, & deeds.
- It is Out of Balance for the situation.
- It has the Wrong Target.

"What causes fights and quarrels among you?  
Don't they come from your desires that battle within you?"  
(James 4:1-3, NIV)



### **The Wrong Target**

**Note: Sinful Anger is aimed either at God or at those created in His image.**

### III. Is there a difference between anger and hurt?

Hurt, hert, n. A wound: bruise; injury; harm. - vt. (prêt. And pp. hurt). To cause physical pain to; to bruise; to harm; to impair; to injure; to wound the feelings of.  
(New Webster's Expanded Dictionary)

The above definition refers to hurt as either a physical injury or an emotional response. Emotional responses are based upon our personal judgment. Since Susan has no physical wounds for which to seek medical care, Susan is expressing that her husband has injured her emotionally.

#### a. The test: Is Susan's "hurt" another term for anger?

##### 1. Anger is a moral judgment.

Susan is declaring that her husband is morally at fault for his thoughts, words, or deeds.

##### 2. Anger is either righteous or unrighteous.

**Note:** Anger may start out as righteous anger and then become mingled with unrighteous anger. That is why God commands us to deal with righteous anger swiftly and purposefully.

"In your anger do not sin; when you are on your beds, search your hearts and be silent." (PS. 4:4, NIV)

"In your anger do not sin": Do not let the sun go down while you are still angry, and do not give the devil a foothold. (Eph. 4:26-27, NIV)

#### Questions to consider:

- How long has Susan been "hurt"?
- Was Susan inappropriately discussing those "hurt" feelings with her children in their private get-togethers?

**b. Anger often travels under the disguise of various aliases.**

**Note:** Sin by any other name is still sin in the eyes of God.  
(Gen. 3:1-3; Ps. 50, 51:6; Isa 5:20)

"Sometimes anger is called by names of Miss Hurt, Upset, Offended, Bothered, Miss Annoyed *Or* Mrs. Irritated, Resentful, Irate, At the Boiling Point, Mrs. Enraged, Mrs. Infuriated  
Sometimes anger is called by the names Mr. Disturbed, Disappointed, Frustrated, Ticked Off, Hot Under the Collar, Worked Up, Distressed, Bitter, Displeased, or Got up on the wrong side of the bed." Wayne Mack

**IV. What should Susan do with all of that "hurt"?**

**a. Agreeing with God is always our starting point.**

"My dear brothers, take note of this: Everyone should be quick to listen, slow to speak and slow to become angry, for man's anger does not bring about the righteous life that God desires. 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.

Do not merely listen to the word, and so deceive yourselves. Do what it says. Anyone who listens to the word but does not do what it says is like a man who looks at his face in a mirror and, after looking at himself, goes away and immediately forgets what he looks like. But the man who looks intently into the perfect law that gives freedom, and continues to do this, not forgetting what he has heard, but doing it--he will be blessed in what he does."

(James 1:19-25 NIV)

**b. We must use the God ordained means of targeting righteous anger.**

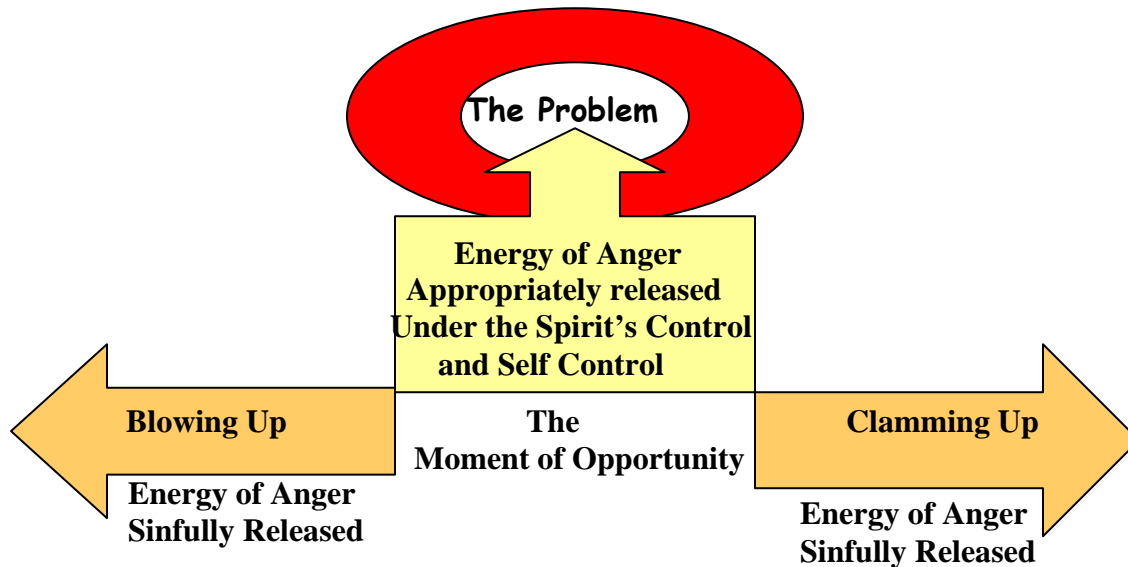
God requires that we would be Spirit Controlled in the exercise of even our Righteous Anger! "In your anger do not sin" (Eph. 4:26-27, PS 4:4)

## The Sinful Misuse of God's Gift of Righteous Anger

### 1. Blowing Up 2. Clamming Up

Note: Most people do not sin exclusively in one area or the other. Most people swing back and forth between the sinful actions of either blowing up or clamming up.

*The Proper Release of the Energy of Anger (yes, even righteous anger)*



### Some God-honoring methods of releasing anger:

Recognize the real source of my anger. (Jer.17:9; Pr. 12:16; James 4:1-3)

Recognize that it is NEVER okay to be angry at God. (Hab.1:13; 1 Pet.1:15-16)

Confess and repent of my sinful attitude & actions. (James 1:19-21; Eph.4:26)

Pray that God will enable me to grow in love. (Lev.19:18; 1 Cor.13:4-5; 1 Pet.4:8)

Take comfort in the sovereignty of God. (Ps.11; Dt.32:34-35)

Return to the cross. Value my Savior's sacrifice.

(Isa. 53:4-6; Lk.6:27-36; Rom. 6:16-18)

Learn to forgive as God has forgiven me.(Ps.37:8, 85:1-13; Mt.6:12-15; Gal.5:22-26)

Pray for & do good to my enemies. (1 Tim.2:8; Pr.14:29; 1 Pet.3:8-17)

Practice speaking the truth in love to my enemies.(Pr.15:1; Mt.5:43-48; Eph.4:14-16)

Use all God ordained means of seeking reconciliation.

(Mt. 5:21-26, 7:1-5, 18:1-35; Rom. 14:10-12; Gal. 5:22-6:5)

### Now, What will you say to Susan?

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