**I Am NOT Angry!**

Psalm 37:7-9

**Psalm 37:7 (NKJV)**Rest in the Lord, and wait patiently for Him;

Do not fret because of him who prospers in his way,

Because of the man who brings wicked schemes to pass.

**Psalm 37:8 (NKJV)**Cease from anger, and forsake wrath;

Do not fret—it only causes harm.

**Psalm 37:9 (NKJV)**For evildoers shall be cut off;

But those who wait on the Lord,

They shall inherit the earth.

1. **The Reasons for Anger**

**Psalm 37:7 (NKJV)**Do not fret because of him who prospers in his way,

Because of the man who brings wicked schemes to pass.

**Romans 1:18 (NKJV)**For the wrath of God is revealed from heaven against all ungodliness and unrighteousness of men, who suppress the truth in unrighteousness.

**Nahum 1:2 (NKJV)**God is jealous, and the Lord avenges;

The Lord avenges and is furious.

The Lord will take vengeance on His adversaries,

And He reserves wrath for His enemies;

**Nahum 1:3 (NKJV)**The Lord is slow to anger and great in power,

And will not at all acquit the wicked.

The Lord has His way In the whirlwind and in the storm,

And the clouds are the dust of His feet.

**Nahum 1:6 (NKJV)**Who can stand before His indignation?

And who can endure the fierceness of His anger?

His fury is poured out like fire,

And the rocks are thrown down by Him.

**Nahum 1:7 (NKJV)**The Lord is good,

A stronghold in the day of trouble;

And He knows those who trust in Him.

**Nahum 1:8 (NKJV)**But with an overflowing flood He will make an utter end of its place,

And darkness will pursue His enemies.

**Psalm 7:11 (NKJV)**God is a just judge,

And God is angry with the wicked every day.

1. **The Risks of Our Anger**

**Psalm 37:8 (NKJV)**Cease from anger, and forsake wrath;

Do not fret—it only causes harm.

**Psalm 4:4 (NKJV)**Be angry, and do not sin.

Meditate within your heart on your bed, and be still.

**When does anger become sin?**

***When anger becomes your go-to response.***

**James 1:19-20 (NKJV)**So then, my beloved brethren, let every man be swift to hear, slow to speak, slow to wrath; or the wrath of man does not produce the righteousness of God.

**Proverbs 16:32 (NKJV)**He who is slow to anger is better than the mighty,

And he who rules his spirit than he who takes a city.

***When you express your anger in the wrong way.***

**Ephesians 4:31 (NKJV)***Let all bitterness, wrath, anger, clamor, and evil speaking be put away from you, with all malice.*

***Colossians 3:8 (NKJV)***But now you yourselves are to put off all these: anger, wrath, malice, blasphemy, filthy language out of your mouth.

***When you become angry for the wrong reason.***

**Genesis 4:5 (NKJV)**But He did not respect Cain and his offering. And Cain was very angry, and his countenance fell.

**2 Kings 5:11 (NKJV)**But Naaman became furious, and went away and said, “Indeed, I said to myself, ‘He will surely come out to me, and stand and call on the name of the Lord his God, and wave his hand over the place, and heal the leprosy.’

***When you hold onto your anger.***

**Ephesians 4:26-27 (NKJV)**

“Be angry, and do not sin”: do not let the sun go down on your wrath, nor give place to the devil.

***When you allow your anger to dominate your thoughts and life.***

**Ecclesiastes 7:9 (NKJV)**

Do not hasten in your spirit to be angry, for anger rests in the bosom of fools.

1. **The Release of Our Anger**

**Psalm 37:7 (NKJV)**Rest in the Lord, and wait patiently for Him.

**Psalm 37:9 (NKJV)**For evildoers shall be cut off;

But those who wait on the Lord,

They shall inherit the earth.

**How to handle anger without sinning …**

***Avoid situations or people that awaken your anger.***

**Psalm 34:14 (NKJV)**Depart from evil and do good; Seek peace and pursue it.

***Let anger motivate you to solve the problem.***

**Nehemiah 5:6 (NKJV)**And I became very angry when I heard their outcry and these words.

**Nehemiah 5:9 (NKJV)**Then I said, “What you are doing is not good. Should you not walk in the fear of our God because of the reproach of the nations, our enemies?

**Nehemiah 5:12 (NKJV)**So they said, “We will restore it, and will require nothing from them; we will do as you say.” Then I called the priests, and required an oath from them that they would do according to this promise.

**Nehemiah 5:13 (NKJV)**Then I shook out the fold of my garment and said, “So may God shake out each man from his house, and from his property, who does not perform this promise. Even thus may he be shaken out and emptied.” And all the assembly said, “Amen!” and praised the Lord. Then the people did according to this promise.

***Put injustices into God’s hands.***

**Romans 12:19 (NKJV)**Beloved, do not avenge yourselves, but rather give place to wrath; for it is written, “Vengeance is Mine, I will repay,” says the Lord.

***Return good for evil.***

**Romans 12:21 (NKJV)**Do not be overcome by evil, but overcome evil with good.

**1 Peter 3:9 (NKJV)**Not returning evil for evil or reviling for reviling, but on the contrary blessing, knowing that you were called to this, that you may inherit a blessing.