

"Getting Angry; Practicing Patience" or ("Listening to Your Donkeys")

Numbers 22:21-35

March 2, 2008

"I never get angry..." Perhaps we need to check the list for signs of "hidden anger".

1. Procrastination in the completion of imposed tasks.
2. Perpetual or habitual lateness.
3. Sarcasm, cynicism or flippancy in conversation, a liking for sarcastic or ironic humor.
4. Over-politeness, constant cheerfulness, attitude of "Grin and Bear It"
5. Frequent sighing.
6. Smiling while hurting.
7. Over-controlled monotone speaking voice.
8. Frequent, disturbing, or frightening dreams.
9. Difficulty in getting to sleep or sleeping through the night.
10. Boredom, apathy, loss of interest in things that you are normally enthusiastic about.
11. Slowing down of movements.
12. Getting more tired than usual and waking up tired rather than rested and refreshed.
13. Excessive irritability over trifles.
14. Getting drowsy at inappropriate times.
15. Sleeping more than usual, maybe 12 to 14 hours a day.
16. Facial tics, spasmodic foot movement, habitual fist clenching, and similar repeated physical acts done unintentionally or unaware.
17. Grinding of the teeth and/or clenched jaws, especially at night.
18. Chronically stiff or sore neck.
19. Chronic depression, feeling down for extended period of time.
20. Stomach ulcers.

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- ❖ Deadly sin—anger becomes a chaotic outburst of emotion and has this strong desire for revenge.
- ❖ Anger is something that easily gets out of control and leaves victims lying all along the road. It is sin rising from arrogance—it's all about me!
- ❖ Constructive anger (good anger) stands up for the right—has purpose and is controlled.
- ❖ Anger is a choice—forgiveness is a choice...
 - *Do not be quickly provoked in your spirit, for anger resides in the lap of fools.* Ecclesiastes 7:9
 - *Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.* Ephesians 4:31-32
- ❖ God's anger against sin results in our selfish anger being forgiven.
- ❖ God does not abandon us anymore than he abandoned his people in the book of Numbers.
- ❖ Are we willing to repent of anger in our lives? And listen to what God is saying to us?