

1 SAMUEL 18:8-12

Saul was very angry; he thought, "They have credited David with tens of thousands, but me with only thousands. What more can he get but the kingdom?" And from that time on Saul kept a jealous eye on David.

1 SAMUEL 18:8-12

The next day an evil spirit from God came forcefully upon Saul. He was prophesying in his house, while David, as usual played his harp. Saul had a spear in his hand and hurled it, saying to himself, "I will pin David to the wall."

1 SAMUEL 18:8-12

But David eluded him twice. Saul was afraid of David, because the Lord was with David but had left him.

ANGER DANGER

Even if I am not chronically angry, just one angry outburst can set back my relationship for life.

ANGER DANGER

DANGER 1 Anger is easy to justify.

"Anger is never without a reason, but seldom with a good one." BENJAMIN FRANKLIN

ANGER DANGER

DANGER 2 Anger is easy to camouflage.

Silence, isolation, withholding love, pouting, a critical spirit and even depression may be anger disguised.

JAMES 1:19-21

"Everyone should be quick to listen, slow to speak and slow to become angry, for a person'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."

MATTHEW 5:21-22

"You have heard that it was said to the people long ago, 'Do not murder, and anyone who murders will be subject to judgment.' But I tell you that anyone who is angry with his brother will be subject to judgment. Again, anyone who says to his brother, 'Raca,' is answerable to the Sanhedrin. But anyone who says, 'You fool!' will be in danger of the fire of hell."

SAUL: ANGER ANALYZED

Saul was irrational!

"Saul was very angry; this refrain displeased him greatly. 'They have credited David with tens of thousands, but me with only thousands.""

1 SAMUEL 18:8

SAUL: Anger Analyzed

Saul was insecure!

"They have credited David with tens of thousands," Saul thought, "but me with only thousands. What more can he get but the kingdom?"

1 SAMUEL 18:8

SAUL: ANGER ANALYZED

Saul was envious!

"And from that time on Saul kept a close eye on David." 1 SAMUEL 18:9

SAUL: ANGER ANALYZED

Saul was erratic!

"The next day an evil spirit from God came forcefully on Saul. He was prophesying in his house, while David was playing the lyre, as he usually did. Saul had a spear in his hand and he hurled it, saying to himself, 'I'll pin David to the wall.'"

1 SAMUEL 18:10-11

EXPLAINING ANGER

Parenting: children learn by example.

"Aggressive behavior at school is closely linked to parents' aggressive behavior at home." (L. R. HUESMANN, "STABILITY OF AGGRESSION OVER TIME AND GENERATIONS", DEVELOPMENTAL PSYCHOLOGY

PROVERBS 22:24-25

"Do not make friends with a hottempered person, do not associate with one easily angered, or you may learn their ways and get yourself ensnared."

EXPLAINING ANGER

Physiology:

anger produces a catastrophic chain reaction in the body chemistry.

"Scientists have identified a potentially catastrophic chain reaction... [At] provocation, the brain signals the adrenal glands to dump an extra dose of stress hormones, including adrenaline, into the blood; [causing] the heart to race, and blood pressure to rise. Once this takes place, the strain of hormone-laden blood raging unchecked...causes people's blood to 'boil,' and they erupt in anger."

LES PARROTT

Explaining anger is never an excuse for it.

EXPLAINING ANGER

Protection:

anger can be a defense against the pain of past relationships and/or trauma.

"Hurt people hurt people."

EXPLAINING ANGER

Power:

anger can be a way to power up on people and situations in order to exert control and establish security.

ANGER MANAGEMENT



1 SAMUEL 19:7-10

"Jonathon brought him to Saul, and David was with Saul as before. Once more war broke out, and David went out and fought the Philistines. He struck them with such force that they fled before him. But an evil spirit from the LORD came upon Saul as he was sitting in his house with his spear in his hand. While David was playing the harp, Saul tried to pin him to the wall with his spear, but David eluded him as Saul drove the spear into the wall. That night David made good his escape."

Being a peacemaker with a Volcano does not mean being their whipping boy.

ANGER MANAGEMENT



David exhibited respect

"Then David went out of the cave and called out to Saul, 'My lord the king!' When Saul looked behind him, David bowed down and prostrated himself with his face to the ground."

1 SAMUEL 24:8

Another's anger rarely, if ever, justifies my own.

ANGER MANAGEMENT

3

David eliminated retaliation

"This day you have seen how the Lord delivered you into my hands. Some urged me to kill you, but I spared you; I said, 'I will not lay a hand on my master since he is God's anointed.""

1 SAMUEL 24:10

Beware of human justification:

that is, right circumstances, encouraging friends, cherrypicked verses. *Only God* has the right to pass judgment!

ANGER MANAGEMENT

David expected redemption.

"May the LORD be our judge and decide between us. May he consider my cause and uphold it; may he vindicate me by delivering me from your hand."

1 SAMUEL 24:15

PROVERBS 16:7"When people's ways please the Lord,He makes even their enemies to be
at peace with them."

