

## BAM WEEK #2 ANGER

### James 4 Anger

BAM. To live this out a man must be released from his core—his soul must be released.

...is your soul released as a man? Or, is your soul hiding...pinned down, believing lies?

Are you on the journey toward being released?

Are you allowing God to Father you through his Word, and, are you allowing the space for men to brother you?

Every man in this room in Christ has a heart that is designed to be living out SHELTER!

As you hear this truth what's your **self talk**?

Can you embrace the truth that you have a heart that is designed to be living out SHELTER! This is something to be grateful for and to be excited about. God really did design my heart to shelter Colleen, Danae and Chantel and others. What an honor!!

If you can't embrace this truth for yourself you are not released. There's still work to be done.

Every time the footprint of your redeemed heart is in view we will see you being a shelter from the storm for our wives, kids. This is what your redeemed heart loves to do!

God wants to Father you and he wants to appoint brothers in your life to rescue you. Jesus Christ rose from the dead and through his power you are forgiven but you are not left without power to live out your manhood. Jesus has more for you than forgiveness alone. No need to finish the race like a cripple: wounded, fearful, inadequate, and alone in the struggle.

A released man is a man who is a shelter for his wife, kids and for others.

The core building blocks:

#1 our need to respond to God's heart cry to us is to be men of His Voice; God's Word, and, #2 embracing our true identity: we are loved, valued, adequate sons in Christ!

### **TRANSITION:**

Today we will be talking about God's amazing cry for our hearts in the middle of our anger.

Our goal in talking about anger is not to get rid of it like putting duct tape on the “check engine” light in our car. No, God’s desire is for us to open the hood and take a look inside. God is coming for us in the middle of our anger—EVERY TIME!

Read James 4

**Today’s big idea is: God is passionate about inviting us to Him whenever we are angry; whenever we don’t get what we want.**

Story from audience:

**I. Diagnosis:** God defines the problem in James 4:

A. Taking a deeper look at our anger:

-Are we open to looking at what our anger says about the condition of our hearts when we quarrel and grasp in anger?

-The problem is not merely anger. The problem is much deeper

B. God names the problem clearly:

(James 4:2, 4, 6)Spiritual adultery—namely, seeking the arms of another lover--another god, killing, coveting, pride, friendship with the world, and, enemy of God.

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**II. The fuel behind our anger:**

The “anger fuel” has to do with 2 things:

A: James 4:2 unmet desires: hurt, I feel disrespected, dismissed etc.

“...You want something but don’t get it...”

B: Our beliefs about my unmet desires (James 4:2-4):

-“...you kill and covet....you do not ask God...” I do not ask God because, quite frankly, I’m used to being my own god when I see fit. When I covet I believe a lie and then my anger teams up with my coveting and lays out a path of “powering up” to get what I want.

1. What do I believe about “**who satisfies my desires**”—people or God?

2. What I believe affects **my movement**: how I try to satisfy my desires”

3. What is my identity?

-Do I see myself as a loser or inadequate? If so then when I feel that in relationship to you or in certain circumstances then anger will be present and the pull to go south will be much greater!

- By contrast, if I am cultivating security in Christ; if I believe more and more that I am a man and that I am secure then I can respond to disrespect with less anger. I can recover more quickly.

-There are only **two options** about “HOW” I try to satisfy my desires when I don’t get what I want: I either justify my anger and grasp for what I want as Cain did, or, I humble myself and I return to my God who says: “What I give in love is far better than anything else you’ll find.”

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### **III. James 4:2-10 The “Movement of My Anger” has two options:**

-my movement or, my behaviors reflect what I believe in regard to **who** meets my needs.

A. Option #1 Moving south-- I can grasp and move toward others/what the world offers: arrogant independence (James 4:2 kill, covet). This option gives me the illusion that I have control over getting what I want and there is zero room for dependence on God and rarely is there even a thought about God.

- I will grasp for whatever it is I desire, I will demand it, I will push you for it, I will fight with you, kill you, I’ll justify my pointed finger, I’ll quarrel with you. I’ll be justified with being right only (forsaking love toward you).
- Ills of Gary with Lisa as she walked away from the table.

And, I will justify all of this b/c of my pain, my hurt. When I focus on my hurt the pain is so loud that I justify my movement away from God and away from a focus on you.

Examples:

#1 Cain, in anger, moved in regard to God and Abel.

-Pointed finger; I’m right; “You make me mad.” You, God are not giving me what I want!

#2 Gary, with anger, moved in regard to Lisa’s comment regarding getting paint on the flowers.

### **STORY OF CAIN:**

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- B. Option #2 Moving north-- I can move toward God: This is the whole point of James 4—God wants our heart b/c we are so valuable to him. He is crazy about us, so, he wants us to see anger as a signal so we can come back to dependency upon him. In this option I have no illusion that there is any water on this earth apart from God's provision.

When I don't receive what I desire I will wait on God. I will remember that God alone meets my needs and He alone chooses to meet some of my desires and I will wait upon Him. Humility/dependence

- humble trust, contentment, dependency.
  - Note message version of vs. 2: "You wouldn't think of just asking God for it..."
  - ...James is hinting at movement toward God.
  - James 4:8 "Come near to God and he will come near to you. Wash your hands, you sinners, and purify your hearts, you double-minded. Grieve mourn and wail.
  - ...Humble yourselves before the Lord, and he will lift you up."
- 3 Tim, in brokenness over his anger, moved when he got on his knees before God begging for help regarding his anger toward his wife.

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### **III. Our unmet desires and God's invitation to move toward Him Isa 55:**

"Thirsty" equals desire

"Why do you spend your labor on...?" (God is pointing out movement)

"Come...": God is inviting new direction/movement

"Why spend money on what is not food?" ...reveals that I believed a lie—I was thinking that "X" meets my desire. For Cain it was: justified anger toward Abel and his belief that killing his brother would meet his desire. Somehow waiting on God did not satisfy Cain's hot anger/his passionate thirst.

Anger is arrogant.

Cain believes something about who meets his desires: other people do (should) and ultimately I am in charge of getting what I want when this world/others don't cooperate with my desires. I fulfill my desires.

Cain believed something about his pain/unmet desire. He believed his pain was central. He nurtured his hurt to the point where his hurt was at the center of the universe. All was about his pain and how to alleviate it. Therefore, he **justified** doing whatever would alleviate his pain. Ridding the earth of this awful brother who got something I did not get: acceptance. I will kill him so my pain will be reduced. It's Abel's fault that I feel pain. How can Abel do this to me?!

- I think Cain believed something about himself. I think he believed he was unacceptable...his belief about his identity caused him to believe God saw something in him that made him worth of rejection in God's eyes.

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I believe-- at core—God is challenging us to see that we have a bent toward elevating our own desire above a desire for God.

God deserves the rightful place of having our deepest affection. To desire anything above him is evil. This is not merely an anger problem. This is not an issue of controlling our emotions in a more efficient way. This has to do with examining our affections/ what we want. This is why seeing anger as a signal is so crucial.

God is calling out for our hearts. He wants to be our affection b/c he is life. The experience of anger is an opportunity to pause and to examine our hearts. At core, our experience of anger is an invitation from God. Seeing anger as a signal is to see anger as an invitation to life in Christ and to dependency on him for our deepest desires.