



**SERIES: A Season to Reflect and Respond**

**SPEAKER: NAT CRAWFORD**

**Wednesday, 12/02/20**

**Scripture:**

**TITLE: The Anger Button**

What is your button? What is it in your life that will get you to go from zero to 10 with your anger? I think we all have those triggers that can make us go from cool as ice, to hotter than a fire.

The reality is, many of us struggle with anger. Being angry in and of itself is not a problem. The real issue is, what we will do with our anger.

If you're struggling with anger today, King David has some incredible encouragement and advice for you. This is what King David said in Psalm 86:14-16 (ESV):

O God, insolent men have risen up against me;  
a band of ruthless men seeks my life,  
and they do not set you before them.  
<sup>15</sup> But you, O Lord, are a God merciful and gracious,  
slow to anger and abounding in steadfast love and faithfulness.  
<sup>16</sup> Turn to me and be gracious to me;  
give your strength to your servant,  
And save the son of your maidservant.

Now I don't know what's triggering you today: Whether it's the result of the election; whether it's the comments of people on Facebook or Twitter. Maybe it's the reality of Christmas coming, and you feel overwhelmed because of gifts to buy, or family issues. But I want us to pause and think about David and what he was facing. David says in verse 14, that enemies have risen up against him, and they are seeking to take his life. Now I'm not going to diminish your situation or my problems, but I do want us to pause and realize that King David was literally running for his life. He was literally being hunted down by enemies who had no regard for God, and no regard for David.

King David was unjustly pursued and plotted against. That is a legitimate reason to be frustrated and angry. Likewise, when you're falsely accused or discriminated against, it irritates you. At least it makes *me* angry. But notice what King David says in verse 15: He says, "But God." "But God, You are merciful and gracious. You are slow to anger and abounding in love and faithfulness."

What King David is saying is, “You are holy; you are perfect. Your Creation has rebelled against you: You have every reason to be angry, and to want to kick some major sinful butt. However, You refrain from that, and You are abounding in love and faithfulness.”

You see, he turns from the problem and turns to the solution, and that is God. But notice what he says in verse 16: He says, “God, turn to me. God, be gracious to me. Please give me Your strength and help me”. If you're struggling with anger today, we need to turn back to the Bible, and study the character of God.

God is just and wrathful, but He is also patient. He is slow to anger. He is full of love and faithfulness to His people. The book of James tells us that we can come to God for wisdom. We can turn to Him for help on how to handle our situations, and He will give us wisdom without rebuke, and He will give it generously.

If you are struggling with anger today, my challenge to you is to consider God's response to the injustices of the world today. That doesn't mean we don't care. We do care. But we turn to God, and we say, “God help me. Help me not to react out of anger, but instead show me how to deal with the problem. Help me show love and grace and mercy, because that is exactly what You have shown me.”