



LIFE  
IS  
HARD

GOD  
IS  
GOOD

## How To Use Anger

Here's a stat: 84% of people surveyed said Americans are angrier today compared with a generation ago. (2018 NPR Poll)

Is it ok to get angry with God? Why or why not?

Good and Angry, by David Powlison

Chapter 2 Title: "Do you have a serious problem with anger?"  
"Yes"

Lamentations 2:18: <sup>18</sup> Cry aloud before the Lord, O walls of beautiful Jerusalem! Let your tears flow like a river day and night. Give yourselves no rest; give your eyes no relief.

Exodus 2:23-25: <sup>23</sup> Years passed, and the king of Egypt died. But the Israelites continued to groan under their burden of slavery. They cried out for help, and their cry rose up to God. <sup>24</sup> God heard their groaning, and he remembered his covenant promise to Abraham, Isaac, and Jacob. <sup>25</sup> He looked down on the people of Israel and knew it was time to act.

Lamentations 2:19-20: <sup>19</sup> Rise during the night and cry out. Pour out your hearts like water to the Lord. Lift up your hands to him in prayer, pleading for your children, for in every street they are faint with hunger. <sup>20</sup> "O Lord, think about this! Should you treat your own people this way?"

Lamentations 2:20 (TLV): "Look, Yahweh, and consider with whom You have dealt so severely!"

Exodus 10:2 (LSB): "how I dealt severely with the Egyptians, and how I put My signs among them, that you may know that I am Yahweh."

Assess your anger

Lamentations 3:40, "Let us examine our ways and test them"

What is at the heart of my anger?

Why do I care so much about this?

Express your pain

Lamentations 3:18, "Everything I had hoped for from the Lord is lost" "Trauma is not what happens to us, but what we hold inside in the absence of empathetic witness." Gabor Mate, Unspoken  
Voice Request God's mercy

Lamentations 5:19-21: <sup>19</sup> You, Lord, reign forever; your throne endures from generation to generation. <sup>20</sup> Why do you always forget us? Why do you forsake us so long? <sup>21</sup> Restore us to yourself, Lord, that we may return; renew our days as of old.