

Hulk Smash! – Surviving Teen Anger “Angst”

Surviving as a Teen, Part 5

Open

- Everyone has probably heard the term “teen angst,” or “teen anger” and most of our world believes it’s just a part of teenage life.
- What does “teen anger” mean to you?
- What sort of person do you think of when you think of a person with teen anger?
- As teens, your emotions are flying all over the place a lot of the time, but you don’t have to let them get the better of you. You can survive teen angst and not want to smash everyone in your path!

Luke 9:51-56

*And it came to pass, when the time was come that he should be received up, he stedfastly set his face to go to Jerusalem, And sent messengers before his face: and they went, and entered into a village of the Samaritans, to make ready for him. And they did not receive him, because his face was as though he would go to Jerusalem. * And when his disciples James and John saw this, they said, Lord, wilt thou that we command fire to come down from heaven, and consume them, even as Elias did? But he turned, and rebuked them, and said, Ye know not what manner of spirit ye are of. For the Son of man is not come to destroy men's lives, but to save them. And they went to another village.*

When Jesus was on his way to Jerusalem, a village He was passing through refused to let him stay there. Did you catch how James and John responded to this insult? They wanted to call down fire from heaven and burn them all up! Talk about teen angst! Jesus rebuked them for their wrong attitude, and they calmly went to a different village instead.

Jesus isn’t some tough cowboy from a Western movie who acts without thinking, and we aren’t called to live like that either. There’s a time and a place for anger, but your life shouldn’t be dominated by it.

That’s why today, we’re gonna look at all the sides of teen angst – the good, the bad, and the... ugly?

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THE GOOD

1. One Part Righteous Anger

“Be ye angry, and sin not: let not the sun go down upon your wrath“ – Ephesians 4:26a

- If anger were always a sin, Paul wouldn't have told us to not sin while we're angry. He would have told us, "Do not be angry." The truth is that there's a place for anger, but just don't sin.
- At times, part of teen angst is that you see a crazy, messed up world, and you're mad about the sin you see. This is righteous anger.
- God got angry with the stubborn Israelites (see, among others, *Hebrews 3:17*).
- Jesus got angry with the moneychangers in the Temple (see *John 2:13-17*)
- Paul got angry with the Galatian Christians (see *Galatians 3:1*)
- What are some things that are probably good to be angry about?

2. One Part Zeal

“...The zeal of thine house hath eaten me up.” – John 2:17

- One good part of teen angst is righteous anger, and another part is zeal to change the way things are.
- When Jesus cleared the moneychangers out of the temple, he was acting in zeal.
- What is zeal?
- Paul told us to never be lacking in zeal (*Romans 12:2*).
- God has zeal for His people (*Isaiah 37:32*).
- Phinehas had zeal for God's commandments (*Numbers 25:6-13*).
- David had zeal for God (*Psalms 69:9*).
- Not all zeal is good. You need knowledge to direct zeal (*Proverbs 19:2*).
- Saul had zeal without knowledge (*2 Samuel 21:1-14*) and so did the Jews (*Romans 10:2*) and Paul before He was a Christian (*Philippians 3:6*)
- Zeal is good, but you need knowledge too.

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THE BAD

1. Rebellious Anger

“An evil man seeketh only rebellion.” – Proverbs 17:11

- Anger that is rebellious is not from God. If you're angry and unwilling to submit, then you're in sin, even if you're technically right about the issue at hand. (See *Titus 3:10-11* for more.)
- We need to submit, even when we're angry. Who are some people you have to submit to in your life?
- God considers rebellion to be as bad as witchcraft or idolatry (*1 Samuel 15:23*).
- If you have given in to rebellion, just repent and God will forgive you. In *Jeremiah 33:8*, God spoke, "I will cleanse them from all the sin they have committed against me and will forgive all their sins of rebellion against me." See *Numbers 14:18* too.

2. Stubborn Anger

"[Jesus] And when he had looked round about on them with anger, being grieved for the hardness of their hearts." – Mark 3:5a

- In Mark, it says that Jesus was angry and deeply distressed at the stubbornness of the Pharisees. Holding to what they thought was right, they constantly spoke against Jesus for healing people on the Sabbath.
- A lot of times, we can be no better than the Pharisees, stubbornly holding onto what we think is right and refusing to budge.
- It's important to be resolute in what you believe, but stubborn refusal to change is not at all what God wants.
- God rebuked the Israelites for being stubborn over and over again (*Jeremiah 5:23, Isaiah 46:12, Psalm 78:8*, and many more).
- Jesus even rebuked the disciples for stubbornly refusing to believe that He had risen from the dead (*Mark 16:14*).
- God is serious about stubbornness. In the Old Testament, he even commanded people to put their kids to death for being stubborn and rebellious (*Deuteronomy 21:18-21*).
- If you've been stubborn, it's time to repent.

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3. Harsh Anger

"For he shall have judgment without mercy, that hath shewed no mercy; and mercy rejoiceth against judgment!" – James 2:13

- Another area where you can run into problems is with overly harsh, unmerciful anger.
- None of us stands a chance if God doesn't show us mercy, so do yourself a favor and show mercy to others.
- If you're angry and unwilling to show mercy in your judgment, you can be sure you're in the wrong. God expects mercy all the time, even when you're angry.
- Why is it important to judge mercifully?
- *Matthew 7:1-2* says that you'll be judged in the same way you judge others, so judge mercifully.

4. Mistaken Anger

"therefore have I uttered that I understood not, things too wonderful for me to know." – Job 42:3b

- After Job got rebuked by God for accusing Him of being unfair and unjust, Job responded that he spoke of things he didn't understand.
- Many times, our anger is mistaken. We get so offended and mad about something we think happened, when in reality, we only know part of the story.
- Don't think you know everything, because you don't (*Proverbs 3:7*).
- If you're gonna be angry, have your facts straight. If you're mistaken, just repent.

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5. Hypocritical Anger

“why beholdest thou the mote that is in thy brother's eye, but considerest not the beam that is in thine own eye?” – Matthew 7:3

- God hates hypocrisy. He hates it when you gloss over your own sins to pick at the sins of somebody else.
- If in your anger you stoop to hypocrisy, then you can know you're in sin.
- Jesus wailed on the Pharisees for being hypocrites (*Matthew 23*).
- Can anybody give an example of acting hypocritical?
- If you're angry about something minor somebody did to you, yet you're failing on the major areas, you're being hypocritical (*Matthew 23:23*).
- Get rid of all hypocrisy from your life (*1 Peter 2:1*).

6. Bitter Anger

“Let all bitterness, and wrath, and anger, and clamour, and evil speaking, be put away from you, with all malice.” – Ephesians 4:31

- Bitterness is one of the most destructive forms of anger. It eats at you and crushes all your life.
- What does it mean to be bitter?
- Paul advised that we shouldn't go to bed angry, or it might turn to bitterness in our hearts (*Ephesians 4:26-27*).
- Bitterness in your heart will take root and hurt more than just you, unless you deal with it (*Hebrews 12:15*).
- If you've been bitter, you need to repent and then forgive who you're bitter at, even if what they did was really wrong.
- In *Matthew 18:21-35*, Jesus told a story about an unmerciful servant who was thrown to the torturers because he would not forgive a fellow servant. If you don't forgive people who wrong you, you will be tormented.

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THE SLOW... TO ANGER

1. Be Slow to Anger

“...let every man be swift to hear, slow to speak, slow to wrath...” – James 1:19

- God doesn't want you to live constantly angry and on the edge. He wants you to be slow to get annoyed, overlooking wrong things people may do to you.
- God Himself is slow to anger with us (*Psalms 86:15, Psalm 103:8*).
- Being slow to anger doesn't mean you bury your anger and get bitter. That would cause as much trouble as exploding at people (*Proverbs 10:18*).
- Being slow to anger means you're merciful and patient, just like God.
- *Proverbs 29:11* says that a wise man controls himself. See *Proverbs 14:16* and *Ecclesiastes 7:9* too.
- Paul told us to bear with one another in love (*Ephesians 4:2*).

2. Be at Peace

“...as much as lieth in you, live peaceably with all men.” – *Romans 12:18*

- When is it hard to live at peace with everyone?
- Instead of always being ready to fight, live a life of peace.
- Paul said we should be peaceful, considerate, humble, and submissive (*Titus 3:1-2*).
- If you're having a hard time living at peace, let God take charge. Paul said that “the mind controlled by the Spirit is life and peace” (*Romans 8:6*).
- One of the benefits of having the Holy Spirit in your life, is you get peace (*Galatians 5:22-23*).
- Jesus said that those who make peace are blessed (*Matthew 5:9*).

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3. Be Quiet

“Let no corrupt communication proceed out of your mouth, but that which is good to the use of edifying, that it may minister grace unto the hearers.” – *Ephesians 4:29*

- Sometimes, to keep from sinning, you just need to stop talking. See *Proverbs 10:19*.
- What sort of words should come out of your mouths?
- *James 3:1-12* says that if you control your words, the rest of your life will be in control as well. If you're using your words to hurt people, it means there's something wrong in your heart.
- If you want to be right with God, you need to be controlling your words (*James 1:26*).

4. Be Renewed

“put off concerning the former conversation the old man, which is corrupt according to the deceitful lusts.” – *Ephesians 4:22*

- When you start to live for God, you get renewed. You put off your old self and all its anger, rebellion, bitterness, and selfishness, and put on Jesus instead.
- You aren't supposed to live like everyone else anymore (*Ephesians 4:20-32*).
- You once lived in hatred and anger, but now, if you're living for God, that stuff should be done (*Titus 3:3-5*).
- When you're born again in God, you don't just start to live a little better. You become a totally new creation (*2 Corinthians 5:17, Galatians 6:15*)

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Close

“But we all, with open face beholding as in a glass the glory of the Lord, are changed into the same image from glory to glory, even as by the Spirit of the Lord. – 2 Corinthians 3:18 KJV

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- If you’ve made a commitment to follow God and are living in anger, it’s time to be “transformed into His likeness.” If you haven’t decided to follow God, then today’s the day. He can make everything change. You don’t have to be angry anymore.
 - When you follow God, you become a reflection of Him, but you need to make the choice to lay down your anger and frustrations, and do things His way.