

BE SLOW TO ANGER

慢慢地動怒

***“My dear brothers and sisters, take note of this:
Everyone should be quick to listen, slow to speak and slow to become angry,
because human anger does not produce the righteousness that God desires.”***

(James 1:19-20)

我親愛的弟兄們，這是你們所知道的：
但你們各人要快快地聽，慢慢地說，慢慢地動怒。因為人的怒氣並不成就神的義。（雅各書 1:19-20）

A. What is the “Why” Behind Our Anger? 我們動怒背後的原因是什麼？

1. **Primary emotions** are the body’s first response, first reaction to a situation.
主要情緒是身體的最先回應，是對於某情況的第一反應。
2. **Secondary emotions** are often brewing underneath primary emotions. They are often big and more complex, and sourced from deep hurts, traumas, and pain in our life.
次要情緒經常在主要情緒底下醞釀。它們通常很強烈、更複雜，並且是來自於我們生命中的深刻傷害、創傷及痛苦。

Today’s “Big Idea”...今日主旨

When anger is in the foreground, there is often a shadow in the background.
當憤怒在前台時，往往是有陰影在後台。

B. Important Observations About Anger... 關於憤怒的重要觀察...

1. Anger may be sourced from unforgiveness. 憤怒可能來自於不饒恕。
“To Jonah this seemed very wrong, and he became angry.” (Jonah 4:1)
這事約拿大大不悅，且甚發怒（約拿書 4:1）
“Now, LORD, take away my life, for it is better for me to die than to live.” (Jonah 4:3)
耶和華啊，現在求你取我的命吧！因為我死了比活著還好。（約拿書 4:3）
2. Anger may be sourced from guilt and shame. 憤怒可能來自於內疚和羞恥。
3. Anger is not always wrong. 憤怒並不總是錯的。
 - a. **Righteous anger** reminds us of the gaps between our commitment to God’s Kingdom and the often harsh realities that we have to struggle with each day.
公義的憤怒提醒我們對神的國度的承諾和我們每天必須與之抗爭的殘酷現實之間的差距。

“Jesus entered the temple courts and drove out all who were buying and selling there. He overturned the tables of the money changers and the benches of those selling doves. ‘It is written,’ he said to them, ‘My house will be called a house of prayer, but you are making it a den of robbers.’” (Matthew 21:12-13)

耶穌進了神的殿，趕出殿裡一切做買賣的人，推倒兌換銀錢之人的桌子，和賣鴿子之人的凳子，對他們說：經上記著說，我的殿必稱為禱告的殿，你們倒使它成為賊窩了。（馬太福音 21:12-13）

問題與討論：

1. Have you ever thought about what is behind your anger?
你是否想過在你憤怒的背後是什麼？
2. How can you tell the difference between righteous anger and human anger?
你如何能分辨公義的憤怒和人的憤怒之間的差別？
3. Do you have someone to talk to about your anger?
你有人可以和你傾談你的憤怒嗎？
4. When was the last time anger impacted your relationships? What happened?
上一次動怒影響你的人際關係是什麼時候？發生了什麼事？