



**Bible Verses:** Mark 12:18-27, Matt. 21:12-17, Eph. 4:26

**Website:** [www.desiringgod.org/articles/what-our-anger-is-telling-us](http://www.desiringgod.org/articles/what-our-anger-is-telling-us)

**Resources:**

*King, Warrior, Magician, Lover* (Authors-Robert Moore & Douglas Gillette)

## Podcast 10: Wholehearted: Strength

Ephesians 4:26 reads, “*Be angry, and do not sin*”. It is a command in the Bible to be angry. Anger is a God-given emotion that we all have. For some of us men, we are angry all the time and we leave a wake of ruin wherever we go. For others of us, anger is something that scares us, so we stuff it and pretend we’re not angry.

Jesus (God in the flesh) lived as a man who perfectly modeled how anger can be used for good. One time Jesus saw religious people exploiting and oppressing poor people by turning the temple into a market. He used his anger to defend the oppressed, oppose the religious elite, and restore the temple.

Now, anger is not the focus of this podcast episode. The *strength* quadrant of our heart is what we are talking about. However, how we use our anger is a good indicator of the health of the “*warrior*” within us. This warrior part of us has great capacity to defend and protect. It also has great capacity to make us productive men who get things done. But, if broken or left unchecked, this warrior can passively allow enemies to destroy our kingdoms. A broken warrior can also be controlled by anger and destroy the very people and things God has given over to its care.

So how do we bring this warrior in line with God’s intent? How do we use our strength as men to get things done and defend our kingdoms? Our kingdoms desperately need our warrior energy to be active for their good. This can only happen when we tie our warrior to our *magi* (mind), *lover* (soul), and *king* (heart). Heart-Soul-Mind-Strength.

It cannot be stressed enough how crucial it is that all four quadrants of our being work together in unity. Is your warrior a broken trader; secretly destroying your kingdom from the inside? Or is it a valiant, strong hero making your kingdom flourish into God’s great design?

—Luke Burgett

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### Talk about it:

- What do you think it means to love God with your strength?
- From this podcast, what are some takeaways you got from Vinnie’s story?

### Make it personal:

- How was anger modeled in your home growing up?
- Do you have a similar story to Vinnie’s? If so, what is it? If not, what is the story of your battle to love God with all your strength?

### Accept the Challenge:

- Ask those closest to you their thoughts on how you handle anger. Listen to them without reacting, then take this information and make a decision: Do you need to get your warrior under control or to you need to lean into it more? Be strong. Be courageous. Be a good warrior!

