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## I'm Angry Because Life Is Unfair

(How to tell the honest-to-God truth to God)

(SERIES: **Angry In America: 02 of 05**)  
by Dr. David Foster

### The 5 Most Misleading Anger Myths

**MYTH #1: Anger is avoidable.**

**MYTH #2: Anger is bad.**

**MYTH #3: Anger is always destructive.**

**MYTH #4: Anger should never be expressed.**

**MYTH #5: Anger can be managed.**

### What is God Like?

God is like a **guilt-inducing bully**.

God is like a **demanding drill sergeant**.

God is like a **vengeful tyrant**.

God is like a **loving Father**.

"The LORD is righteous in all his ways and loving toward all he has made. The LORD is near to all who call on him, to all who call on him in truth. He fulfills the desires of those who fear him; he hears their cry and saves them. **The LORD watches over all who love him**, but all the wicked he will destroy." (Psa 145)

### 3 Times You'll be Tempted to Get Mad at God

When you think God is **unfair**.

"But Jonah was greatly displeased and became angry. He prayed to the LORD, 'O LORD, is this not what I said when I was still at home? That is why I was so quick to flee to Tarshish. I knew that you are a gracious and compassionate God, slow to anger and abounding in love, a God who relents from sending calamity. Now, O LORD, take away my life, for it is better for me to die than to live.' But the LORD replied, '**Have you any right to be angry?**'" (Jonah 4:1-4)

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When you think God is **unresponsive**.

"Moses returned to the LORD and said, 'O Lord, why have you brought trouble upon this people? Is this why you sent me? Ever since I went to Pharaoh to speak in your name, he has brought trouble upon this people, and you have not rescued your people at all.'" (Exo 5:22-23)

When you think God is **unsympathetic**.

"After Jesus had finished instructing his twelve disciples, he went on from there to teach and preach in the towns of Galilee. When John heard in prison what Christ was doing, he sent his disciples to ask him, 'Are you the one who was to come, or should we expect someone else?' Jesus replied, 'Go back and report to John what you hear and see: The blind receive sight, the lame walk, those who have leprosy[b] are cured, the deaf hear, the dead are raised, and the good news is preached to the poor. **Blessed is the man who does not fall away on account of me.**" (Matthew 11 NIV)

### Remembering What We Dare Not Forget

"Dear friends, let us love one another, for love comes from God. Everyone who loves has been born of God and knows God. Whoever does not love does not know God, because God is love. This is how God showed his love among us: He sent his one and only Son into the world that we might live through him. **This is love: not that we loved God, but that he loved us and sent his Son as an atoning sacrifice for our sins.** Dear friends, since God so loved us, we also ought to love one another." (1 John 4:7-11 NIV)

God owes me nothing except **to be Himself**.

Love means God **knows, He cares, & He acts on my behalf**.

Therefore my secret weapon is the core conviction that **love wins**.

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