

ANGER MANAGEMENT

“ANGER IS THE NUMBER ONE DESTROYER OF RELATIONSHIPS” (Gary Smalley)

4 leading causes of divorce:

1. FAILURE to resolve daily conflicts.
 - a. 85% of men withdraw.
 - b. Highest risk factor in divorce.
2. Escalation of intensity when arguing.
3. Attacking the core of a person to win an argument (attributes, accomplishments, behaviors, education..etc.)
4. Believing your mate’s motives are evil or scheming against you.
If you believe it enough you will see (falsely) evil and scheming in your mates motives.

THE BELIEFS BECOME PHANTOMS / GHOSTS OF YOUR MIND – THEY BECOME REALITY TO YOU – EVEN THOUGH THEY DO NOT EXIST - YOU FEEL COMPELLED TO CHASE THEM – ENCOURAGE THEM – AND EVEN BECOME COMFORTABLE WITH THEM – i.e.
He/she is probably doing this just to anger me.
He/she probably wants to embarrass me
They always think only of themselves.
They just don’t care – they never care – they don’t want to care -
I must take care of myself because they don’t love me – maybe they have never loved me – their doing this just to irritate me – they know they are bothering me – they probably like bothering me – don’t they know how hurtful this is – they must want to hurt me – they hate me

DO NOT DWELL ON THESE THOUGHTS OR THE EMOTIONS THEY CAN GENERATE
DO NOT ASSUME THE WORST CASE

WE CAN CONTROL ANGER – IT IS A CHOICE. IT IS MANAGEABLE.

Ps 37:8 Cease from anger, and forsake wrath; do not fret, {it leads} only to evildoing.

SLACKEN YOUR HOLD, STOP BEING ANGRY – GIVE UP, RELINQUISH, LEAVE IT GO, LET GO OF BEING WRATHFUL

ANGER DEVELOPES – STOP THE PROCESS EARLY

Prov 14:29 He who is slow to anger has great understanding, but he who is quick-tempered exalts folly.

DO NOT ALLOW YOUR FIRST THOUGHT OR EMOTION TO BE ANGER
 TRY TO UNDERSTAND
 TRY HARDER TO LISTEN FOR CLARITY

Prov 30:33 For the churning of milk produces butter, and pressing the nose brings forth blood; so the churning of anger produces strife.

STOP CHURNING IT OVER AND OVER IN YOUR MIND
 STOP FEEDING THE EMOTION OF ANGER

OUR WORDS ARE THE WIND THAT FILLS THE SAILS OF ANGER

Prov 15:1 A gentle answer turns away wrath, but a harsh word stirs up anger.

KIND WORDS – SOFT WORDS

TAKE THE EDGE OF YOUR WORDS
 TAKE THE SHARPNESS OFF OF YOUR WORDS
 TAKE THE HARSHNESS OUT OF OUR WORDS
 ADJUST THE TONE, VOLUME, SENSITIVITY OF YOUR SPEECH

CHOOSE YOUR WORDS- CAREFULLY

Eph 4:29 Let no unwholesome word proceed from your mouth, but only such {a **word**} **as is good for edification** according to the need {of the moment,} that it may give grace to those who hear.

DO NOT SPEAK – VILE, OFFENSIVE, DISHONORING, DISRESPECTFUL, DEGRADING, SLANDEROUS, MALICIOUS WORDS.

DO NOT SPEAK OUT OF ANGER, FRUSTRATION, JEALOUSY, OR ANXIETY
 i.e.. “I don’t like you spending so much time at work, you never have time for me and the kids, your always busy, even when you come home your busy with what you want to do. I just wish you would spend less time on work and hobbies and more time with me.”

ALWAYS SPEAK OUT OF LOVE –

“I sure have been missing you lately, I so much love the times we have and look forward to spending as much time as possible with you. I know you have a very busy schedule, maybe we could plan some time for just the two of us to be together or take the kids to the lake, or just have a family outing. I would love to look forward to that.”

ALWAYS SPEAK -- EDIFYING – ENCOURAGING – BUILDING UP – SUPPORTIVE – LAUDATORY – HONORING – PRAISE WORTHY – RESPECTFUL – COMPASSIONATE WORDS.

DEVELOP A LIST OF EDIFYING WORDS:

You did a great job.
 You are beautiful
 You are handsome
 I love the way you think
 I love your caring heart
 You are so thoughtful
 You always know the right thing to say
 I think you are right

PLAN TO USE ENCOURAGING WORDS EACH DAY!!

ASSOCIATION WITH ANGRY PEOPLE - CAN MAKE US ANGRY

Prov 22:24 Do not associate with a man {given} to anger; or go with a hot-tempered man, 25Lest you learn his ways, and find a snare for yourself.
 STAY AWAY FROM THOSE WHO PROFESS TO HAVE SHORT FUSES
 DISTANCE YOURSELF FROM THOSE WITH A CONSTANT SPIRIT OF ANGER
 DO NOT ALLOW THE ANGER OF OTHERS TO BECOME YOUR ANGER

Eccl 7:9 Do not be eager in your heart to be angry, for anger resides in the bosom of fools.

THE RUSH TO ANGER IS A FOOLISH AND DESTRUCTIVE BEHAVIOR

THE FOOL HAS AT HIS HEART - ANGER

SELF-CENTEREDNESS USUALLY PRODUCES DISPUTES AND QUARRELS
 SOME PRACTICE ANGER – THEY CONSTANTLY STIR UP TROUBLE

Gal 5:19 Now the deeds of the flesh are evident, which are: immorality, impurity, sensuality, 20 idolatry, sorcery, enmities, strife, jealousy, outbursts of anger, disputes, dissensions, factions, 21 envying, drunkenness, carousing, and things like these, of which I forewarn you just as I have forewarned you that **those who practice such things** shall not inherit the kingdom of God.

ANGER IS A DEED OR WORK OF THE WORLD, CULTURE OR OUR OWN SIN NATURE – (the flesh)
 ANGER IS EVIDENT AS SOMETHING THAT NORMALLY PROCEEDS OUT OF WHO WE ARE

A CONSTANT PATTERN OF ANGER BETRAYS THE INNER MAN – WHO SHALL NOT INHERIT THE KINGDOM OF GOD

WHERE DOES ANGER COME FROM?

James 4:1; What causes fights and quarrels among you? Don't they come from **your desires** that battle within you?

WHAT PRODUCES QUARRELS? – YOU DO NOT GET YOUR WAY - YOUR SELF
SELF-CENTEREDNESS IS THE SOURCE OF ANGER–

I – ME – MINE – TYPICAL SELF CENTERED PHRASES – THAT LEAD TO
ANGER AND FIGHTING.

DESPITE THE TEACHINGS OF OUR CULTURE -THE UNIVERSE IS NOT
CENTERED AROUND - YOU!

GOD NEVER REQUIRES YOU TO FOCUS ON YOU
FIRST AND FOREMOST; GOD ALWAYS REQUIRES YOU FOCUS ON HIM AND
HIS WILL.

THEN HE REQUIRES YOU TO FOCUS ON OTHERS!

SATAN ALWAYS REQUIRES YOU TO FOCUS ON YOU.

THERE IS A RIGHTEOUS ANGER-

We can be angry with the sin, disobedience, and rebellion to God from the world.
WE “WILL” GET ANGRY IN THE WORLD

WHAT DO WE DO WITH OUR ANGER?

Eph 4:26 Be angry, and {yet} do not sin; do not let the sun go down on your
anger,

27 and do not give the devil an opportunity.

The Christ-follower should be angry at the self-generated paganism and hedonism that is
so prevalent in society. The blasphemy of God and the Holy Spirit, the disdain for the
church and its people should cause a righteous anger as the Christ-follower identifies
those things that make God angry.

WHEN ANGER OCCURS – DO NOT SIN.

BE WILLING TO LET IT GO.- PRAY FERVENTLY FOR LOVE AND PEACE IN
YOUR HEART

SIFT YOUR ANGER THROUGH THE HOLY SCRIPTURES – VERSE UPON
VERSE.

SATAN SEEKS TO DESTROY RELATIONSHIPS – THROUGH DECEPTION AND
ANGER

ANGER GIVES HIM A FOOTHOLD – A STARTING PLACE –

RESOLVE - DO NOT LET YOUR DAY END “ANGRY”.

PUT IT “ASIDE” – LET IT GO!

Col 3:8 But now you also, put them all aside: anger, wrath, malice, slander,
{and} abusive speech from your mouth.

Eph 4:31 Let all bitterness and wrath and anger and clamor and slander be put away from you, along with all malice.

THE SEED OF BITTERNESS CAN GROW INTO HARSH ANGER WHICH CAUSES MURMURING OR CLAMORING TO YOURSELF OR OTHERS WHICH LEADS TO SLANDERING THEM OR SPEAKING ILL OF THEM WHICH RESULTS IN WANTING ILL WILL IN THEIR LIVES.

THIS IS A SEED THAT NEEDS TO BE DESTROYED NOT NURTURED- PLUCK OUT THE SEEDS OF BITTERNESS EARLY AND GIVE NO OPPORTUNITY FOR GROWTH -

YOU CAN PUT ANGER AWAY FROM YOU!

YOU CAN SET IT ASIDE – AND RESOLVE NOT TO PICK IT UP!

IT IS A CHOICE TO SET ANGER ASIDE – OR TO FEED IT UNTIL IT GROWS OUT OF CONTROL

LEARN TO LISTEN – DON'T SPEAK UNTIL YOU HAVE TOTALLY LISTENED
COMMUNICATION IS CRITICAL TO THIS PROCESS

James 1:19 {This} you know, my beloved brethren. But let everyone be quick to hear, slow to speak {and} slow to anger;

20 for the anger of man does not achieve the righteousness of God.

LEARN TO BE SLOW TO ANGER

REST YOUR TONGUE – DO NOT FEEL COMPELLED TO GET YOUR POINT OF VIEW OUT OR ACCEPTED

DO NOT INTERRUPT – IT IS RUDE AND DISRESPECTFUL.

THE ANGER OF MAN DOES NOT PRODUCE RIGHT NESS

THE ANGER OF MAN IS ALWAYS SELF CENTERED

YOUR ANGER WILL NOT GIVE YOU GOOD RESULTS

OUR EMOTIONAL OUTBURSTS OF ANGER WILL NEVER PRODUCE THE RIGHT HEART THAT GOD DESIRES.

LEARN TO FORGIVE

Eph.4:32 And be kind to one another, tender-hearted, forgiving each other, just as God in Christ also has forgiven you

FORGIVENESS IS EXTENDED TO EVERYONE ESPECIALLY THOSE CLOSE TO YOU.

GRACE – THE GIVING OF FORGIVENESS TO SOMEONE WHO DOES NOT DESERVE IT, OR HAS NOT EVEN ASKED FOR IT.

HOW MANY DO TIMES DOES IT TAKE TO FORGIVE?

Matt 18:21 Then Peter came and said to Him, "Lord, how often shall my brother sin against me and I forgive him? Up to seven times?"

22 Jesus said to him, "I do not say to you, up to seven times, but up to seventy times seven.

CONSTANTLY BE WILLING TO FORGIVE THOSE WHO TRESPASS AGAINST US

HAVE AN ATTITUDE OF FORGIVENESS – ALWAYS READY TO FORGIVE

YOUR ANGER WILL NOT PRODUCE THE GOOD FRUITS OF GOD.

Gal 5:22; But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness,

GOD **WILL PRODUCE** THESE FRUITS IN OUR LIVES- **IF** WE LET HIM!
“DO YOU WISH TO GET WELL?”

John 5:6; When Jesus saw him lying there, and knew that he had already been a long time {in that condition,} He said to him, "**Do you wish to get well?**"

DO YOU WISH TO GET RID OF ANGER?

SOME HAVE LIVED IN ANGER THEIR WHOLE LIVES- so much so, that it has become common for them to display anger and enjoy the perceived power and adrenaline burst it may provide. Many times the expression of anger may be a cloaked emotion to hurt or dysfunction in their lives. The thought of giving it up or setting it aside may take some time.

PEOPLE DO NOT HAVE TO LIVE WITH ANGER

DO NOT MAKE EXCUSES FOR ANGER

DO NOT RATIONALIZE ANGER

DO NOT NORMALIZE ANGER

ANGER IS A SINFUL CHOICE – THAT WE CAN CHOOSE TO SET ASIDE – AND GET WELL

ANGER: is the key to all the areas of DYSFUNCTION, DIVISION, DESTRUCTION and DIVORCE.

ANGER: must be dealt with! With the aid of the Holy Spirit we can effectively and decisively deal with the destructive footholds of anger.

Phil 4:13; I can do all things through Him who strengthens me.

REPLACE YOUR ANGER WITH LOVE

John 13:34 "A new commandment I give to you, that you love one another , even as I have loved you, that you also love one another .

35 "By this all men will know that you are My disciples, if you have love for one another."

DEVELOP THE PRACTICE OF SHOWING SACRIFICIAL LOVE –
 OTHERS CENTERED LOVE –
 UNCONDITIONAL LOVE – NO STRINGS OR EXPECTATIONS –
 LOVE THAT CONSIDERS THE NEEDS OF OTHERS –
 LOVE THAT COVERS OVER A MULTITUDE OF WRONGS –
 LOVE THAT LOOKS FOR OPPORTUNITY TO BE EXPRESSED.

1 John 4:7 Beloved, let us love one another , for love is from God; and everyone who loves is born of God and knows God.

8 The one who does not love does not know God, for God is love.

9 By this the love of God was manifested in us, that God has sent His only begotten Son into the world so that we might live through Him.

10 In this is love, not that we loved God, but that He loved us and sent His Son to be the propitiation for our sins.

11 Beloved, if God so loved us, we also ought to love one another .

12 No one has beheld God at any time; if we love one another , God abides in us, and His love is perfected in us.

TO HAVE GREATER CAPACITY FOR LOVE – SPEND MORE TIME WITH THE ONE THAT IS PERFECTING THIS LOVE IN US.

READ THE WORD

MEDITATE ON THE WORD

STUDY THE WORD