

Harnessing Your Anger

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I. Anger Recognition

- A. Anger vs. Righteous indignation.
 - 1. Anger is an emotion directed toward someone.
 - 2. Righteous Indignation results from a conviction about sin.
- B. Who is the source of your anger?
- C. Recognize when the focus moves from the issue to the person.
"A gentle answer turns away anger but a harsh word stirs up anger." Proverbs 15:1
"Stirring up anger produces strife." Proverbs 30:33
- D. Losing control of emotions.
"A fool gives full vent to his anger but a wise man keeps himself under control." Proverbs 29:11

II. Anger Triggers

- A. Check your attitude toward the person.
"Consider the other person and their interests before your own." Philippians 2:3 & 4
"Love is not easily angered and keeps no score of wrongs." I Corinthians 13:5
- B. Recognize the behavior of the other person.
"A fool's lips bring him strife and his mouth invites a beating. A fool's mouth is his undoing, and his lips a snare to his soul" Proverbs 18:6 & 7
- C. When you get blind-sided and you're caught off guard, don't over react. Step back long enough to figure out what triggered it.
- D. When your goals are blocked, step back and evaluate why.
"Hope deferred makes the heart sick." Proverbs 13:12

III. Anger Coping Mechanisms

- A. Breathe deep five to ten times.
- B. Take "time out" (break). Set a time to come back together.
- C. Do an attitude check by asking someone to let you know how you're doing.
"Listen to advice and accept instruction and in the end you will be wise." Proverbs 19:20
"Pride only breeds quarrels, but wisdom is found in those who take advice." Proverbs 13:10
- D. Consider the source.
"Understanding is a fountain of life to those who understand it." Proverbs 16:22
- E. Pick your battles. Count the cost.
"Starting a quarrel is like breaching a dam, so drop the matter before a dispute breaks out." Proverbs 17:14

F. Keep short accounts. Deal with issues ASAP!!

“In your anger, do not sin; don’t let the sun go down while you are still angry.” Ephesians 4:26

IV. Anger Prevention

A. Choose in advance to control your emotions.

“Like a city whose walls are broken down, so is a man who lacks self-control” Proverbs 25:28

*“Be self controlled and alert, your enemy goes around like a roaring lion seeking whom he may devour.”
I Peter 5:8*

B. Don’t give others power over you. Get your power from Jesus.

“Without me you can do nothing.” John 15:5

“I can do all things through Christ who gives me strength.” Philippians 4:13

C. Give the person or situation over to God. He already has control.

“All things were created by him and for him. In him all things hold together.” Colossians 1:16 & 17

D. Look for solutions. Don’t focus on the problem.

“Let the peace of Christ rule in your hearts, since you were called to peace.” Colossians 3:15

E. Ask God to give you a forgiving spirit.

*“Forgive whatever grievance you have against someone. Forgive as the Lord forgave you.”
Colossians 3:12-14*

V. Anger in God’s Presence.

A. Pray for the person (persons) you are angry towards asking God to reveal himself to them and bless them.

*“Love your enemies, do good to those who hate you, bless those who curse you, pray for those who mistreat you.”
Luke 6:27&28*

B. Practice the power of PRAISE focusing on God’s character. This will help you overcome pain and rise above circumstances.

“For in Christ all the fullness of the Deity lives in bodily form” Colossians 2:9

“You have been given fullness in Christ, who is the head over every power and authority.” Colossians 2:10

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