

How to handle our anger 5-16-2021

Anger: a strong feeling or annoyance, displeasure or hostility.

Three Types of Anger:

1. **Passive:** when we fail to admit our anger, we sulk, silent, pretend all is well.
2. **Open aggression:** a tendency to lash out in anger; physically, verbally, etc.
3. **Assertive:** healthy way of responding to anger: control, listen and talk.

What are the consequences of anger?

1. **Ourselves;** our bodies are not designed to live with sustained anger.
 - Wreaks havoc on every internal system in our body
 - Heart attacks, strokes, ulcers, abdominal issues and more.
 - Are resentments and anger worth dying over?
2. **Others:** It damages relationships
 - Affects others, never our own issues
 - Blocks intimacy and creates barriers, hostility
 - Causes emotional and physical harm
 - Anger is contagious (Proverbs 22:24-25)
 - Anger affects work, home, family and children
 - Examples develop similar behaviors we may pass on
3. **Our God:** Anger erects barriers between us and the Lord (Matt 5:21-26)
 - Anger may cause broken fellowship with the Lord
 - We grieve God when we hold onto anger and not Him
 - Anger hinders His work and our blessings
 - In anger we can't hear His voice or access His power
 - In anger, we become fruitless, miss His blessing/His will

The question: when we feel anger will we handle it in a way that honors God?

- **Our indignation:** anger provoked by what is perceived as something unfair, an injustice or mistreatment; usually rooted in our self-interest.

We may feel angry when:

- We feel a lack of cooperation by others
- Others seem unappreciative of our efforts
- Events or situations don't turn out our way

Good and Bad Anger

- Righteous Anger: The only form of anger that is not sin (Mark 3:1-5) (Matthew 21:12-13)
- Unrighteous Anger: Anger not rooted in the righteousness of God. (James 1:19-20) (Romans 3:13-14) II Samuel 12)
- Jesus always responded with passion without sinning. (Luke 23:34)

How Must Christians Handle Anger?

1. We must confess our feelings to God. (Psalm 51:2-3)
2. We must strive to identify our source of anger. (Psalm 139:23-24)
3. We must deal with our anger quickly. (Ephesians 4:26-27)
4. We must not sin in our anger. (Ephesians 4:31)
5. We must exchange it. (Colossians 3:12) (Romans 12:2)
6. We must forgive our offender. (Matthew 6: 14-15) (Matthew 18:21-22) (Acts 7:59-60)

Tolerating an Angry lifestyle is not an option for Christians.

To acquire the His peace, we must lay all grudges, personal rights, and personal insults on the altar and just leave them there.