

Edward Christian Church – “**Back to Basics -Nuts and Bolts of Anger**” –pt3b

Anger is a Gift from God to Motivate Us to Action -Anger and Fear both have Similar Effects on our Body –(Pos) it is Energy to Resolve Problems –(Neg) If it is Used Improperly and Allowed to Get Out of Control it Cause More Problems(to the Situation and Our Health) -Nuts and Bolts Anger.

1. Anger is Energy to Resolve Problems and to Bring Justice (+) Since we are made in the Image of God, We Need to Learn to Use Anger Correctly as God Does.

- **Nahum 1:3,** *The LORD is slow to anger, and great in power, and will not at all acquit the wicked: the LORD hath his way in the whirlwind and in the storm, and the clouds are the dust of his feet.*

2. The Wrong Use of Anger Can Be Destructive to Us (-)

- **Prov 14:29,** *People with understanding control their anger; a hot temper shows great foolishness.*

3. We Can Control the Amount of Our Anger by Our Perceptions and What We Say (+/-)

- **Proverbs 15:1,** *A soft answer turneth away wrath: but grievous words stir up anger.*

4. We Must Refuse to React to a Situation but Take Time to Think it Through and Respond to It (+/-)

- **James 1:19 (AMP)** Understand [this], my beloved brethren. Let every man be quick to hear [a ready listener], slow to speak, slow to take offense *and* to get angry.

5. If We Cannot Resolve the Problem –We are to Give It and Our Anger to God

Romans 12:19 (AMP) Beloved, never avenge yourselves, but leave the way open for [God's] wrath; for it is written, Vengeance is Mine, I will repay (requite), says the Lord. .

6. Sometimes It's Best to Drop Our Anger –If We Do Make Sure We Aren't Stuffing It –If We Do it Will Erupt at a Different and Inappropriate Place and Time.

- **Proverbs 19:11 (AMP)** *Good sense makes a man restrain his anger, and it is his glory to overlook a transgression or an offense.*

7. We Need to Resolve Our Anger Issues in a Timely Manner –Each Day We Delay only Compounds the Anger Until a Resolveable Issue Grows Out of Control

- **Ephesians 4:26 (AMP)** *When angry, do not sin; do not ever let your wrath (your exasperation, your fury or indignation) last until the sun goes down.*

8. Problems with Anger and Wrath in Our Lives can Become a Stronghold – The Adrenaline that Accompanies Anger Can Become Addictive.

- **Proverbs 19:19 (AMP)** *A man of great wrath shall suffer the penalty; for if you deliver him [from the consequences], he will [feel free to] cause you to do it again.*

Methods of Handling Anger

#1- Perception – Anger is Energy to Resolve a Problem –It is a Secondary Emotion –It is Controlled by How We Choose to Look at a Situation.

#2- Realize - We Must Realize that We Are Angry. –Pay Attention to Physical/ Emotional Signals.

- **Eph 4:26,** *"In your anger do not sin" The challenge is not "Don't get angry," but not to sin when angry.*

#3- Control – We Need to Get Control Before It Does – Don't Take the Offense Personally.

#4- Correct – Use This Energy in a Positive Way and Refuse to Use it in a Negative.

- **Prov 18:13,** *"He who answers before listening-that is his folly & his shame."*
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Harbor resentment bitterness hard feelings

Have you heard about the dog named "August" who was always trying to chase a mule named "Conclusion?" One day he jumped at Conclusion & bit him, & Conclusion kicked back at August. And that was the last day of August. Think about that for a moment.

ILL. Will Rogers said, "Whenever you fly into a rage, you seldom make a safe landing." And he is right.