

“Anger Management 101”

Proverbs 15:1 - Pt.4 - GN. 3/12/23.



The Washington Post:

“Americans are living in a big ‘anger incubator.’

Anger Statistics from Mental Health Organization: Boiling Point Report

- 30% have a close friend or family member who has trouble controlling their anger.
- 10% have trouble controlling their own anger.
- 25% worry about how angry they sometimes feel.
- 20% have ended a relationship or friendship with someone because of their anger.
- 60% agree that people in general are getting angrier.
- Less than 15% have sought help for their anger problems.
- 50% of people don't know where to seek help.
- 80% agree that people should be encouraged to seek help with anger.
- 45% of us regularly lose our temper at work.
- 27% of nurses have been attacked at work.
- 5% of us has had a fight with the neighbors.
- 80% of drivers say they have been involved in road rage incidents.
- 25% of drivers have committed an act of road rage themselves.
- 50% of us have over-reacted to computer problems with anger.

God tell us to be careful with anger

James 1:19-20

¹⁹ *My dear brothers and sisters, take note of this: Everyone should be quick to listen, slow to speak and slow to become angry,²⁰ because human anger does not produce the righteousness that God desires....*

Ephesians 4:26-32

²⁶ *“In your anger do not sin”:* Do not let the sun go down while you are still angry, ²⁷ and do not give the devil a foothold.

foothold. the word in the Greek is **Topos = A Place or a Room**

In other words if you go on and live in your anger you're giving the devil a place in your heart or you're giving him room to work in your life

Here are some questions to help us understand this emotion in our lives:

I. What is Anger?

Is anger a sin? “Anger is not a sin—it is what you do with it that could become a sin.”

Is anger emotional or mental?

Anger is **an emotion** characterized by antagonism toward someone or something you feel has deliberately done you wrong.

II. What are some of the reasons why we get angry?

What is the root of most anger?

Common roots of anger include **fear, pain, and frustration.**

Among the most triggering primary emotions is **frustration.**

Frustration is often experienced when you are feeling helpless or **out of control.**

- Things didn't come out my way. (CAIN) (Jonah)
- Jealousy creeps in
Prov. 14:30 envy *is like cancer in the bones.*

III. The damage of Anger?

- Anger undealt with, interrupts your relationship with God.

Matt. 5

²² *But I say, if you are even angry with someone, you are subject to judgment! If you call someone an idiot, you are in danger of being brought before the court. And if you curse someone, you are in danger of the fires of hell.*

²³ *“So if you are presenting a sacrifice at the altar in the Temple and you suddenly remember that someone has something against you, ²⁴ leave your sacrifice there at the altar. Go and be reconciled to that person. Then come and offer your sacrifice to God.*

- Anger can hurt others physically.

Anger brings serious consequences.

Proverbs 29:22

²² **An angry person starts fights; a hot-tempered person commits all kinds of sin....**

- Anger divides

Proverbs 22:24 *Make no friendship with a man given to anger*

(Prov. 19:19). *"Hot-tempered people must pay the penalty. If you rescue them once, you will have to do it again."*

- You can become a Bitter person

Process of Anger:

it can be a uncontrol reaction... or it can be something that builds up because of a situation we didn't deal with

Process of Anger

- Something bothers you and you didn't deal with it..
- But you can't stop thinking about it and you keep repeating the event that bother you.. turns to RE – SENTMENT

- Anger can take your blessings (Moses) hit the rock

Proverbs 14:17 says this: **"A quick-tempered man does foolish things."**

IV. What are the warnings Proverbs gives us about "ANGER"?

Proverbs 29:11

¹¹ *Fools vent their anger, but the wise quietly hold it back.*

Proverbs 19:11

Good sense makes one slow to anger, and it is his glory to overlook an offense.

Proverbs 15:18

A hot-tempered man stirs up strife, but he who is slow to anger quiets contention.

Proverbs 12:16

¹⁶ *A fool is quick-tempered, but a wise person stays calm when insulted.*

Proverbs 14:17

A man of quick temper acts foolishly

Proverbs 22:24

Make no friendship with a man given to anger, nor go with a wrathful man,

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V. What happens when you control your Anger?

Proverbs 14:29

Whoever is slow to anger has great understanding,

Proverbs 16:32

"Better a patient man than a warrior, a man who controls his temper than one who takes a city." And

Proverbs 15:1

A soft answer turns away wrath, but a harsh word stirs up anger.

Proverbs 20:3

Avoiding a fight is a mark of honor; only fools insist on quarreling.

Forgiveness

Don't hold a grudge

Forgiveness is a powerful tool. If you allow anger and other negative feelings to push out positive feelings, you might find yourself swallowed up by your own bitterness or sense of injustice. Forgiving someone who angered you might help you both learn from the situation and strengthen your relationship.

Conclusion

Anger is a natural part of being human, but it can also become destructive when uncontrolled.

Likewise, anger is a natural part of conflict. It's important that we understand how to manage anger so that we can effectively manage conflicts in marriages and other interpersonal relationships.

That is what God Wants

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Anger!!!

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