

HDC ONLINE ANGER MANAGEMENT CLASS—LESSON 3 “HOW TO DEAL WITH “EVERY DAY ANGER ISSUES”

WHAT DOES IT TAKE TO MANAGE MY ANGER SO I DON'T EXPRESS IT SINFULLY?

THE PROBLEM WE ALL STRUGGLE WITH:

Due to our fallen human nature (Rom. 3:23; Gal. 5:15-24), when we are angry we usually base our actions/reactions on:

First—What our emotions say

Second—What our own “logical” conclusions dictate

Third—What God says (if we get this far)

It should be the reverse order—the principles below will help us reverse it...

IMPORTANT! *The following principles are difficult to follow if a person hasn't submitted his/her life to the Lordship of Jesus Christ (Luke 6:46; I Peter 3:15). It is also vital that the person who seeks to follow these principles does so because he/she is highly desirous of wanting to glorify God in his/her life. It is also fair to say that being involved in the study of God's Word and accountable fellowship (i.e. small group) greatly enhances one's success in this endeavor.*

PRINCIPLES TO PRACTICE:

1. I must be willing to humbly _____ my anger. I must overcome the obstacles of rationalizing or justifying my anger and _____ it as sin. I must reject all _____!!!

Psalms 32:5

Then I acknowledged my sin to you and did not cover up my iniquity. I said, “I will confess my transgressions to the LORD”—and you forgave the guilt of my sin. Selah

Jeremiah 17:9

The heart is deceitful above all things and beyond cure. Who can understand it?

2. In taking full responsibility for my choices and responses, I can never say to anyone, "You make me so mad!" My actions and reactions are _____. (Truth is, I allow myself to get mad!) It is an issue of yielding to and obeying God's will for my conduct. It is likewise an issue of living my life in tune with _____ (See Romans 8:5-14; Galatians 5:16-26).

Proverbs 15:1

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

Proverbs 17:27

The one who has knowledge uses words with restraint, and whoever has understanding is even-tempered.

Romans 6:8-13

Now if we died with Christ, we believe that we will also live with him. 9 For we know that since Christ was raised from the dead, he cannot die again; death no longer has mastery over him. 10 The death he died, he died to sin once for all; but the life he lives, he lives to God. 11 In the same way, count yourselves dead to sin but alive to God in Christ Jesus. 12 Therefore do not let sin reign in your mortal body so that you obey its evil desires. 13 Do not offer any part of yourself to sin as an instrument of wickedness, but rather offer yourselves to God as those who have been brought from death to life; and offer every part of yourself to him as an instrument of righteousness.

3. I must practice the regular discipline of heart _____ and the skill of anger _____.

Examination:

Psalm 139:23-24

Search me, O God, and know my heart; test me and know my anxious thoughts. 24 See if there is any offensive way in me, and lead me in the way everlasting.

Evaluation:

- What “root feelings” might be in play in this situation?
 - * Did I feel hurt (rejected, unloved, ignored)?
 - * Did I feel treated unjustly (cheated, wronged, attacked)?
 - * Did I feel fearful (threatened, insecure, powerless)?
 - * Did I feel frustrated (inadequate, inferior, controlled)?
- What from the list above is making me feel angry?
- Am I jumping to conclusions about the situation or the person?
- How might others view this situation? Are there other ways of looking at it?
- Are my expectations unrealistic? Am I being flexible or rigid in my view?
- How can I reduce the anger I am feeling about this person or situation?

4. Following sincere and humble examination and evaluation, when necessary I must practice the biblical discipline of _____, as well as the giving and/or receiving of _____. This enables me to remain yielded and sensitive to the Holy Spirit because sinful anger _____ Him.

1 John 1:9

If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness.

Ephesians 4:29-32

*Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen. **30** And do not grieve the Holy Spirit of God, with whom you were sealed for the day of redemption. **31** Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. **32** Be kind and compassionate to one another, forgiving each other, **just as** in Christ God forgave you. (Emphasis mine)*

Colossians 3:13

*Bear with each other and forgive one another if any of you has a grievance against someone. Forgive **as** the Lord forgave you.*

FORGIVENESS TIPS

It is common for angry people to think, "I want to forgive, and I know I should, but I don't know how." Here are some starting points:

Tip 1: Remember, sometimes forgiveness is a process that takes time and patience to complete. It is an obedience issue, but you must be ready (sometimes counseling is needed in difficult cases). Realize that forgiveness is also for you and your relationship with God. It keeps you from becoming bitter and punitive.

Tip 2: Realize that forgiving does not mean you are condoning the actions of the offender or what they did to you. It does mean that you will quit blaming and punishing and find a way to think differently about what happened to you for growth in spiritual maturity.

Tip 3: Refocus on the positives in your life. "A life well lived is the best revenge." People who find a way to see love, beauty and kindness around them are better able to forgive, get past their grievances, and be a blessing to those you rub shoulders with on a daily basis.

5. I must learn to adjust my _____ of people and situations. I shouldn't be surprised with difficulties in my life.

John 16:33

I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world.

Romans 12:18

If it is possible, as far as it depends on you, live at peace with everyone.

Sometimes people get angry when their expectations are not met -- whether those expectations are about the future, about themselves, or about others. When our expectations are unmet, we revert to illusions of control—we unrealistically expect all people to behave and all situations to turn out as **we think** they should. Frustration over these unmet expectations often leads us to blame others and display anger and aggression towards them.

→ Anger is often triggered by a discrepancy between what we _____ and what we _____.

What happens when your expectations are disappointed? You will begin to feel:

_____ → _____ → _____ towards your friend or mate.

How can you work through these frustrations? Check out whether it's valid to hold the expectations you have, first of all. Then, ask yourself: "What's a reasonable response I can make to alleviate my anger?" How can I lower my expectations? Is it realistic to hold the expectations I have? If so, how can my friend/spouse and I work it out? Ask yourself: How can I demonstrate unconditional love in these situations vs. dwelling on my needs and expectations? Do I have a right to expect this from my spouse/friend? Wisely choose an appropriate time to discuss your expectations/hurt/disappointment with the involved person(s).

A PRACTICAL WAY TO HELP WITH ALL OF THE ABOVE... SCRIPTURE MEMORY

Psalms 119:11-13

I have hidden your word in my heart that I might not sin against you.

12 *Praise be to you, LORD; teach me your decrees. 13 With my lips I recount all the laws that come from your mouth.*

Psalms 119:129-130

Your statutes are wonderful; therefore I obey them. 130 The unfolding of your words gives light; it gives understanding to the simple.

Principle: The Spirit of God _____ the Word of God to _____ us to the image of God!

Suggestion: Take a 3-by-5-inch card, and on one side write the Scripture you find especially life-giving for your personal situation. On the other side write

STOP! in large letters. Carry the card with you. When your thoughts start running away from you, pull out the card and read it to yourself - out loud if you can. Tell your brain: *Stop thinking that way!* Then turn the card over and review the Bible references. Read them again and again, many times a day if necessary.

SCRIPTURES DEALING WITH ANGER

Proverbs 12:16

Fools show their annoyance at once, but the prudent overlook an insult.

Proverbs 14:29

Whoever is patient has great understanding, but one who is quick-tempered displays folly.

Proverbs 29:22

An angry person stirs up conflict, and a hot-tempered person commits many sins.

Ecclesiastes 7:9

Do not be quickly provoked in your spirit, for anger resides in the lap of fools.

Colossians 3:8

But now you must also rid yourselves of all such things as these: anger, rage, malice, slander, and filthy language from your lips.

Psalms 37:8

Refrain from anger and turn from wrath; do not fret--it leads only to evil.

Ephesians 4:26-27

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.

Ephesians 4:31-32

Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. 32 Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.

James 1:19-20

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.

**If you have any questions about his content or series feel free to email me
at: tim@highdesertchurch.com**

(In our next session we will deal with long-term, stored anger.)