

DIFFUSING YOUR ANGER

Strengthening Your Relationships – Part 2

September 14, 2014

Proverbs 25:28 (GNT) *“If you cannot control your anger, you are as helpless as a city without walls, open to attack.”*

Proverbs 12:16 (NLT) *“A fool is quick-tempered, but a wise person stays calm when insulted.”*

WAYS PEOPLE EXPRESS ANGER...

- **MACHINE GUN approach – Cain**

Genesis 4:5b, 8b (NIV) *“Cain was very angry, and his face was downcast...⁸And while they were in the field, Cain attacked his brother, Able, and killed him.”*

- **MUTE approach – Jeremiah**

Jeremiah 15:17b-18a (GNT) *“I stayed by myself and was filled with anger.¹⁸Why do I keep on suffering? Why are my wounds incurable? Why won't they heal?”*

- **MARTYR approach – Prodigal's Brother**

Luke 15:28 (NIV) *“The older brother became angry and refused to go in. So his father went out and pleaded with him.”*

- **MANIPULATOR approach – Pharisees**

Luke 6:11 (TLB) *“The enemies of Jesus were wild with rage and began to plot His murder.”*

HOW TO DISARM YOUR BUTTON-PUSHERS

1. Calculate the **COST** of anger.

Proverbs 29:22 (NCV) *“An angry person causes trouble; and a person with a quick temper sins a lot.”*

Proverbs 15:18 (GNT) *“Hot tempers cause arguments.”*

Proverbs 14:29 (TLB) *“Anger causes mistakes.”*

Proverbs 14:17a (GNT) *“People with a hot temper do foolish things.”*

2. Look past their words to their **PAIN**.

Proverbs 19:11 (NIV) *“A person's wisdom yields patience; it is to one's glory to overlook an offense.”*

3. **THINK** before reacting.

Proverbs 13:16a (TLB) *“Wise people always think before they act.”*

Root Causes Of Anger...

- **HURT**
- **FRUSTRATION**
- **FEAR**

Proverbs 15:1 (GNT) *“A gentle answer quiets anger, but a harsh one stirs it up.”*

4. Ask God for **HELP**.

Psalms 141:3 (NCV) *“Lord, help me control my tongue; help me be careful what I say.”*

Galatians 5:22-23a (NLT) *“The Holy Spirit produces this kind of fruit in our lives: love, joy, peace, patience, kindness, goodness, faithfulness,²³ gentleness, and self-control.”*

5. Base your **IDENTITY** in Jesus.

Proverbs 29:25 (MSG) *“The fear of human opinion disables you; trusting in God protects you from that.”*

Ephesians 1:4 (NLT) *“Even before He made the world, God loved us and chose us in Christ to be holy and without fault in His eyes.”*