

HANDLING ANGER

I. Blowing Up

A. Is sinful -

Proverbs 29: 22;

*An angry man stirs up strife,
and a wrathful man abounds in sin.*

Galatians 5: 19-21:

*Now the deeds of the flesh are obvious, which are: adultery, sexual immorality, uncleanness, lustfulness, idolatry, sorcery, hatred, strife, jealousies, **outbursts of anger**, rivalries, divisions, heresies...*

B. Fighting the sin

1. Hold back your temper and consider how to answer.

Proverbs 15: 28;

*The heart of the righteous weighs answers,
but the mouth of the wicked gushes out evil.*

Proverbs 29: 11;

*A fool vents all of his anger,
but a wise man brings himself under control.*

James 1: 19-20

So, then, my beloved brothers, let every man be swift to hear, slow to speak, and slow to anger; for the anger of man doesn't produce the righteousness of God.

2. Give a controlled answer, seeking to benefit the other person through what you say.

Proverbs 15: 1;

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

Proverbs 17: 14;

*The beginning of strife is like breaching a dam,
therefore stop contention before quarreling breaks out.*

Ephesians 4: 29

*Let no corrupt speech proceed out of your mouth, **but only what is good for building others up as the need may be**, that it may give grace to those who hear.*

C. Listen and pay heed to criticism. Proverbs 15: 31-32

*The ear that listens to reproof lives,
and will be at home among the wise.*

*He who refuses correction despises his own soul,
but he who listens to reproof gets understanding.*

II. Clamming Up

A. Is sinful

Ephesians 4: 26-27;

“Be angry, and don’t sin.” Don’t let the sun go down on your wrath, and don’t give place to the devil.

Ephesians 4: 31-32

Let all bitterness, wrath, anger, outcry, and slander, be put away from you, with all malice. And be kind to one another, tender hearted, forgiving each other, just as God also in Christ forgave you.

B. Fighting the sin

1. Speak the truth with love.

Ephesians 4: 25,

Therefore putting away falsehood, speak truth each one with his neighbor. For we are members of one another.

Ephesians 4: 29;

*Let no corrupt speech proceed out of your mouth, **but only what is good for building others up as the need may be**, that it may give grace to those who hear.*

Leviticus 19: 17-18

You shall not hate your brother in your heart. You shall surely rebuke your neighbor, and not bear sin because of him.

You shall not take vengeance, nor bear any grudge against the children of your people; but you shall love your neighbor as yourself. I am Yahweh.

2. Go to the one you hurt, or the one who hurt you.

Matthew 5: 23-24;

“If therefore you are offering your gift at the altar, and there remember that your brother has anything against you, leave your gift there before the altar, and go your way. First be reconciled to your brother, and then come and offer your gift.

Matthew 18: 15-17

If your brother sins against you, go, show him his fault between you and him alone. If he listens to you, you have gained back your brother. But if he doesn’t listen, take one or two more with you, that at the mouth of two or three witnesses every word may be established. If he refuses to listen to them, tell it to the assembly. If he refuses to hear the assembly also, let him be to you as a Gentile or a tax collector.

3. Seek for peace and do not be vengeful.

Romans 12: 18-21

If it is possible, as much as it is up to you, be at peace with all men. Don't seek revenge yourselves, beloved, but give place to God's wrath. For it is written, "Vengeance belongs to me; I will repay, says the Lord." Therefore "If your enemy is hungry, feed him. If he is thirsty, give him a drink; for in doing so, you will heap coals of fire on his head." Don't be overcome by evil, but overcome evil with good.

III. Do's and Dont's in handling disagreements.

- DO:
1. Consider how to answer.
 2. Say it back.
 3. Speak for yourself.
 4. Document statements.
 5. Stick to the subject.
 6. Use good timing.
 7. Be longsuffering.
 8. Maintain an attitude of love and humility.
- DON'T:
1. Demand the unchangeable.
 2. Keep score.
 3. Bring up past problems.
 4. Get even.
 5. Condemn, ridicule etc.
 6. Use the words "never".. "always" etc.
 7. Assign motives.

All scriptures quoted are from the World English Bible (TM)