

Dealing With Our Anger



Romans 12:14-21

Dealing With Our Anger

- Definition:

- A strong feeling of grievance and displeasure
- To become or make somebody extremely annoyed
- Irritation
- Furious
- Rage



Dealing With Our Anger

- Explode – blow up, burst out, go off.
 - James 3:1-8
 - Matthew 5:21-22



Dealing With Our Anger

- Explode – blow up, burst out, go off.
- Implode – To explode inwardly due to the pressure from the outside.
 - Matthew 5:8
 - Matthew 15:19-21
 - James 4:1



Warnings About Our Anger

- James 1:19-20
- Proverbs 29:22
- Ephesians 4:31-32



Ok...So How?

- All true change starts with REPENTANCE



Ok...So How?

- Be willing to DROP it.
 - Proverbs 17:14
 - Let it go
 - Stop before it becomes worse



Ok...So How?

- Be willing to DROP it.
- Be willing to HOLD it.
 - Proverbs 29:11
 - Ephesians 4:29



Ok...So How?

- Be willing to DROP it.
- Be willing to HOLD it.
- Be willing to LISTEN.
 - James 1:19



Ok...So How?

- Be willing to DROP it.
- Be willing to HOLD it.
- Be willing to LISTEN.
- Be willing to have an OPEN MIND.
 - Proverbs 15:28



Ok...So How?

- Be willing to DROP it.
- Be willing to HOLD it.
- Be willing to LISTEN.
- Be willing to have an OPEN MIND.
- Be willing to REMOVE myself.
 - Proverbs 22:3



Ok...So How?

- Be willing to DROP it.
- Be willing to HOLD it.
- Be willing to LISTEN.
- Be willing to have an OPEN MIND.
- Be willing to REMOVE myself.
- How I RESPOND matters.
 - Proverbs 15:1



Ok...So How?

- Be willing to DROP it.
- Be willing to HOLD it.
- Be willing to LISTEN.
- Be willing to have an OPEN MIND.
- Be willing to REMOVE myself.
- How I RESPOND matters.
- Speak the truth in LOVE
 - Ephesians 4:15



“The vexation of a fool is
known at once, but the
prudent ignores an
insult.”

calm