

Victory Over Anger!

an•ger /äng'gär/

A strong feeling of displeasure and belligerence aroused by a wrong; wrath; ire; hostility.



VS.



Proverbs 22:24-25 KJV

[24] Make no friendship with an angry man; and with a furious man thou shalt not go: [25] Lest thou learn his ways, and get a snare to thy soul.

Ephesians 4:31-32 KJV

[31] Let all bitterness, and wrath, and anger, and clamour, and evil speaking, be put away from you, with all malice: [32] And be ye kind one to another, tenderhearted, forgiving one another, even as God for Christ's sake hath forgiven you.

Ecclesiastes 7:9 KJV

Be not hasty in thy spirit to be angry: for anger resteth in the bosom of fools.

James 1:19-20 KJV

[19] Wherefore, my beloved brethren, let every man be swift to hear, slow to speak, slow to wrath: [20] For the wrath of man worketh not the righteousness of God.

Bad Anger:

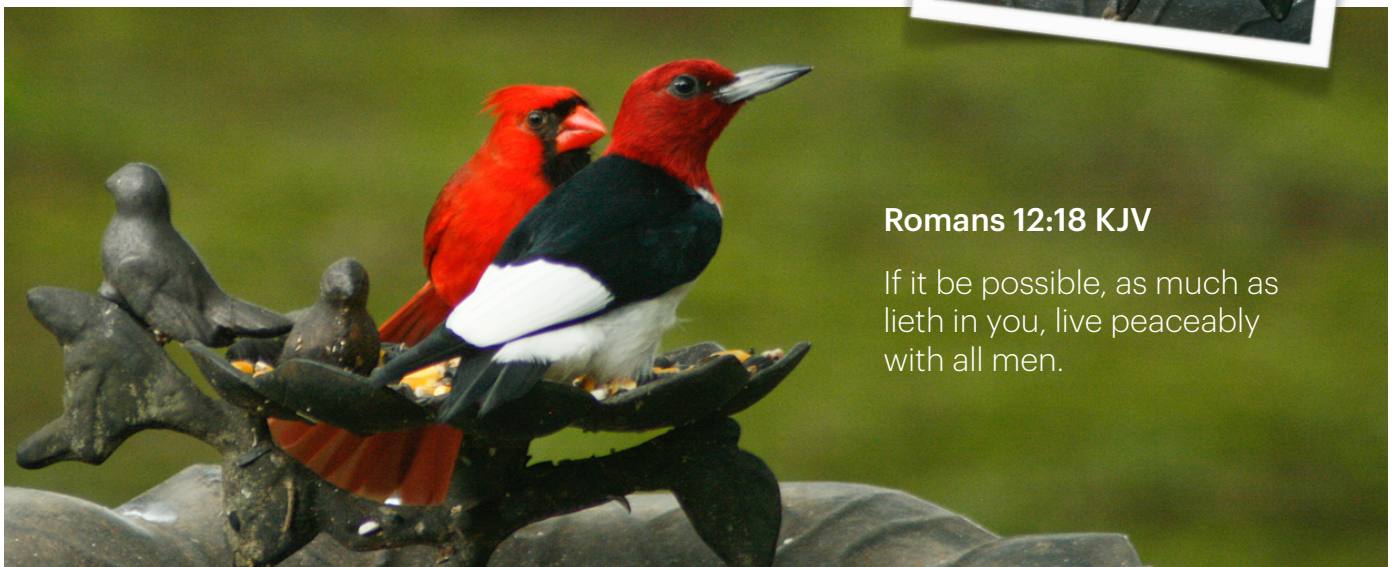
1. Without justification.
2. Anger that seeks harm.
3. Held too tightly, unforgiving.
4. Directed towards an individual.

Cases For Anger:

1. Not getting your way.
2. Rejection by others.
3. Fear of loss/threatened.
4. Past hurts never resolved.

Getting Past Anger:

1. Identify the source of anger.
2. Confess it, acknowledge it.
3. Clarify your feelings - Jealous?
4. Decide to deal with it quickly.
5. Put it away. You don't have to walk around with it.
6. Take an emotional time-out before reacting.
7. Replace the anger with something positive.
8. Determine to benefit from it. Become motivated to change.
9. Decide to prevent it from reoccurring.



Romans 12:18 KJV

If it be possible, as much as lieth in you, live peaceably with all men.