



How to Manage Your Anger: Part 1

United Community Church
Pastor Ron Burks, 7/1/18

“Anger is an acid that can do more harm to the vessel in which it is stored than to anything on which it is poured.” ~ Anonymous

Defining Anger: A strong feeling of displeasure by a real or supposed injury; A warning signal that a violation has taken place; Often, anger is accompanied by a desire to take revenge or to obtain satisfaction from the offending party.

Anger Management: The ability to keep anger under control by understanding the dynamics of anger and learning how to release that anger to God.

HOW EMOTIONS WORK

- **Triggering Devise** – An event or person
- **Belief System** – Thoughts about your rights and responsibility
- **Response/Feeling** – Emotions expressed

FACTORS THAT LEAD TO ANGER

- Unrealistic or unfulfilled expectations
- False or erroneous assumptions
- Distorted perceptions
- Incompatible goals
- Attacks or perceived attacks towards you

ANGER CHECKPOINTS

1. When you are calm (Proverbs 25:21-22)
2. Just before you respond in anger (James 1:19-20)
3. Just after you become angry (Jonah, Jonan 4:9-11)
4. When your anger turns to hostility (Saul, 1 Sam 18:8, 24:16-19)

WAYS TO RESOLVE ANGER

Repression	Scapegoating	Ventilation	Forgiveness
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THE BIBLICAL WAY TO DEAL WITH ANGER

1. Check your heart for unresolved anger
2. Acknowledge your anger is not from God (unless it is righteous anger – be angry at what angers God)
3. Ask the Holy Spirit to create a clean heart in you as you release that anger to God