



How to Manage Your Anger: Part 2

United Community Church

Pastor Ron Burks, 7/8/18

Scriptures on ANGER: Gal 5:19-21, Col 3:8-9, Rom 1:29, Eph 4:31, 2 Tim 3:1-5

THE BIBLICAL WAY TO DEAL WITH ANGER

1. Check your heart for unresolved anger
2. Admit your anger and acknowledge it 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
4. Meditate on Scriptures and that encourage you to put anger out of your life. Let your mind conquer your heart.
5. Chart your anger responses to see if you get angry over the same thing or person.
6. Ask yourself why you are angry and what you can do to stop it
7. Remove the cause of anger in a biblical manner.
8. Direct your anger to the proper source – the sin not the sinner
9. Mentally transfer your rights to God by saying the words of Jesus, “Not my will, but yours (God) be done.”

SUMMARY

1. Take responsibility for your anger
2. Deal with your hurts and anger ONE AT A TIME
3. Listen, receive, and accept an apology offered. Ask for forgiveness if you are the offender.
4. Accept the fact that some hurts will never be resolved and give it to God. Remember, life is sometimes unfair.
5. Spend time with God and His Word. Let the Holy Spirit create a clean heart in you.
6. Replace the anger with love and understanding towards other people.
7. The best way to influence others for Christ is to do what Jesus did – Love one another sacrificially, unconditionally, and with a pure heart.

QUESTIONS

1. Will you make a conscious effort to respond to hurt or being offended in a Christlike manner?
2. Did you learn that your rights belong to God?
3. Will you make a decision to change any angry behavior towards others by turning it over to the Lord?