

HOW TO DEFLATE THE IRATE

#CRAZYMAKERS: Part 2

April 18, 2021 | Pastor Brian

“Don't sin by letting anger control you. Don't let the sun go down while you are still angry, for anger gives a foothold to the devil.” (Ephesians 4:26–27, NLT)

4 WAYS PEOPLE EXPRESS ANGER



SPEW

Example: Cain

Cain became furious, and he scowled in anger...When they were out in the fields, Cain turned on his brother and killed him.” (Genesis 4:5,8, GNB)

RESULT: Regret



STEW

Example: Jeremiah

“...I stayed by myself and was filled with anger. Why do I keep on suffering? Why are my wounds incurable? Why won't they heal?” (Jeremiah 15:17–18 sel, GNB)

RESULT: Sickness



CHEW

Example: The Prodigal's Brother

“The older brother became angry and refused to go in [to the party]. So his father went out and pleaded with him.” (Luke 15:28, NIV)

RESULT: Depression “Frozen anger.”



BREW

Example: The Pharisees

“At this, the enemies of Jesus were wild with rage and began to discuss what to do with him.” (Luke 6:11, NLT)

RESULT: Paranoia / Bitterness

WHAT TO DO WHEN ANGRYMAKERS PUSH MY BUTTONS

1. Count the COST of anger.

“An angry person causes trouble; a person with a quick temper sins a lot.” (Proverbs 29:22, NCV)

WHO'S PUSHING YOUR BUTTONS?

You Make Me Crazy – Part 2

“Hot tempers cause arguments...” (Proverbs 15:18, GNB)

“People with a hot temper do foolish things...” (Proverbs 14:17, GNB)

2. Look past their words to their **WOUNDS**.

“A person’s wisdom yields patience; it is to one’s glory to overlook an offense.” (Proverbs 19:11, NIV)

Anger has 3 root causes:

- 👉 Hurt.
- 👉 Frustration.
- 👉 Fear.

“Make allowance for each other’s faults, and forgive anyone who offends you. Remember, the Lord forgave you, so you must forgive others.” (Colossians 3:13, NLT)

3. **REFLECT** before you react.

“Fools vent their anger...” (Proverbs 29:11, NLT)

“Wise people think before they act;” (Proverbs 13:16a, NLT)

Questions to ask:

- 🤔 Why am I angry?
- 🤔 What do I really want?
- 🤔 How can I get it?

“A gentle answer quietens anger, but a harsh one stirs it up.” (Proverbs 15:1, GNB)

4. **CRY OUT** before you lash out.

“A truly wise person uses few words; a person with understanding is even-tempered.” (Proverbs 17:27, NLT)

“Lord, help me control my tongue; help me be careful about what I say.” (Psalm 141:3, NCV)

“If you need wisdom, ask our generous God, and he will give it to you. He will not rebuke you for asking.” (James 1:5, NLT)

5. **FIND PEACE** so you can give peace.

“The fear of human opinion disables; trusting in God protects you from that.” (Proverbs 29:25, The Message)

WHO'S PUSHING YOUR BUTTONS?
You Make Me Crazy – Part 2

“The fruit of the Spirit is love, joy, peace, patience...” (Galatians 5:22, NIV)

LAST THOUGHT

I can't remove my buttons, but I can choose **WHAT FLOOR THEY TAKE ME TO!**