

Tipping Point
Lessons for Relationships
“Freed from Anger”
Wednesday, November 18, 2015

The topics associated with anger include:

Depression, stress, suicide, murder, violence, abuse, road rage, divorce, resentment

Three reasons we talk about this:

1. Uncontrolled anger destroys relationships.
2. Uncontrolled anger destroys spiritual growth.
“No angry person experiences the fullness of the Holy Spirit.”
3. Uncontrolled anger makes us vulnerable.

Is Anger Sin?

Anger is an emotion.

What Makes us Angry?

1. Feeling helpless
2. Injustice
3. Insecurities

How Do We Deal with Anger?

- Blow - up.

Proverbs 22:24-25

- Clam - up.

Passive-aggressive behavior is common here.

Spiritually passive-aggressive:

Deliberate sin.

Stop giving.

Stop praying.

What Are the Characteristics of an Angry person?

- a. Stubbornness
- b. Legalistic
- c. Rude
- d. Argumentative
- e. Critical
- f. Unforgiving
- g. Jealous

How Should I Deal with Anger?

Nehemiah 5:2-12

1. Admit Anger
2. Pause before you act.

Is my anger the result of my selfish demands not being met?

Is my anger the result of my perfectionistic demands not being satisfied?

Is my anger the result of paranoia?

3. Construct a solution.

Confrontation

Forgiveness

Civility

Confession

4. Live beyond outrage.

Move from outrage to compassion.

