

# Coping In Crisis:

## “Calm In The Storm”

**Goal** - Share practical ways we can grow spiritually during this Covid Pandemic.

**Knowledge** – information that we need (Bible – what does the Bible say about \_\_\_\_\_?)

**Practice** – practice is doing something over and over again, trying to get better.

(There’s a difference in knowing something and doing it.)

We want to know what God says and then do it...and that takes practice.

*“My dear brothers and sisters, take note of this: Everyone should be quick to listen, slow to speak and slow to become angry, because human anger does not produce the righteousness that God desires.” James 1:19-20*

Sermon in a Sentence...straight from James 1:19

*“To stay calm in the storm...Be quick to listen, slow to speak, and slow to become angry.” James 1:19-20 (NIV)*

### Headlines

- “Beware the Global Anger Pandemic” – Forbes
- “Is The Corona Virus Making Us Mean?” – The Today Show
- “I Feel Like I’m Finally Cracking Up and I Don’t Even Know Why” – NY Times

### Stats about Anger:

- Men tend to lose their tempers more often than women do.
- Women – tend to get angry an avg of 3 x a week
- Men – tend to get angry an avg of 6 x a week
- Women tend to get angry with **people**.
- Men often get angry at “**things**”...machines that break, traffic, etc.
- Both men and women are more likely to express anger at **home** than anywhere else.

## 3 Things to Practice in Managing Our Anger

# 1. Just own your anger and *decide to manage it.*

By “own it” I mean to realize...anger is an emotion. It’s real. Sometimes I get angry. I’m going to try to manage it in the right way.

There are two unhealthy extremes that people often have towards the emotion of Anger.

- On the one hand, Some people try to never get angry or try not to let anyone know they are angry. That’s not healthy...just denying and stuffing down your anger...if you keep stuffing it down, you might explode one day!
- On the other hand, Other people...they are hotheads, they have a short fuse. They justify and make excuses for losing their temper. They may have even convinced themselves that that is just the way they were born and they can’t control their anger...so the rest of the world just better stand back when they get ticked off.

They say things like -

- ”I just tell it like it is.”
- ”I just can’t control my temper.”

Let me say this as your friend....Stop saying you can’t control your temper because you can.

Example:

Ever been in the middle of an angry shouting match at home and the phone rings with an important call?

- You’re yelling, you’re spouse is yelling, the kids are going crazy...the dog is barking,,,,,RRRR, RRRR.....then....
- Ring, Ring.....”Hello” (so sweetly) Haaa!

*“A fool vents all of his anger, but a wise man brings himself under control.” Proverbs 29:11 (NHEB)*

**Number 1** is...Own my anger.

It’s a real human emotion that God has given us. It’s not bad in itself. But, I need to decide ahead of time to Manage and Control it.

## 2. Think *before* we speak.

“...Everyone should be **quick to listen, slow to speak and slow to become angry...**” James 1:19 (NIV)

James gives us three action steps here.

### 1) Be quick to listen

**Q** - Do you know that one of the best ways to calm someone else's anger... is to **genuinely listen to them?**

This is one of those things that's easy to **know** but hard to **do**...it takes **practice**.

### 2) Be slow to speak.

Listen...and keep your mouth shut for a while.

Here's the thing – a lot of anger control..... is **mouth control**.

*“A soft answer turns away wrath, But a harsh word stirs up anger.” Proverbs 15:1 (NKJV)*

James gives us a great tool to help us...**Delay. Don't talk for a while. “Be slow to speak.”** Delay is a great tool to use in controlling your temper and staying calm in storms.

### 3) Be slow to anger

The first two help us do that. Be quick to hear, slow to speak and then just decide...I'm going to be slow to get angry. I'm just not going to take things so personally. I'm not going to allow another person to “make me mad”....I'm going to decide when it's time to get angry and then manage it.

Here's a good question to ask yourself the next time you are feeling angry...(6 x next week for guys and 3 x for ladies)

**Q** - “Why am I feeling angry right now?”

Most of the time we feel angry because we are –

- Hurt
- Frustrated
- Afraid

If you can get in touch with why this is making you angry, it will be easier to manage that anger and stay calm.

## 3. Release your anger in *healthy* ways.

When I was a kid my dad would make boiled peanuts in a pressure cooker. I remember what that old pot looked like and sounded like, it was silver with a little black valve on top....as the peanuts began to boil, steam was released from the little valve and it went.....chssss, chsssss, chsssss...it was letting off the steam...because if it didn't...it would blow up!

- Aggression produces more aggression.
- Anger produces more anger.

*“A soft answer turns away wrath, But a harsh word stirs up anger.” Proverbs 15:1*

The pressure cooker needed a proper way to release all the steam building up inside. If it spewed it all out at once it would burn everyone around it. If it just tried to hold it in, it would eventually explode.

So what are some healthy ways to release anger?

- Talk about it
- Exercise
- Fight the problem, not the person (especially if that person is family)
- Go for a walk or a run....ride your horse!

1. Own and **manage** your anger.
2. Think **before** you speak.
3. Release your anger in **healthy** ways.

*“My dear brothers and sisters, take note of this: Everyone should be quick to listen, slow to speak and slow to become angry...” James 1:19 (NIV)*

If we can be quick to listen, slow to speak and slow to get angry...it's going to help us and everyone we come in contact with. We have a part and God has a part. Let's ask Him to help us manage our tempers.

Then...we can **take the calm with us** wherever we go.

Now you have the **knowledge**....from here its going to take....**practice**.

### **This Week's Next Steps**

- I will practice listening to my family/friends this week.
- I will not be a “smart alec” and use this message as a weapon against my spouse when they get angry this week. Ha
- I will memorize James 1:19, “...*Be quick to listen, slow to speak and slow to get angry.*”
- I will memorize Proverbs 15:1, “*A soft answer turns away wrath, but a harsh word stirs up anger.*”

