

EPHESIANS

I'm So ANGRY!

Main Scripture: Ephesians 4:26-27

What is anger?

Is anger ever justified?

(Ps 4:4, Rom 1:18, Ps 7:11)

What if I don't do anything about my anger?

How can I deal with my anger?

How Can I Deal With My Anger?

1. Ask the Holy Spirit
 - To lead you in learning about your anger, to expose unhealthy processing in your thinking, and to glorify Himself through why and how you express anger.
 - To fill you with His presence and power and for His fruit of self-control to naturally be evident within you.
2. Ask yourself, your spouse, or small group, “How emotionally aware am I?” Practice recognizing, identifying and expressing various emotions you experience throughout the day and share this with someone close to you who is willing to help you grow in this area. (Look for the *Emotions List* exercise included with the weekend resources.)
3. Consider the strength and foundation of your identity. For instance, when someone re-enforces a lie we believe about ourselves, we will likely react in anger because we secretly don’t want that to be true of ourselves. How well can you accept God’s view of who you are? Do you even know what that is?
3. Explore your anger-values. Here are some questions to consider (adapted from Neil Clark Warren’s book, “*Make Anger Your Ally*”):
 - Do I enjoy getting angry?
 - When I am angry, do I want to be in full control of my behaviour, or do I want to just act spontaneously?
 - If I want to be in control, am I willing to spend the energy required to stay ahead of my anger action?
 - What do I think about explosive and impulsive acts when I’m angry?
 - When I get angry with people, how do I want to end with them?
 - Where do I stand on sulking and pouting?
 - Am I willing to remain unaware of my anger sometimes?
 - Knowing how attached I am to behaviours which produce immediate gratification, what is my position with regards to short-term gains and long-term losses?
 - What is my position on hostility and hate?
 - Overall, what do I most want the outcome of my expression of anger to be?
5. Seek to recognize when anger/emotion starts to grow inside.
6. Immediately ask yourself:
 - Am I experiencing pain, frustration or threat?
 - Is the pain, frustration or threat about me personally or someone I care about?
 - Is this just bruising my pride or is it evil that needs to be stopped?
7. Ask forgiveness of God and others when you express your anger in ways that dishonour and hurt them.
8. Once you’ve calmed down, ask those you are angry at to give you feedback on how you expressed that anger and how they felt while you were angry at them.
9. Keep an “anger journal.” Write down when you got angry and think about what led to your anger that will help you see patterns.

How Can I Deal With my Anger—page 2

10. Consider what outcome you desire from this pain, frustration or threat.
11. Invite the Holy Spirit to brainstorm with you constructive ways of responding that will bring about His desired outcome.
12. Approach your small group for feedback and accountability on your journey to handle your anger in godly and constructive ways.
13. Come to an Encounter God retreat at Heartland.
14. Seek out Heartland's ministry of healing and freedom for strengthening your identity in Christ, uncovering roots to your anger expressions and experiencing release from demonic influence through your anger.
15. Seek professional help from your pastor, counsellor or medical doctor.

*In your anger do not sin; when you are on your beds,
search your hearts and be silent.
(Psalm 4:4)*

EMOTIONS LIST

Becoming aware ... Learning to identify ... Appropriately expressing

HAPPY

STRONG	Excited Elated Exuberant	Ecstatic Terrific Jubilant	Energized Enthusiastic Loved	Thrilled Uplifted Marvelous
MILD	Justified Resolved Valued Gratified Encouraged Optimistic	Joyful Proud Cheerful Relieved Assured Determined	Grateful Appreciated Confident Respected Admired Accepted	Amused Delighted Alive Fulfilled
WEAK	Tranquil Content Relaxed	Glad Good Satisfied	Peaceful Hopeful Fortunate	Pleased Flattered

SCARED

STRONG	Fearful Panicky Afraid Shocked	Overwhelmed Intimidated Desperate Frantic	Terrified Vulnerable Horrorified Petrified	Appalled Dreadful Tormented
MILD	Tense Threatened Uneasy Defensive	Insecure Skeptical Apprehensive Suspicious	Alarmed Shaken Swamped Startled	Guarded Stunned Awed
WEAK	Reluctant Anxious Impatient	Shy Nervous Unsure	Timid Concerned Perplexed	Doubtful

CONFUSED

STRONG	Bewildered Discarded	Immobilized Stagnant	Directionless Flustered	Baffled Constricted
MILD	Foggy Perplexed Hesitant	Misunderstood Doubtful Troubled	Ambivalent Awkward Puzzled	Torn Disorganized
WEAK	Surprised Unsettled	Distracted Bothered	Uncertain Uncomfortable	Undecided Unsure

SAD

STRONG	Devastated	Exhausted	Empty	Terrible
	Hopeless	Helpless	Miserable	Unwanted
	Sorrowful	Crushed	Distraught	Unloved
	Depressed	Worthless	Deserted	Mournful
	Wounded	Uncared for	Grievous	Pitiful
	Hurt	Dejected	Burdened	Discarded
	Drained	Rejected	Demoralized	Disgraced
	Defeated	Humbled	Condemned	
MILD	Lonely	Resigned	Despised	Discouraged
	Rejected	Drained	Disappointed	Ashamed
	Isolated	Slighted	Upset	Distressed
	Alienated	Degraded	Inadequate	Distant
	Abandoned	Deprived	Dismal	Disillusioned
	Regretful	Disheartened	Unappreciated	
WEAK	Sorry	Bad	Deflated	Disturbed
	Lost	Disenchanted	Apathetic	

ANGRY

STRONG	Strangled	Abused	Rebellious	Mad
	Furious	Hateful	Spiteful	Patronized
	Seething	Humiliated	Outraged	Vindictive
	Enraged	Sabotaged	Fuming	Used
	Hostile	Betrayed	Exploited	Incensed
	Vengeful	Repulsed	Throttled	
MILD	Ridiculed	Offended	Perturbed	Provoked
	Resentful	Irritated	Exasperated	Dominated
	Disgusted	Infantilized	Harassed	Coerced
	Smothered	Controlled	Anguished	Cheated
	Frustrated	Peeved	Deceived	Agitated
	Stifled	Annoyed	Aggravated	
WEAK	Uptight	Dismayed	Tolerant	Displeased

Adapted from Promise Keepers

“Emotional health is key to building healthy and godly relationships. Becoming aware, learning to identify, and appropriately expressing our emotions are important aspects of honouring God, emotional health and becoming spiritually mature.”

- Pastor Barry

Activity:

Identify one emotion you experienced today. Tell your spouse, or someone close to you, about it and share the story related to that experience.

Heartland *Pregnancy Care Centre* Shower

Please bring all items by Sunday, March 21.

Client Needs

Walmart & Superstore Gift cards \$10-\$50

**** Always necessary especially due to the current economic downturn ****

Please drop off items at the Heartland Church front office (weekdays).

Bags/Items should be labelled for the PCC.

Virtual Baby Bottle Drive

Online at www.pregnancycarecentre.ca

Click on EVENTS tab or click DONATE TODAY (purple button)

Click on BABY BOTTLE CAMPAIGN

New Baby Items

- 0-6 month sleepers/clothes
- Baby wash, lotion, shampoo
- Soothers
- Formula
- Crib sheets/Bath towels
- Baby rattles, small toys/stuffies
- Baby bottles
- Diapers (all sizes)

Office Needs

- Hot chocolate
- Keurig coffee pods
- White sugar
- Coffee Mate
- Juice boxes
- Granola Bars
- Lysol Spray & Wipes
- Copy paper
- Recycle bags
- Black garbage bags
- White trash can bags
- Toilet paper
- Paper towels
- Face masks

Volunteers

For volunteer opportunities contact PCC directly at 780-424-2624.

For more information or to donate large items contact PCC directly.

Heartland Kids Weekend Bulletin

February 13/14, 2021



Ephesians 4:26-27

²⁶ “In your anger do not sin”: Do not let the sun go down while you are still angry,
²⁷ and do not give the devil a foothold.

What is anger?

- When you get angry you are saying, “I’m hurt!” We can be hurt in different ways – emotionally (our feelings), physically (our body) or mentally (what we’re thinking).
- God designed anger to release chemicals and hormones in our body that help us think faster and move quicker. This helps us get ready to fight or run away from whatever has us feeling angry.

Is anger ever justified (okay)?

- Jesus got angry! So yes, sometimes getting mad or upset is absolutely the right thing to do. The tricky part is not letting our anger get away from us.
- Our verse this week says, “In your anger do not sin.” This means that we need to be angry about the right things. If something goes against God and the Bible, we need to get upset about that. But we have to be careful that our anger causes us to act for what’s right, and not just scream and kick that something is wrong.

What if I don’t do anything about my anger?

- When we get angry in ways that don’t line up with the Bible, we give the devil a foothold. A foothold means an area of our life that the devil can creep in. We don’t want that!

How can I deal with my anger?

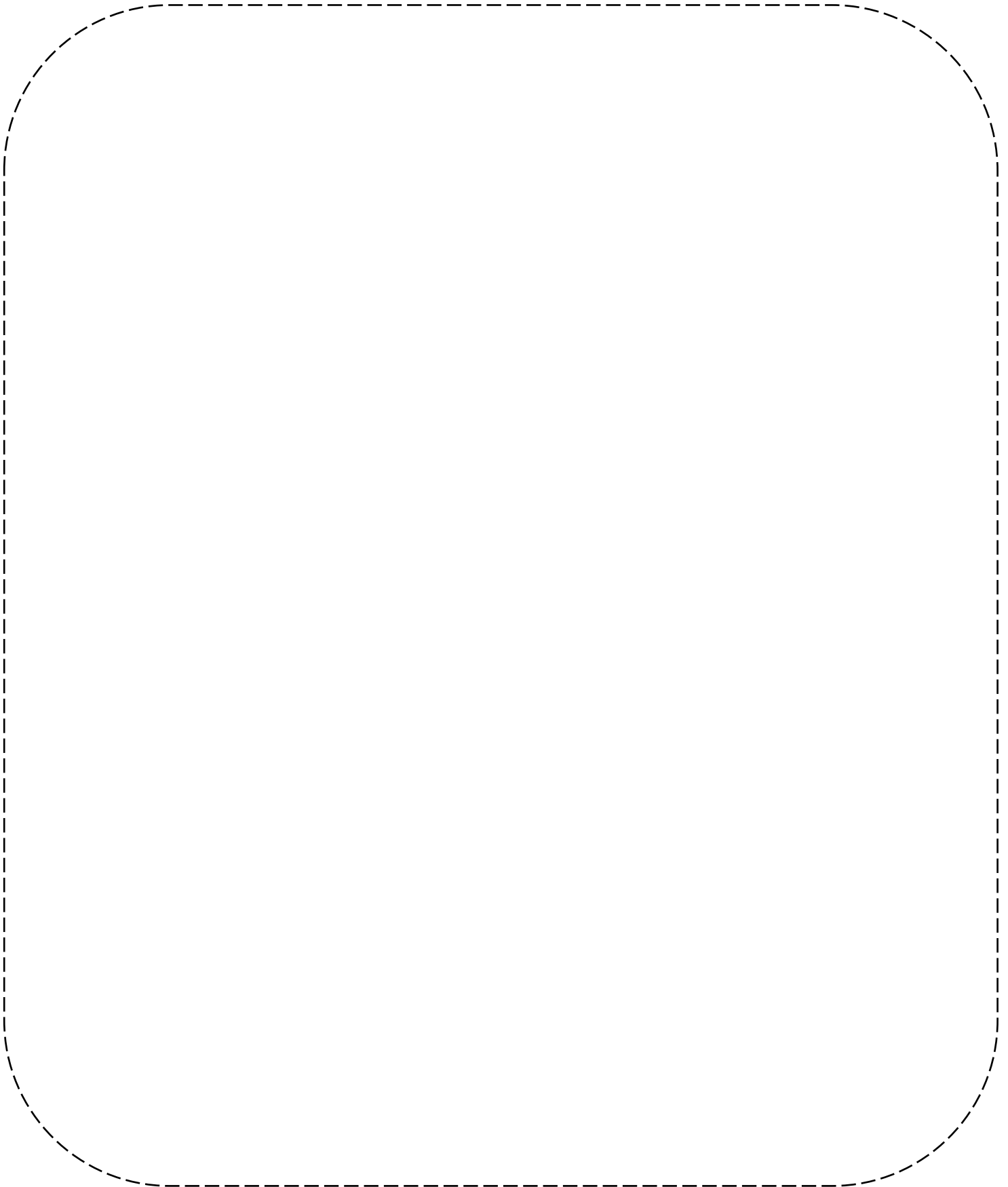
- Our verse tells us not to let the sun go down while we’re angry. This means we need to deal with what is causing our anger sooner, rather than later.
- Follow the outline in the *Family Challenge* section for more about expressing/addressing anger.

Some questions to discuss as a family:

How do I feel when someone in my family gets angry?

Is my anger making me sin?

Draw a picture of what you learned today.



Family Challenge

Your family challenge this week is to talk about anger! Here are some questions to consider as a family (adapted from Neil Clark Warren's book *Make Anger Your Ally*):

1. What makes me angry?
2. Do I enjoy getting angry?
3. When I'm angry, do I want to be in control of how I act, or do I want to just act without thinking?
4. Do I think temper tantrums are okay when I am angry?
5. What do I think about pouting?
6. How do I feel after I get angry?
7. Am I willing to ignore my anger sometimes?
8. What do I think about anger and hate?

Make a list of three things to do when you are angry that are healthy (right) and three things that are unhealthy (wrong).

Healthy	Unhealthy

For more questions/resources about anger, download this week's main service bulletin.

Boiling Over!

When we get angry, sometimes we boil over and make a mess of people's feelings! Our experiment this week will help us see how boiling over can cause some big problems. Gather the materials listed and follow the instructions below.

Materials:

- Clear jar (pasta jar size or larger)
- Water
- Tray (or something else to go under the jar to contain the mess)
- Baking soda (4-5 Tbsp)
- Dish soap (1 tsp)
- Food colouring (4-5 drops)
- White vinegar (1 cup)

Instructions:

1. Put your clean container on a tray and fill it $\frac{2}{3}$ full of water.
2. Add the baking soda, dish soap and food dye to the water and stir.
3. Add the vinegar and step back!

This experiment is a great example of how destructive anger can be. Talk about ways to constructively deal with your anger as a family.

Record your experiment and send it to kids@heartlandalliance.ca. We'd love to see it!

“I’m So ANGRY” | February 13 & 14, 2021

The Small Group Sermon Study

Ephesians 4:26-27



Opening Prayer: Father, in Jesus’ name, through the Holy Spirit, come and speak to us, teach us and transform us as we read, discuss and reflect on Your word.

1. Big Picture: What did you like or appreciate about this message? What challenged you in this message?

2. Read the key passage(s) of Scripture from the message and review the points from the sermon notes, then answer the following questions:
 - a. What did you learn about anger that you maybe hadn’t considered or understood before?

 - b. How have you personally learned to process or express your anger in healthy and constructive ways?

 - c. What injustices in our world cause anger in us, that perhaps we could consider getting involved in as a small group?

3. What don’t you understand or what other questions does this passage make you ponder?

Silently re-read the key Scripture(s) from the message, asking the Holy Spirit to speak to you.

4. What emotions does this passage or key theme stir up in you?

5. In what situations do you find yourself easily angered? What is the Holy Spirit showing you about yourself that may require dealing with?

6. What verse, phrase or word do you need to take with you this week? How will you act on what you’ve heard?

Prayer: Spend time praying for one another (that we would grow in our love for God and others, that we would be transformed by what God has revealed, that we would be alert and obedient to God, etc.).