

Anger

An

Adrenalin

Addiction



Break *this addiction*
or you will Die ***Alone.***



Purpose of Booklets

These are **short starter** Studies on **sensitive** subjects that **stir & stimulate** you toward **biblical, practical** information that show that **Jesus** has **great Answers** to some of life's **hardest Questions**.

At www.FamilyBibleStudies.TIPS & the Family Bible Study App each booklet is a free download along with a short podcast explaining each booklet.

The website and App also has:

***“One Terrific Tip to make
Family Bible Studies
Everyone’s FAVORITE time of the week!”***

The website and app also give lists of different **categories** for the booklets as well as ways to use the booklets in:

1. Bringing **friends** to **Christ**
2. As a resource for **Pastor’s sermons**
3. **Small group** Bible studies in a **church**
4. As a **Resource** for Christian **counselors**
5. Bible studies with **friends** or **co-workers**
6. For your own **personal growth & bible** study
7. Christian **business owners** to serve their **customers** or **employees**

What if I **don’t agree** with **what I read**?

There is always a good chance that I am wrong or that I have poorly communicated. I always encourage each person to research on your own. It may be that your research helps me and others to find God’s heart more clearly.

We all seek His truth by the two Bible measures of:

1. What is **clear** and **consistent** in **God’s Word** and
2. What bears the **fruit** of **Jesus** in the lives of those who follow that application?

In heaven, all of God’s purposes in God’s Word will be clear and our actions will be aligned with God’s Word. I constantly ask myself, what will we **act** like and **believe** when we are in **heaven**. This is my goal in these booklets.

“Thy kingdom come; thy **will** be **done** on **earth** as it is in **heaven**”

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Chap. 1

Hope for those who DEAL with Angry People!

Each time someone gets angry, science tells us that it stimulates your body similar to **10-30** cups of **coffee**. It is an addiction to stimulation.

Most **angry** people are completely **clueless** about how much **damage** they cause to those around them.

There are often 5-20 people who are consistently **traumatized** by one angry person. This **booklet** is for **those recipients** of the abuse of anger.

I have a few words of great encouragement for those who deal regularly with an angry person.

1. **All anger is abuse!**
2. **All excuses are lies!**
3. You do **NOT** have to **put up** with **any** Anger!
4. The anger abuser can **completely remove all** anger permanently!

You build relationships like someone would carefully build a house.

The angry person throws a bomb into that house that destroys the house of relationship that you have carefully built.



One hour later, the **angry** person expects **you** to just

“Get Over It”

or to

“Move On”.

What they do not realize is that it **takes 1-2 YEARS** for a relationship to **recover** from **one** outburst of anger.

Whether or not this angry person decides to give up their evil addiction...

YOUR life is about to get much **Better!**

This booklet will teach you **HOW** to **DEAL** with an angry person.

Why do People Get Angry?

All Angry people are **Liars** and **Blamers**! They spend their lives **BLAMING** their Anger on some person or situation.

Why **Anger** Makes Us **Irrational** Betterhelp.com

The Amygdala Hijack: The brain's alarm system (the amygdala) kicks into overdrive, prioritizing immediate threat response **over long-term consequences**.

Prefrontal Cortex Shutdown: The rational, logical part of your brain is essentially **suppressed** by the overwhelming emotional and physical arousal.

Tunnel Vision & Exaggerated Threat: You **lose perspective**, making it **difficult** to **consider alternative solutions** or **objectively assess the severity** of a situation.

Rigid Beliefs: Irrational reactions are often **amplified** by **inflexible expectations** or **demands** (e.g., believing a situation "**must**" or "**should**" **always go your way**).

You could find **100 people** in the **same situation** who would **NOT EVER consider** getting angry under the **EXACT same circumstance**.

Anger is **NOT** because of **YOU** or because of the **SITUATION**.

They got angry for **ONE** reason.

They LIKE it!

Anger is a **power** trip and an **adrenaline** rush. Anger gives as much **ENERGY** as a **10-30** cups of **coffee**. That adrenaline rush is **addictive**.

Energy from Anger MentalHealth.com

When you get angry, your **adrenal glands** instantly **flood** your system with **adrenaline** and **noradrenaline**. This process spikes your heart rate, increases your respiration, and creates a **massive, immediate burst** of **physical power and energy**.

Angry people feel more **POWERFUL** when Angry. They **don't need** to **negotiate, listen** or try to **resolve** situations.

They feel that they can **simply OVERPOWER & CONTROL** everyone and **MAKE everyone** do what **they want**.

My **Personal Story** of **Deliverance** from **Anger**

Having been raised by a **dad** who was the **angriest** person I have ever met, I was very familiar with how **abusive** anger is.

If you use **alcoholism** as an **analogy** of anger, my dad was the **worst gutter drunk** on the planet.

As a young man of 22 years old, I **hated** my dad's anger, and I was **determined** to **never** be **like** my dad.

I was the first Christian in my family, and I was in my first year of full-time pastoral ministry. I did not get angry very often, but I did have **occasional** spurts of anger.

Using the **alcohol analogy**, if my dad was a gutter drunk on the addiction of anger, I was a **social** drinker. I felt like I could be angry "*every now and then*" and still be in control of myself.

One day the Lord spoke very clearly to me and said these words:

*"John, you have **one year**
to **completely rid** your life of **ALL** Anger
or I will **permanently remove** you from **ministry**"*

I knew this was from the Lord.

I certainly never would have thought such a line.

You can be sure that Satan was thrilled for me to remain an angry person.

I loved being in ministry and this word from the Lord awakened a healthy fear of the Lord in my life.

It was easy to see the truth of how **all** of my anger came from **blaming** others.

In addition, I spent the next year studying **every verse** in the Bible on "Man's **Anger**." Those verses are in the next chapter. Those verses are **terrifying** in their **clarity** and **fierceness**.

Chap. 4

EVERY Verse in the Bible on Man's Anger Condemns Anger as Evil?

Genesis 49:6-7 *Let me not enter their council, let me not join their assembly, for they have killed men in their anger and hamstrung oxen as they pleased. **Cursed** be their **anger**, so fierce, and their fury, so cruel! I will **scatter** them in Jacob and disperse them in Israel.*

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

Psalms 37:8 ***Refrain** from **anger** and **turn** from **wrath**; do not fret-it **leads only** to **evil**.*

Prov. 12:16 *A **FOOL** shows his **annoyance** at **once**, but a prudent man overlooks an insult*

Prov. 12:18 ***Reckless words pierce** like a **sword**, but the tongue of the wise brings healing.*

Prov. 14:29 *A patient man has great understanding, but a **quick-tempered** man displays **folly**.*

Prov. 15:18 *A **hot-tempered** man **stirs up dissension**, but a patient man calms a quarrel.*

Prov. 16:32 ***Better** a patient man than a warrior, a man who **controls** his **temper** than one who takes a city.*

Prov. 17:27 *A man of knowledge uses words with restraint, and a man of **understanding** is **even-tempered**.*

Prov. 19:19 *A **hot-tempered** man **MUST pay** the **penalty**; if you rescue him, you will have to **do it again***

Prov. 20:3 *It is to a man's honor to avoid strife, but every **FOOL** is **quick** to **quarrel**.*

Prov. 22:24 *Do **NOT** make **friends** with a **hot-tempered** man, do **NOT associate** with **one easily angered***

Prov. 27:4 **Anger** is **CRUEL** and fury overwhelming

Prov. 29:11 A **FOOL** gives **full vent** to his **anger**, but a wise man keeps himself under control.

Matthew 5:22 But I tell you that anyone who is **angry** with his brother will be **subject** to **JUDGEMENT**. Again, anyone who says to his brother, 'Raca,' is answerable to the Sanhedrin. But anyone who says, 'You fool!' will be in danger of the **fire** of **hell**.

Ephesians 4:26 "In your anger do not sin" Do **not let the sun go down while you are still angry**,

Ephesians 4:31 Get **RID** of **ALL bitterness, rage** and **anger**, brawling and slander, along with every form of malice.

Colossians 3:8 But now you **must RID yourselves** of **all** such things as these: **anger**, rage, malice, slander, and filthy language from your lips.

James 1:19,20 My dear brothers, take note of this: Everyone should be quick to listen, slow to speak and **slow** to become **angry**, for **man's anger** does **not** bring about the **righteous** life that **God desires**.

Did you catch the two themes?

Angry People DIE ALONE!

Gen. 49:6-7, Prov. 19:19, 22:24, Mt. 5:22.

Angry people are blamers who throw bombs that destroy relationships.

Most family, friends and co-workers will wait years or decades to simply **GET AWAY!** Mates wait until the kids are gone to divorce their anger-aholic mate. Adult children move away. Co-workers look for different jobs. Jacob's prophecy in Genesis is fulfilled. They become scattered and alone.

Angry People are Evil FOOLS!

Ps. 37:8, Prov. 12:16, 20:3, 15:18, 20:3, 29:11

GLAD & SAD instead of MAD!**GLAD instead of MAD!**

Thankfulness is the **opposite** of anger!

Thankfulness is extremely powerful and can **immediately end** all anger. The Bible is very strong in explaining that you can find something to be thankful about in ANY situation and that this “Thankful Attitude” is always the will of God.

*I Thess. 5:18 Give **Thanks** in **ALL Circumstances**; for
This is God's Will for **You** in Christ Jesus.*

When the Lord Jesus gave me one year to get rid of ALL Anger in my life, I discovered the massive power of **SPEAKING OUT LOUD** something for which I was thankful, when I felt irritation.

It was shocking how **quickly** the irritation **evaporated**. Often, I found myself smiling or even laughing.

To find something to be thankful for, I usually had to **START** the sentence by **faith** – **NOT KNOWING** what I was **going** to **say**. I would say: “*I am thankful in this situation for....?*” The Lord always supplied an end to that sentence.

In many cases being thankful caused me to be a **better listener**. I found myself **validating** the **perspective** of **another person**.

In our booklet on thankfulness, I point out that Satan has a false substitute for almost every gift of God. However, **Satan** has **NO response** to thankfulness.

In some ways, thankfulness is the **highest expression** of **faith** and the **greatest weapon** for every Christian.

SAD instead of MAD!

The **one time** that glad does **not solve all** anger is when there is a **necessary tension discussion** over a sensitive subject.

It is easy to get irritated and defensive before and during tension discussions. If someone already has an addiction to anger, the irritation can come quickly.

Surprisingly, I found out that **becoming sad** is just as **EASY** as Mad.

However, I usually had to **choose in advance** to embrace sadness as a strategy when tension increases.

Sad is so much better because:

- Sad **OPENS** doors of communication!
- Mad **CLOSES** doors of communication!

- Sad moves **SLOWLY**!
- Mad **overreacts QUICKLY**!

- Sad **DRAWS** others closer.
- Mad **DRIVES** everyone away.

- Sad is **COMPASSIONATE**!
- Mad is **CRUEL**!

- Sad wants to find **solutions** for everyone.
- Mad wants to **DOMINATE** Everyone!

- Sad can be **honest** and **kind**!
- Mad **enjoys hurting** people!

The beauty of glad & sad instead of Mad is that it does **NOT** tell the angry person to **STOP feeling** emotions.

Rather, you learn to **RE-DIRECT** your emotions into positive healthy directions.

Chap. 6

Why All Solutions to Dealing with Angry People Begin with “Consequences”

Anger gives so much demonic pleasure. The pleasure must be taken away. First and foremost, you must start with Consequences because the **Bible commands** it.

*Prov. 19:19 A **hot-tempered** man **MUST** pay the **penalty**; if you rescue him, you will have to **do it again**.*

Once you understand that anger is nothing more than an evil addiction, it is much easier to bring consequences.

Anger bullies actually feel **SELF-RIGHTEOUS** after they express their anger. They **pretend** that this perceived wrong was so **horrible** that they were **RIGHT** to **unload** their **cruelty** on everyone.

This addiction is so evil that an angry person **MUST** have **consequences** to break these deceptions and addictions.

Heaven or Hell

Anger is such raw sewage of selfishness that it is **likely** that this **angry** person will be in **Hell** when they die.

*Mt. 5:22 But I tell you that anyone who is **angry** with a brother or sister will be subject to judgment. Again, anyone who says to a brother or sister, 'Raca,' is answerable to the court. And anyone who says, 'You fool!' will be in **danger** of the **fire of hell**.*

Please read the booklet:

*“Will **Halfway Christians** go to **Hell**?”.*

You will see that the Bible speaks strongly on this subject.

Someone who thinks they can embrace anger and still be a Christian is likely a Halfway Christian.

Chap. 7

Breaking **Demonic Strongholds**

Demons and Generational Curses tend to go together. A Generational Curse is when sinful patterns of parents have not been clearly renounced. The Generational Curse gives room for demons to attack your soul. Once you renounce a Generational Curse, it is important to then break free from all Demonic presence.

First Repent → Then Renounce.

Anger is such an intentional cruelty, that it is essential to first **REPENT** and to **walk out** repentance by **embracing consequences**.

*James 4:7-10 **Submit** yourselves, then, to **God**. **Resist** the **devil**, and he will **flee** from you. ⁸ Come **near** to God and he will come **near** to you. Wash your hands, you sinners, and purify your hearts, you double-minded. ⁹ **Grieve, mourn** and **wail**. Change your laughter to mourning and your joy to gloom. ¹⁰ **Humble** yourselves before the Lord, and he will lift you up.*

Anger addicts believe that their demon of **anger** is their **FRIEND** who makes them **powerful**.

You **MUST** see this evil demon **clearly** before you can **break** its **power** over your mind.

*John 8:31-36 To the Jews who had believed him, Jesus said, "If you hold to my teaching, you are really my disciples. Then you will **know** the **truth**, and the **truth** will **set** you **free**." They answered him, "We are Abraham's descendants and have never been slaves of anyone. How can you say that we shall be set free?" Jesus replied, "Very truly I tell you, everyone who sins is a slave to sin. Now a slave has no permanent place in the family, but a son belongs to it forever. So if the **Son** sets you **free**, you will be **free indeed**."*

The Goal of This Booklet

If you interact with anger addict, it is essential to bring consequences. The goal of this booklet is to beg you to get counseling to help you with clearly, calmly and consistently applying consequences. Occasionally, I have someone with an anger addiction who does not want to lose their family or their soul. (Mt. 5:22)

With these semi-humble individuals, I work with them and their families to create consequences equal to the damage they cause with their anger. If they embrace these consequences, they can see complete deliverance from the addiction of anger.

The Fab Five

After you study the booklet on *“Will Halfway Christians go to Hell?”*, there are five fabulous booklets that answer every hard question about Biblical Christianity.

5 Short Booklets on Researching Jesus & Christianity Skim in 5-10 minutes each.

I personally was **not** raised in a **religious** home. As a teen I spent 5 years deeply investigating **every world religion**. Because I desperately wanted clear, logical, provable answers to hard questions, I want to offer that same blessing to others who are seeking. That is why I wrote booklets that can be **SKIMMED** in **5-10 minutes** each.

**FAB
FIVE**

1. **Christianity** - The **ONLY** Logical Religion
2. **Hell** – Why Would a Loving God Create an Eternal Hell?
3. **The Blood of Jesus** – The Most Powerful Words Ever Spoken.
4. **The Cross** – The Story of the Last 24 hours
5. **Test Yourself** – Do your Life Goals bring you LIFE?

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