

Anger

An Evil Addiction

Break it
or you will
Die ***Alone.***



Style of writing!

I love bullet points!

Don't talk me to death.

Give me your bottom line first and then make your explanation brief.
That is why:

- My table of contents gives the main subjects!
- The Intro. briefly answers each question in the booklet.
- The chapters are brief studies, filling in each point.

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Intro – Overview

1. **Hope for those who DEAL with Angry People!**

This booklet is especially helpful for those who DEAL with Angry people. (*Expanded study in chap. 1 – pg. 1*)

2. **Why do people get Angry?**

It has NOTHING to do with circumstances. Anger is a power trip and an adrenaline high. (*Expanded study in chap. 2 – pg. 3*)

3. **My Personal Story of Deliverance from Anger!**

God gave me one year to get rid of all anger. (*Expanded study in chap. 3 – pg. 5*)

4. **Does EVERY verse in the Bible on Man's Anger condemn anger as evil?**

Absolutely! Here is every Bible verse on Man's Anger. (*Expanded study in chap. 4 – pg. 7*)

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

The perfect way to redirect your emotions. (*Expanded study in chap. 5 – pg. 9*)

6. **Why All Solutions to Dealing with Angry People Begin with "Consequences"**

Anger gives so much demonic pleasure. The pleasure must be taken away. (*Expanded study in chap. 6 – pg. 11*)

7. **Breaking Demonic Strongholds**

A demon of anger is a valid concern. In addition, generational curses must be renounced. (*Expanded study in chap. 6 – pg. 13*)

Hope for those who DEAL with Angry People!

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 try to 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 live their lives **BLAMING** their Anger on some person or situation.

The **truth** is that you could find **100 people** in the **same situation** who would **not ever consider** getting angry under the **EXACT same circumstance**.

Thus, they did **NOT** get angry 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 massive dose of caffeine. That adrenaline rush is **addictive**.

In addition, 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**.

Does EVERY Verse in the Bible on Man's Anger Condemn 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.

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 an 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?

Even if you were raised in church and are passionately committed to Jesus, you will find yourself greatly encouraged by these booklets.

If you are not as familiar with Christianity, you will find yourself fascinated by these booklets.

We also have 100+ booklet studies coming out.

Here is a sample list of 10 of our booklets.

1. Bible Reading:

The Secrets to Sweetness in God's Word!

This study shows how a One Year Bible enables you to cover the entire Bible in one year. In addition, it shows how hunger-based reading is so different from performance-based reading.

2. The Blood of Jesus:

The Most Powerful Words Ever Spoken

This study teaches us to daily live with a clean heart and to keep short accounts when we stumble.

3. Bosses - What They Wish You Knew

This study gives us a bigger picture of the pressures and responsibilities that are carried by every boss.

4. Christianity – the ONLY Logical Religion

This study compares Christianity to all other religions and shows why only Christianity answers the hard questions.

5. Conflicts – How to Remove All Strife from My Life!

The Bible teaches that truth is a belt, and our perspective is a belt loop.

6. The Cross – The Story of the Last 24 Hours

This study combines all four gospels to examine the last 24 hours and what happened on the cross.

7. Grace – the Power to WANT to do Right!

This study teaches us to release God's Grace constantly so that God can change our hearts and give us HIS desires.

8. Marriage – 3 Bottom Lines!

Six times the Bible says that the purpose of Marriage is for the two to become one.

9. Science & the Bible – How They Agree

Many modern scientific breakthroughs were predicted and practiced in the Bible thousands of years ago.

10. Test Yourself:

Do your Life Goals bring you LIFE?

Finish the sentence “*I Want ...*” and see what you get.

Our goal is to provide

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