

Relationships 3.0

Love is not easily angered

I Corinthians 13:5 "Love is not easily angered, it keeps no record of wrongs.

What is anger ?

Anger is an emotion from God to love in a greater way.

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

Anger is a warning signal.

What are the causes of anger ?

Fear

Frustration

Unfulfilled expectations

Hurt

What are the solutions to anger ?

First solution : Reflect before I react.

James 1:19 My dear brothers, take note of this: Everyone should be quick to listen, slow to speak and slow to become angry,

Second solution : Forgive even when I don't feel like it

Ephesians 4:31-32 Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.

Matthew 18:21-22 Then Peter came to Jesus and asked, "Lord, how many times shall I forgive my brother when he sins against me? Up to seven times?" Jesus answered, "I tell you, not seven times, but seventy-seven times.

Step One : Identify why I am angry with this person.

Step Two : Determine what they owe me.

Step Three : Cancel the debt.

Step Four : Discuss the truth in love so all can learn from it and move on.

Step Five : Dismiss the case.

Step Six : Set up God-honoring boundaries.

Proverbs 25:17 Seldom set foot in your neighbor's house-- too much of you, and he will hate you.

Proverbs 22:24 Do not make friends with a hot-tempered man, do not associate with one easily angered,

Galatians 6:2-7 Carry each other's burdens, and in this way you will fulfill the law of Christ. **3** If anyone thinks he is something when he is nothing, he deceives himself. **4** Each one should test his own actions. Then he can take pride in himself, without comparing himself to somebody else, **5** for each one should carry his own load. **6** Anyone who receives instruction in the word must share all good things with his instructor. **7** Do not be deceived: God cannot be mocked. A man reaps what he sows.