

OVERCOMING ANGER

Sermon Series : Overcome

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Three Major Problems with Anger

One: We view anger as either “good” or “bad”

Two: We handle anger in one of two extremes

Three: We lack the understanding & skill of how to handle anger righteously

James 1:19; Ephesians 4:26a; Matthew 22:7

Problem # 1: We view anger as wither “good” or “bad”

Anger: A strong passion or emotion of displeasure, and usually antagonism, excited by a sense of injustice or insult.

Feeling angry is neither good nor bad anymore than feeling hungry is. What we do, or don't do, in response can be “right” or “wrong”; “excessive” or “minimal”; or if we're committed enough...we may try and ignore it all together.

“Anger is a signal, and one worth listening to. Our anger may be a signal that we are being hurt, that our rights are being violated, that our needs and wants are not being adequately met, or that simply something is not right.”

Harriot Lerener, PhD (The Dance of Anger)

Value/Self - Worth rights needs/wants convictions

Mark 3:1-6; Hebrews 4:14-16

Two Extremes

Suppression/Passivity

Their value/worth

Their rights

Their needs/wants

Their convictions

At my expense

Aggression/Hostility

My value/worth

My rights

My needs/wants

My convictions

At their expense

Psalm 42:9 (NASB)

Problem # 2 : We handle anger in one of two extremes

For the Aggressive/hostile...James 1:19-22

For the suppressive/passive...Ephesians 4:24-27

We lack the understanding and skill of how to handle our anger righteously

Colossians 3:6; Ephesians 4:29-31

Problem # 3 : We lack the understanding & Skill of how to handle anger righteously

Requesting help

“I'm feeling angry right now, but don't worry. I'm not going to attack you. But I do need your help. Is this a good time to talk?”

-Gary Chapman, author “Anger: Handling a powerful emotion in a healthy way”

Galatians 5:22-23

Questions :

What does overcoming anger look like for you? How has anger impacted you?

Whats your go to for dealing with anger?

Where do you find your anger comes from? What is the root?