

# What Do I DO When I'm Angry?

## 4 Steps:

☐ remember what we learned previously:

Anger can become an idol to us, eclipsing even the Word of God.

Moses shatters the 10 Commandments: *Exodus 32: 15-19*

Moses strikes the rock: *Numbers 21: 1-13*

Anger is *sometimes* good and appropriate. The Word tells us the anger of man, though, does NOT result in the righteousness of God (*James 1:19-20*). Only righteous anger (being angry at that which also makes God angry), fully submitted to the Lord (*Romans 12:19*) (showing self-restraint and leaving room for the Lord to move) is okay.

Submitting my anger to the Lord is **not the same** as giving in to that which made me angry, **nor does it say it's not worth being angry about**. Rather, it is acknowledging that God saw it, it made Him angry, and I am "leaving room for God's wrath" (*Romans 12:19*), trusting Him to deal with it in His perfect timing.

☐ Keep my emotions in check, remembering I am in charge of my emotions, they are not in charge of me:

✝ Proverbs 29:11 ✝

*A fool gives full vent to his spirit, but a wise man quietly holds it back.*

✝ Proverbs 15:18 ✝

*A hot-tempered man stirs up strife, but he who is slow to anger quiets contention.*

✝ Proverbs 29:22 ✝

*A man of wrath stirs up strife, and one given to anger causes much transgression.*

📖 remember what my **ACTUAL GOAL** is, and stay focused on that:

✝ Ephesians 4:26-27 ✝

*Be angry and do not sin; do not let the sun go down on your anger, and give no opportunity to the devil.*

👉 Stay right with God.

👉 Identify and address the actual, real problem.

✝ James 3:17 ✝ *But the wisdom from above is first of all pure, then peace-loving, gentle, accommodating, full of mercy and good fruit, **impartial**, and sincere.*

✓ Get God's perspective

✝ Matthew 5:9 ✝

*Blessed are the peace**makers**, for they will be called children of God.*

✓ Notice this says 'makers', not 'keepers'. Conflict is sometimes necessary to move us toward the correct end. *Work* toward a peaceful solution that honors God.

✝ Ephesians 4:29 ✝

*Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen.*

✓ Stick only to the facts, leaving out adjectives and not assuming or assigning motivations (it is okay to ask, in order to discover the **real** motivations with an eye toward solving the **real** problem).

📖 Now **ACT ON THAT**:

Do and say only what meets those criteria, but actually DO IT.

#### IN SUMMARY:

When I am angry, I:

1) **Stop** and remember to fully **submit my anger to the Lord**, bearing in mind that if I do not, that anger can become an idol to me, eclipsing even the Word of God. I do not want that.

2) I remember that my most important goal here is to remain in right relationship with Jesus, and to that end, I can rightly discern the true issue at hand.

3) I remember that I am an ambassador of Jesus in this and every situation, fully empowered by the Holy Spirit, with access to heavenly wisdom, to be a **peacemaker**.

4) I ACT on that.

#### STUDY QUESTIONS:

🤔 How can anger become an idol? Have I experienced or witnessed this?

🤔 How do I usually react? What role do the words I use play?

🤔 How does keeping a right relationship with the Lord inform my actions?

🤔 What can I do to change the outcome of the way I usually handle my anger?