



# How To Manage Your Anger

# Righteous ANGER

- **Psalm 7:11** *God is a just judge, and God is angry with the wicked every day.*
- **Mark 3:4,5** *And he [Jesus] said to them, “Is it lawful on the Sabbath to do good or to do harm, to save life or to kill?” But they were silent. And he looked around at them with anger, grieved at their hardness of heart, and said to the man, “Stretch out your hand.” He stretched it out, and his hand was restored.*

# Unrighteous ANGER

- **Psalms 37:8** *Refrain from anger, and forsake wrath! Fret not yourself; it tends only to evil.*
- **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.*

# 1. Resolve to manage it!

Proverbs 15:1

A soft answer turneth away wrath: but grievous words stir up anger.

## 2. Realize the cost.

*Proverbs 29:22*

*An angry man stirreth up strife, and a furious man aboundeth in transgression.*

# 3. Reflect before reacting.

*Proverbs 29:11*

*A fool uttereth all his mind: but a wise man keepeth it in till afterwards.*

# 3. Reflect before reacting.

*Three causes of anger:*

*1. Hurt*

*2. Fear*

*3. Frustration*

# 3. Reflect before reacting.

*Ask yourself*

- 1. Why am I angry?*
- 2. What do I really want?*
- 3. How can I get it?*

4. Release my anger appropriately.

*Ephesians 4:26*

*Be ye angry, and sin not: let not the sun go down upon your wrath:*

## 4. Release my anger appropriately.

- 1. Don't SURPRESS!*
- 2. Don't EXPRESS!*
- 3. Just CONFESS!*

## 5. Repattern my mind.

Philippians 4:8 Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things.



# How To Manage Your Anger