

Building Great Relationships
How to Manage Your Anger

I. Introduction

- A. God gave us the emotion of anger. Therefore, anger is not necessarily sin!
 - 1. The key is how you manage your anger!

II. How to Manage Your Anger

- A. Make a decision to manage it.
 - 1. We must stop saying that we can't control our anger and start saying we can!
 - 2. We have to quit making excuses and justifying our anger!
 - 3. Proverbs 28:13 (NAS)
- B. Realize the cost of not controlling your anger.
 - 1. Proverbs 14:17a (NAS)
 - 2. Proverbs 15:18a (NAS)
 - 3. Proverbs 6:16-19 (NAS)
 - 4. Whenever you lose your temper, you lose!
 - 5. You can lose everything if you don't control your anger!
- C. When you begin to get angry, don't respond impulsively.
 - 1. Proverbs 29:11 (NAS)
 - 2. Delay is a great tool in controlling anger.
 - a. Ephesians 4:26-27 (NAS)
 - 3. When you don't stop and think things through, you almost always do the wrong thing!
 - 4. Proverbs 19:11a (NAS)
 - 5. The more understanding you have about why you're angry, the more understanding you'll be!
 - 6. Ask yourself 3 questions to help understand your anger:
 - a. Why am I angry?
 - (1) Causes of anger:
 - (a) Hurt
 - (b) Fear
 - (c) Frustration

- b. What do I really want in this situation?
 - c. How can I get what I really want?

- D. Release my anger appropriately.
 - 1. Ephesians 4:26 (NAS)
 - 2. *The Language of Love & Respect* by Dr. Emerson Eggerichs
 - 3. *Make Anger Your Ally* by Neil Warren
 - 4. Three things not to do with your anger:
 - a. Repress it - - That hurts you both emotionally and physically.
 - b. Suppress it - - Until you admit your anger and face it, you can't be healed.
 - c. Express it - - Blow up, pout, manipulate others with it, etc.
 - 5. The biblical way to release your anger:
 - a. Confess it - - Admit it to yourself, to God and possibly to others.
 - b. Admit why you're angry, too!

- E. Change the way I think.
 - 1. Romans 12:2 (NAS)
 - 2. "What you think about you eventually feel; what you feel you eventually do."
 - 3. If you want to change the way you've been dealing with anger, you must have some mental reconditioning.
 - a. Write yourself a letter that states your ideal response to anger.
 - b. Memorize and meditate regularly on Scripture that deals with anger.
 - 4. Proverbs 15:18 (NAS)

- F. Get to know some people who manage their anger well.
 - 1. Proverbs 22:24-25 (NAS)
 - 2. We are affected by other people's anger!
 - a. I Corinthians 15:33 (NAS)
 - 3. The importance of small groups.
 - 4. Parents: What are you modeling to your children in how to deal with anger?

III. Conclusion