

*Simply Relate*  
**Diffusing Anger in Our Relationships**

**I. Introduction**

- A. Proverbs 29:11 (NAS) *A fool always loses his temper, But a wise man holds it back.*
- B. Two typical reactions to anger
  - 1. Being aggressive
  - 2. Being passive

**II. How to diffuse anger in our relationships**

- A. Admit my anger.
  - 1. Ephesians 4:26-27 (NAS) *<sup>26</sup>BE ANGRY, AND YET DO NOT SIN; do not let the sun go down on your anger, <sup>27</sup>and do not give the devil an opportunity.*
  - 2. Anger is a God-given emotion!
- B. Try to understand my anger.
  - 1. Prov. 29:11a (NAS) *A fool always loses his temper.*
  - 2. "Why am I angry?"
  - 3. Some causes of anger
    - a. When I feel rejected
    - b. When I feel unappreciated
    - c. When I feel unsupported
    - d. When I feel uncertain
  - 4. The key to dealing with anger is to understand why you're angry!
  - 5. Almost always, the root cause of anger is either hurt, frustration, or fear.
- C. Don't procrastinate dealing with my anger.
  - 1. Eph. 4:26-27 (NAS) *<sup>26</sup>BE ANGRY, AND YET DO NOT SIN; do not let the sun go down on your anger, <sup>27</sup>and do not give the devil an opportunity.*

2. Job 18:4 *"You are only hurting yourself with your anger."* (Good News Translation)

3. The more you hold on to your anger, the more it builds up inside of you!

D. Control my anger.

1. Prov. 29:11 (NAS) *A fool always loses his temper, But a wise man holds it back.*

2. Communicate your feelings without attacking the other person.

3. James 1:19b (NAS) *Let everyone be quick to hear, slow to speak and slow to anger.*

a. Stop and think before you talk!

4. Prov. 15:1 (NAS) *A gentle answer turns away wrath, But a harsh word stirs up anger.*

a. Be brief.

b. Be specific.

c. Be humble.

**III. Seven rules for a fair "fight"**

A. Never compare.

B. Never condemn.

C. Never command.

D. Never challenge.

E. Never condescend.

F. Never contradict.

G. Never confuse.

**IV. How can Jesus help me with my anger?**

A. He accepts me when I feel rejected.

B. He values me when I feel unappreciated.

C. He's there for me when I feel unsupported.

1. Matthew 28:20 (NAS) *"And lo, I am with you always, even to the end of the age."*

D. He says to me, "fear not" when I feel uncertain.

1. "Jesus, come into my life. Replace my anger with your love. Replace my bitterness with your joy. Replace my anxiety with your peace."

## **V. Conclusion**

### **Upcoming messages:**

**6/9-10/2012 – "Overcoming a Giant Sized Challenge"**

**6/16-17/2012 – "Why it's Great to Be a Dad"**