

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) *²⁶BE ANGRY, AND YET DO NOT SIN; do not let the sun go down on your anger, ²⁷and 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) *²⁶BE ANGRY, AND YET DO NOT SIN; do not let the sun go down on your anger, ²⁷and 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"