

LEARNING TO DEAL WITH ANGER

7/7/18

Purpose of this sermon --

- * To help you deal with your anger
- * To equip you to help other people to deal with anger

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*There is much anger in the world

Rev. 12:12 the devil has great wrath
Eph. 2:2-3 prince of the power of the air

*There is anger directed toward you

1 Sam. 18:8 Saul was very angry toward David
 11 Saul threw a javelin at David -- (also 19:10)
Acts 7:54 the mob had great anger toward Stephen

*There is anger emanating from you

Mark 3:5 Jesus had anger toward them
Eph. 4:26 be you angry and sin not -- deal with your anger
quickly
 27 don't give place to the devil

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*Charles F. Stanley (a pastor in the Baptist denomination) is a radio/television broadcaster & writer. He has written more than 35 books. Dr. Stanley's book, *Surviving in an Angry World* (copyright 2010), thoroughly discusses the topic of anger.

On pages 4-5, Dr. Stanley wrote: "Anger is a feeling. It is a strong emotion that is often intertwined with other emotions. We need to be honest about our emotions. They are our frontline response to life. As much as a person may desire or strive to act and live in a rational, objective, and dignified manner, acting that way all the time is *not* realistic. We respond to life events first out of our emotions and with a basic two-option determination -- "I like this" or "I don't like this." We decide whether some-thing is good or evil, right or wrong, helpful or harmful almost instantly. Most people make up their minds before they have the time or the opportunity to gather objective data and determine the best decision to make.

"God, who created every aspect of our being *for our good*, made us feel and express emotions. He created us with a capacity to feel love, joy, and peace. The Lord also allows us to experience frustration, hate, and fear. He gave us specific emotions to help us intuitively, and immediately recognize danger, injustice, and evil

intent. . . .

"God intends for us to experience, express, and use our emotions to direct right behavior. They are intended to be triggers that prompt us to action, and our action is to be guided toward good and godly ends. . . .

"Your emotions are never to rule over you. You are to be the master of your responses and reactions. The person who allows himself to be ruled by emotions is on a continual roller coaster. He has failed to resolve the issues that trigger an emotional response and is always pulled from one high to the next low. Such a person is easily swayed by others and very often 'acts out' in inappropriate, unproductive, or ungodly ways."

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On page 71, Dr. Stanley discussed "anger's link to other emotions."

Anger + Hatred = Rage
Anger + Bitterness = Revenge
Anger + Worry = A Divided Mind
Anger + Confusion = Turmoil/Indecision
Anger + Insecurity = Manipulation/Control Tactics
Anger + Stress = Burnout
Anger + Resentment = Retribution
Anger + Fear = Irrational Response
Anger + Sorrow = Disorientation/Inability to Function

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On pages 79-90, Dr. Stanley discussed "ten steps for dealing with anger."

Step 1 -- Admit Your Anger to God
Step 2 -- Identify the Source of Your Anger
Step 3 -- Purpose in Your Heart to Give Up All Rights to Anger
Step 4 -- Take a Time Out
Step 5 -- Get to the Root of the Problem
Step 6 -- Voice Your Anger to the One Who Can Help You the Most
Step 7 -- Redirect Your Energy
Step 8 -- Reset Your Personal Emotional Dial
Step 9 -- Predetermine How You Will Respond in the Future
Step 10 -- Set Emotional Goals in Key Relationships

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On page 91, Dr. Stanley wrote: "Keep three principles in mind for dealing with your anger. . . . Prevent what you can prevent. . . . Learn from what you cannot prevent. . . . Ask God to help you lay aside angry responses that do not bring about a positive result."

"Some anger is so deep that only the grace of God can heal it. The anger has been there for so long and has become such a part of daily life that the person cannot possibly free himself. The good news is that no degree of anger is beyond God's reach. Ask the Lord to prune any anger from your heart."