

HOW CHRISTIANS HANDLE ANGER

Anger is one of the most potent emotions in our lives. It is a gift of God designed to help us care about injustice and evil. It protects the individual from hurt, frustration and danger. The problem is, like all of our emotions, it is often out of control.

**TO BEGIN TO UNDERSTAND HOW WE CAN PROPERLY UTILIZE OUR ANGER,
WE NEED TO UNDERSTAND ITS TWO PARTS.**

THUMOS

This is to strike back quickly, often **like an explosion**.

ORGÉ

This is the expression, *I do not get back, I get even*. It is the slow smoldering burn that harbors resentment.

Remind Ourselves Of The Danger!

Proverbs 14:17 _____

Ecclesiastes 7:9 _____

Psalms 37:8 _____

Colossians 3:8 _____

Breaking The Pattern

Some psychologists say that the way a person responds to anger one time is probably the way they will respond the next time. Responses to anger can be habit-forming. It is a challenge to respond in a way that is pleasing to God.

STEPS TOWARDS CONTROL

1. Understanding Why Anger is Being Expressed _____

2. Anger Properly Used Can be Helpful _____
Mark 3:1-5 _____
John 2:13-17 _____

3. Person or Circumstance _____

4. This is a Test _____

5. Deal With It Quickly _____
Matthew 5:25 _____
Ephesians 4:26-27 _____

6. Learn the Art of Talking and Listening _____

7. Be Specific, Not General _____

8. Do Not Keep Records _____

9. Emotion/Action or Actions/Emotions _____

10. Developing the Mind of Christ _____
