

## How to Process Anger

**Our Mission: To take as many people to Heaven as we can before we die. Period.**

"You have heard that the law of Moses says, 'Do not murder. If you commit murder, you are subject to judgment.' But I say, if you are angry with someone, you are subject to judgment!" **Matthew 5:21-22 NLT**

**What is righteous anger vs. unrighteous anger?**

**Righteous anger is when what angers you angers God too.**

**Righteous Anger creates confrontation and change (repentance).**

"Learn to do good. Seek justice. Punish those who hurt others. Help the orphans. Stand up for the rights of widows." **Isaiah 1:17 NCV**

The wrong things the sinful self does are clear: being sexually unfaithful, not being pure...doing witchcraft, hating, making trouble, being jealous, being angry, being selfish, making people angry with each other, causing divisions among people, feeling envy, being drunk, having wild and wasteful parties, and doing other things like these. I warn you now as I warned you before: Those who do these things will not inherit God's kingdom. **Galatians 5:19-21 NCV**

**DESTRUCTIVE OR UNRIGHTEOUS ANGER IS...**

**Anger that damages others.**

**Anger that destroys you.**

**2 Ways to Express Anger:**

**Exploders**, lash out, say things quickly, dominate, threaten. Rage doesn't work, it just feeds the monster, and creates an unstable environment.

**Imploders**, go silent, hide, withdraw, but you don't forget...you stew on it, fester, connive, you become cynical.

The whole law is made complete in this one command: "Love your neighbor as you love yourself." If you go on hurting each other and tearing each other apart, be careful, or

you will completely destroy each other. **Galatians 5:14-15 NCV**

In your anger, do not sin... **Ephesians 4:26 NIV**

Go ahead and be angry. You do well to be angry—but don't use your anger as fuel for revenge. And don't stay angry. Don't go to bed angry. Don't give the Devil that kind of foothold in your life. **Ephesians 4:26-27 MSG**

## **2 Simple Steps:**

### **1. Delay your full response.**

"Even fools are thought to be wise when they keep silent. When they keep their mouths shut, they seem intelligent." **Proverbs 17:28 NLT**

"A fool gives full vent to anger, but a wise person quietly holds it back." **Proverbs 29:11 NLT**

### **2. Get in the Presence of God. Be stilled and be filled.**

"Step out of the traffic! Take a long, loving look at me, your High God, above politics, above everything." **Psalms 46:10 MSG**

**Message Notes: The Holy Bible, New Living Translation, God's Word translation, New Century Version. The Message, by Eugene Peterson. Diffusing Your Anger, by Rick Warren, When Anger Wins, by Doug Fields.**