

May 31, 2020

Speaker: Tim McCardel

Message Series: Your Mission Possible

Today's Message: Handling Anger Properly

James 4:1 *"Do you not know where the fights and arguments come from? They come from selfish desires that war against the soul."*

Jeremiah 17:9 *"The heart is deceitful... beyond cure... who can understand it?"*

Proverbs 11:29 *"The fool who provokes his family to anger and resentment will finally have nothing left."*

1. I Must Admit My Anger

Ephesians 4:25, 26 *"Stop lying to each other: tell the truth... when we lie... we are hurting ourselves. If you are angry, don't sin by nursing a grudge."*

⇒ #1 Cause of Depression: Anger/Depression—Frozen Rage

2. I Must Understand My Anger

Proverbs 19:11 *"A man's wisdom gives him patience."*

Proverbs 14:29 *"A patient man has great understanding but a quick-tempered man displays folly."*

Anger: A Warning Light on Dashboard: **STOP:** Ask Yourself: "Why?" "What's so upsetting?"

We Get Angry When We Feel: Unaccepted... Unappreciated... Unsupported... Unprotected... Uncertain

Three Phases of an Argument:

1. **Recognition:** "There's a problem: Let's stop and talk."
2. **Reaction:** You start talking: Sometimes gets loud/Can get really bad here
3. **Resolution:** You hang in there: It takes TIME to talk about how you both feel.

"When our embarrassment level is exceeded by our desperation level—we are a candidate for God's grace." ~Peter Lord

3. Your Mission Possible: Deal Immediately with My Anger

Ephesians 4:26, 27 *"Never let the sun set on your anger or else you will give the devil a foothold."*

Job 18:4 *"You are only hurting yourself with your anger..."*