

# Anger Management

April 9, 2022 / Brian T. Anderson

## Relationships Made Simple Anger Management

### I. Introduction

A. CONFLICT is inevitable in any relationship, but  is not!

B. Proverbs 29:11 (NAS) *A fool always loses his temper, but a wise man holds it back.*

C. Two typical reactions to anger

1. Being

2. Being

### II. How to Express Anger Appropriately in My Relationships

A.  my anger.

1. Ephesians 4:26-27 (NAS) <sup>26</sup>*Be angry, and yet do not sin; do not let the sun go down on your anger, <sup>27</sup>and do not give the devil an opportunity.*

2. Anger is a - emotion!

B. Try to  my anger.

1. Proverbs 29:11a (NAS) *A fool always loses his temper.*

2. " am I angry?"

3. Anger is just a   that I'm dealing with a different issue than what is on the surface.

4. Some causes of anger

a. When I feel

b. When I feel

c. When I feel

d. When I feel

5. The key to dealing with anger is to understand  you're angry!

6. Almost always, the root cause of anger is either , , or .

C. Don't  dealing with my anger.

1. Ephesians 4:26-27 (NAS) <sup>26</sup>*Be angry, and yet do not sin; do not let the sun go down on your anger, <sup>27</sup>and do not give the devil an opportunity.*

D. Learn to  my anger.

1. James 1:19b (NAS) *Let everyone be quick to hear, slow to speak and slow to anger.*

2. Stop and   you talk!

3. Proverbs 15:1 (NAS) *A gentle answer turns away wrath, but a harsh word stirs up anger.*

a. Be

i. Proverbs 10:19 (NAS) *"When there are many words, transgression is unavoidable."*

b. Be

c. Be

### III. Rules for a Fair "Fight"

A. Never

B. Never

1. You don't   by condemning them!

C. Never

D. Never

E. Never

F. Never

G. Never

### IV. How Can Jesus Help Me With My Anger?

A. Jesus  me when I feel .

B. Jesus  me when I feel .

C. Jesus is  for me when I feel .

1. Matthew 28:20 (NAS) *"And lo, I am with you always, even to the end of the age."*

D. Jesus says to me, "

 when I feel .

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