

Anger Management

Ephesians 4:26-27

East Berlin Community Church

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Introduction

- The volatile, explosive nature of gasoline
- We can run on the fuel of anger.
 - Ephesians 4:26-27-- *"Be angry and do not sin; do not let the sun go down on your wrath, not give place to the devil."*
- The explosive power of suppressed anger
- We need to manage or control anger

Anger Management: Five ways People Manage Anger

A. We can SUPPRESS IT

1. Case study of Saul
 - 1 Samuel 18:5-9-- *"So David went out wherever Saul sent him, and behaved wisely. And Saul set him over the men of war, and he was accepted in the sight of all the people and also in the sight of Saul's servants. Now it happened that as they were coming home, when David was returning from the slaughter of the Philistines, that the women had come out of all the cities of Israel, singing and dancing, to meet King Saul, with tambourines, with joy, and with musical instruments. So, the women sang as they danced, and said: 'Saul has slain his thousands, and David his ten thousands.'" Then Saul was very angry, and the saying displeased him; and he said, 'They have ascribed to David ten thousands, and to me they have ascribed only thousands. Now, what more can he have but the kingdom?' So Saul eyed David from that day forward."*
 - 1 Samuel 18:17 -- *"valiant for me and fight the LORD's battle. For Saul thought, 'Let not my hand be against him, but let the hand of the Philistines be against him.'"*
 - 1 Samuel 20:30-33 -- *"Then Saul's anger was aroused against Jonathan, and he said to him, 'You son of a perverse, rebellious woman! Do I not know that you have chosen the son of Jesse to your own shame and to the shame of your mother's nakedness? For as long as the son of Jesse lives on the earth, you shall not be established, nor your kingdom. Now therefore, send and bring him to me, for he shall surely die.' And Jonathan answered Saul his father, and said to him, 'Why should he be killed? What has he done?' Then Saul cast a spear at him to kill him, by which Jonathan knew that it was determined by his father to kill David."*
 - 1 Samuel 23:14 -- *"Saul sought him every day, but God did not deliver him into his hand."*
2. Damage that can be caused by suppressed anger

B. We can VENT IT!!

1. Forms of non-harmful venting of anger
2. Forms of harmful ventilation
 - a. Harmful when aimed at another person.
 - Proverbs 29:11--*"A fool vents his feelings, but a wise man holds them back."*
 - Proverbs 29:11 (NIV)-- *"A fool gives full vent to his anger, but a wise man keeps himself under control."*
 - James 3:8-9-- *"no man can tame the tongue. It is an unruly evil, full of deadly poison. With it we bless our God and Father, and with it we curse men, who have been made in the similitude of God."*
 - James 1:19-20-- *"So then, my beloved brethren, let every man be swift to hear, slow to speak, slow to wrath; for the wrath of man does not produce the righteousness of God."*

- b. Harmful when it takes the form of verbal or physical abuse.

C. We can SLOWLY LEAK IT!-- Passive-aggressive means

D. We can REDIRECT IT towards a SOLUTION

1. Difference between being “Problem-oriented” and “Solution-oriented”
2. Jesus Christ as solution-oriented.—Luke 2
3. Understanding assertiveness

E. We can GIVE IT OVER TO GOD

1. Example of Jesus Christ
 - 1 Peter 2:21-23-- *“For to this you were called, because Christ also suffered for us, leaving us an example, that you should follow His steps: Who committed no sin, nor was deceit found in His mouth; who when He was reviled, did not revile in return; when He suffered, He did not threaten, but committed Himself to Him who judges righteously.”*
2. Example of David
 - 1 Samuel 24:5-6-- *“Now it happened afterward that David’s heart troubled him because he had cut Saul’s robe. And he said to his men, ‘The LORD forbid that I should do this thing to my master, the LORD’s anointed, to stretch out my hand against him, seeing he is the anointed of the LORD.’”*
 - 1 Samuel 24:12-- *“Let the LORD judge between you and me, and let the LORD avenge me on you. But my hand shall not be against you.”*
 - 1 Samuel 24:15-- *“Therefore, let the LORD be judge, and judge between you and me, and see and plead my case, and deliver me out of your hand.”*
3. Benefits of Giving it to God
 - Romans 12:17-19-- *“Repay no one evil for evil. Have regard for good things in the sight of all men. If it is possible, as much as depends on you, live peaceably with all men. Beloved, do not avenge yourselves, but rather give place to wrath; for it is written, ‘Vengeance is mine, I will repay,’ says the LORD.”*
 - a. Experience God’s peace and blessing
 - b. Makes us proactive rather than reactive in our anger management
4. Need to do so daily because the “accuser of the brethren” reminds us of the offenses against us.