

Dealing with Anger [Series: Finding Victory Within: How to Handle Your Emotions]

- 2 types of anger:

A. Righteous Indignation – a holy and healthy anger aroused against someone or something that is _____, unfair, unworthy, wrong, mean, etc.

5 Standards to Determine if your anger is healthy or not:

1. Controlled
2. No Resentment
3. No Retaliation
4. _____
5. Loving

- Do you feel like it is wrong to get angry?

- Culture - being angry is not only right, but angry people should be rewarded

B. Destructive, “Wrong” Anger – it is a feeling of extreme _____, hostility, indignation, rage, ire, or wrath towards someone or something that has gone against your will

C. 6 Reasons Why this Type of Anger is Wrong

1. Bad health issues
2. When feeling/showing unrighteous anger, you simply *cannot* be experiencing the abundant _____ & grace of God at the same time
3. Initiates irrational behavior & negative consequences
4. Makes you _____ to the needs of other people
5. Reinforces selfish, narcissistic behavior.
6. Destroys relationships
 - a. When you are angry, nobody _____ you & nobody wants to be around you
 - b. People who lose their temper cause every around them to back up emotionally, find some distance, get away & perhaps even run (1 Sam 20)

D. 7 Ways to Deal with Anger

1. Confess It
2. Name the reason WHY you are angry
3. _____ for the person you are angry towards
4. If you have wronged someone, ask for their forgiveness if appropriate
5. Set healthy boundaries to protect yourself from falling into destructive, angry patterns of behavior
6. (Misc.) Breathe slowly, stop angry thoughts with positive thoughts of “thanksgiving,” learn to laugh at yourself, try to gain perspective, & develop good listening skills
7. Let it go, give up control, relax & enjoy all the good things of God in your life (remember, it’s not worth it!)

A. unjust 4. unselfish B. displeasure C2. love 4. insensitive a. likes D3. pray