

### 3. \_\_\_\_\_

Focus on what the other person is saying, and seek to understand them. That doesn't mean we justify their behavior that is not good behavior, but it does mean that we make an honest attempt to try to understand them and empathize with them.

*Even fools are thought wise if they keep silent, and discerning if they hold their tongues.* Proverbs 17:28

<sup>19</sup> *My dear brothers, take note of this: Everyone should be quick to listen, slow to speak and slow to become angry, <sup>20</sup>for man's anger does not bring about the righteous life that God desires.*

James 1:19-20

### 4. \_\_\_\_\_

There are certain thoughts that lead to anger – negative, cynical, and hostile thoughts. So to effectively deal with anger we must learn to think different thoughts than those that lead to anger.

<sup>8</sup> *Finally, brothers, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things.*

Philippians 4:8

### 5. \_\_\_\_\_

<sup>26</sup> *"In your anger do not sin": Do not let the sun go down while you are still angry, and give no opportunity to the devil.*

Ephesians 4:26-27

Once we have done the first four steps, we then take appropriate action. We do not avoid confrontation and the difficult steps of working through what happened because it is unpleasant.

## MESSAGE NOTES

### "Living Wisely: Life Lessons From Proverbs"

#### Part 4 of 13

#### "Dealing With Your Anger"

Proverbs 14:17; 29:11; 16:32

**Introduction:** The Greek philosopher Aristotle said almost 2000 years ago, *Anyone can become angry, that is easy. But to be angry with the right person to the right degree, at the right time, for the right purpose, in the right way, THIS IS NOT EASY.*

When we hear those words we think – 'That would be a great goal because sometimes when I get angry, it is not for the right reasons or in the right way.' We know how it is NOT EASY to handle our anger well, and we want to be able to do that because we also know how mishandled or mismanaged anger damages people and relationships not only in our world and our society, but also those in the circles of people who we know.

Examples ----

Some of the earliest research done on anger reveals two main categories that trigger people's anger:

1. "Stupid inanimate objects."

Examples ----

2. People

Examples ----

You and I must take responsibility for dealing with our anger, because if we don't we will be stuck in it and a slave to it. The way we express our anger is not caused by some other person or event. We can control our anger.

#### Dealing Appropriately With Our Anger

<sup>26</sup> *Be angry and do not sin; do not let the sun go down on your anger, <sup>27</sup>and give no opportunity to the devil.* Ephesians 4:26-27

Every human being experiences anger and that is not a bad thing; in fact it can be a good thing. When we experience the emotion of anger our adrenaline secretes, our blood pressure rises, our pulse races, the pupils of our eyes get large, more sugar is secreted into our bloodstream, etc. Our body is preparing to act. It is a form of bodily power as anger is an emotion that gives our body what it needs so it can react to some situation that threatens us or others.

Therefore, when anger is handled appropriately it is a good thing. It leads us to want to make right what is wrong, to seek justice in unjust situations, and to respond to evil. Anger can be good. Even Jesus got angry, and it led to him standing up for the poor, the oppressed, and the downtrodden. BUT anger is a strong emotion and it needs to be controlled, or it can do great harm to others and ourselves.

*A quick-tempered man does foolish things, ...* Proverbs 14:17  
( *People with a hot temper do foolish things, wiser people remain calm.*)

*A fool gives full vent to their anger, but a wise person keeps themselves under control.* Proverbs 29:11  
(*A rebel shouts in anger. A wise man holds his temper and cools it.*)

We can learn to deal with our anger differently as we can relearn how to express it. To do so we must become a student of dealing with our anger by first saying that never again am I going to blame my mismanaged anger on another person (I own it). Then secondly we must sign up in the school of dealing with our anger, and do whatever we need to do – read the books we need to read; get help and accountability from our small groups we met with each week; etc. Then if we can't make progress we need to find a really good Christian counselor who can help us come to grips with it. There may be some stuff from your past that you need to deal with that has shaped you to be an angry person.

*Better a patient person than a warrior, one with self-control than one who takes a city.* Proverbs 16:32

The Bible says, put a great warrior who can capture a city on one side and a person who has developed patience and can deal with anger on the other; then ask who the hero is and it is no contest. Taming a hostile city is nothing to taming a hostile spirit. The true hero is the one who can subdue and rule his or her temper.

## Some Steps To Take In Dealing With Anger

### 1. \_\_\_\_\_

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We may want to physically leave the situation and go someplace until our emotions are out of the red zone. We also need to refuse to do what we used to do that does not work. While some people tend to explode, others have different default modes when they are angry. Some clam up or withdraw emotionally and disengage. Some pout, and others give little verbal jabs. So we have to be aware of what is going on inside of us, stop, and resolve that we are not going to do what we used to do.

### 2. \_\_\_\_\_

#### Why am I angry?

Anger is not a primary emotion but rather it stems from other emotions. It is generally the result of hurt, frustration, or fear. If we want to deal with anger constructively, we need to step back and ask what is beneath my anger? Otherwise we are dealing with the surface but not the root cause.

#### What do I want?

Hopefully our goal is not a focus on how can I win the argument or worse yet, how can I inflict pain on the other person because of what they are doing to me. Rather the goal when we are experiencing fear or frustration or hurt, should be that we want to deal with what is causing that pain, and do it in a way that is going to be constructive and honors God.