

ANGER MANAGEMENT...PART I

INTRODUCTION

Ephesians 4:26 Be ye angry, and sin not: let not the sun go down upon your wrath:

If you are one of those people who allow every adverse situation to upset you, then guess what? You have a serious problem because life is going to always throw difficult circumstances . It's all about how you manage it! Being angry solves nothing. Many times it causes us and others to make destructive decisions which in turn leads to destructive outcomes. So it is time to learn how to diffuse and redirect anger into constructive actions which have better chances of leading to constructive outcomes, learning to respond to a situation versus reacting to it! We must teach ourselves to become more rational and less emotional. Anger can be a fierce and powerful emotion causing great damage if not properly diffused in time.

Tool #1 – Reflect on situations that anger you

1. Discuss situations/circumstances than never fail to anger you.
2. What caused Cain to be angry? **Genesis 4:5**
3. What caused Peter to be angry? **John 18:3-8**
4. What caused Jacob to be angry with Rachel? **Genesis 30:1-2**

Tool #2 – Eliminate pre-meditated anger

Many times we plan our anger by saying what we are or are not going to do if a situation occurs.

Example: “If my brother does not give me the money he borrowed from me today, I am going to act a fool!” How many times have we planned our anger? Now it is time to stop!

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Tool #3 – Identify any destructive decisions made due to anger

5. Discuss destructive decisions that you have made due to anger.
6. What destructive decision did Peter due to anger? **John 18: 10**
7. What destructive decision did Cain make due to his anger? **Genesis 4:8**
8. What decision did Rachel make because of Jacob’s anger toward her?
Genesis 30:3-5
9. Discuss constructive responses/ outcomes for the following events.

Event	Destructive Response/ Outcome
F on an exam	Yelling at professor/ Disciplinary action is taken
An awful rumor	
A disloyal friend	
Didn't make the team	
The house is not clean	
A flat tire	
A car almost hits yours	
A relationship is lost	

CONCLUSION

Pray for one another about the things that never fail to anger you. The Holy Ghost is will help you with your anger.