

Anger: (A Collision of Wills)

- A call (to readiness)
- A call (to respond)

Ephesians 4:26

- Anger expressions are (learned responses)

II Corinthians 10:3-7; Ephesians 4:14-32; Hebrews 4:9-12; Romans 12:10-21

A CALL TO RESOLVE OUR ANGER (God's way)

In Christ, we are able to (be assertive) without (being destructive)

AN AID TO GODLY ANGER EXPRESSIONS

(Accept) your anger ("I feel...; I'm thinking...; I am mad!")

- God's gift to work (for you)

(Identify) your anger tendencies (blow up? clam up?)

- early warning signal? _____
- "circuit breaker"? _____

(Direct) your anger toward Godly resolution/expression

1) Why am I angry?

a. hurt/pain; threat/fear; blocked objective/frustration

2) What are my godly options for resolving this?

- a. surrender my "story" to God in order to (mediate the sacred)
- b. apply immediate (forgiveness) (Eph 4:32)

c. renounce (ungodly options)

- ignore/do nothing (Eph 4:15, 25)
- degrading others (Matt 5:22; Eph 4:29)
- take advantage of other (I Cor 6:7; Phil 2:3-4)
- let other take advantage of me (John 10:18)
- return "like" for "like" (Matt 5:38; Rom 12:17-20)

ALL RELEASE (DEATH!)

d. embrace (Godly options) Matt 5:23-26, 38-47

- pray for the other (Matt 5:44)
- "feed" the other (Rom 12:20)
- seek to be the peacemaker (Matt 5:9, 23-26)
- confront in love (Eph 4:15, 25, 29)
- seek mature Christian to mediate (Matt 18:15-16; Prov 11:14; 20:18; 24:6)
- willingness to be wronged if I must get carnal to win (I Cor 6:7)

3) What steps do I need to take to resolve this God's way?