

Chapter 1 : God's anger management plan | Henry H Harris

Anger can come on fast and quickly take hold. What we do with it can make or break a relationship-especially our marriage. "Everyone should be quick to listen, slow to speak and slow to become angry, because human anger does not produce the righteousness that God desires."

I have a bit of an anger management problem, how do I get over it? And how can Jesus help me with it? To begin with, we have to accept that anger is a normal emotion. It is one of the emotions we bear as being created the image of our Creator. Indeed even God himself gets angry! Anger comes about because we are hurt or let down either deliberately or not. God gets angry with Israel because they keep on forgetting him and doing the things he has told them not to do or not doing the things he wants them to do. He is angry with us because we have failed to treat him as God in our lives that by the way is what sin is about. The problem with our anger in general is that we react to it in ways that are not helpful or way out of proportion to the hurt felt. In this way anger can disrupt and destroy relationships that are important to us. In the heat of the moment we want to be proved right or may even want to inflict hurt. We will say and do things that we regret later on. I imagine that I am not saying anything that you do not already understand. So the issue with anger is not so much that you get angry but why and what to do about it. Understanding why will help help you work out how to deal with it. I think here the example of Jesus is most helpful. God always uses his anger to bring about his good purposes. Unlike us, he does not let this anger overcome him so that he loses control. Rather he works patiently through history to bring about his plans. What drives him is not his anger but a far more potent and powerful emotion - love. God demonstrates his own love for us in this: He acted not out of his anger which he has every right to be but out of his love to bring forgiveness. To me the two key element here are love and forgiveness. Neither of these things is easy, especially in the midst of anger but they are what we are to aim for. Forgiveness is described as being necessarily present before we can know the forgiveness of God for our sins. As Jesus clearly teaches, we should always try to make ammends with people that we have fallen out of friendship with. It may not always be the case that others are prepared to forgive us when we have wronged them, but the act of expressing our remorse to them is essential. Forgiveness is often a process. Even if we may still feel anger towards the one who has hurt us, and the effects of the damage - emotional pain and other problems , are still with us, we can still be in an attitude of forgiveness to that person. We are effectively controlling our anger and inviting God to deal with it. Rather than the anger turning bad, and causing hate, we acknowledge it, state forgiveness and refuse through sheer will to engage in thoughts of bitterness, revenge or hate. A feeling of complete forgiveness may take a significant amount of time and effort to reach but it is worth it in the end. Forgiveness is not just an declaration or a feeling, it is also an action. Forgiveness does not mean that we sweep the hurt under the carpet as if it never happened. Forgiveness and love for the other may mean we need to deal with the hurt and the circumstances that brought it about. But it is now done in the light of bringing about reconciliation and doing good for the other e. After all God did not simply sweep our sin under the carpet and forget it, he acted by sending his Son to take the punishment we deserve. Now I have said before that none of this is easy as I am sure you are aware. So God is there to help. He knows what it is like to be human after all Jesus lived as a human and he is willing to help. So turn to him and ask for help. They can pray for you and with you. But most importantly you need to ask yourself have you experienced the love and forgiveness of God yourself? If you do not know this love and forgiveness than this is where you need to start. You can also look at <http://> And, of course, you can continue to ask us questions.

Chapter 2 : 33 Bible verses about Anger Management

Step #2 in an effective anger management plan: I must look to God for my self-worth-not other people. A sense of self-worth is essential to controlling anger. A sense of self-worth is essential to controlling anger.

What we do with it can make or break a relationship—especially our marriage. It was from someone I do not know well. It accused me and several other people that I do know well of things that were vicious and untrue. As I read it, I felt my blood boil. When I follow His teaching, it has always turned out well—not always immediately or as I thought it would, but always well. This is true in all our relationships. This is especially true in our closest relationship—our marriage. Our spouse is the only person we become one with Genesis 2: And sadly, because we are closer to them than anyone else, our husband or wife is the perfect target to unleash our anger on. When we get upset, our angry thoughts may come pouring out our mouths right onto them. Of course, this should not be. God has a way of teaching us clearly about how to live a godly life. And He has a lot to say about anger. The first passage is found in James 1: But He says when we become angry, we will never be able to accomplish the purpose He has in the situation—to produce righteousness. And it should make us angry to observe something or someone harming our loved ones, including our spouse. God gave us all of our emotions—and that includes anger. The problem with anger, though, is that because of our sinful nature, we are not able to respond in a God-like, holy way. Our sinful anger allows Satan to have control of the situation. And the results will be disastrous. When we become angry with our spouse, sin will enter our marriage and with it, more anger and harm will result. This is exactly what Satan wants to happen. This is what God wants us to avoid. So He provides clear steps to deal with anger. Many problems in marriage come because we do not really listen to and understand each other. We allow our minds to focus on what we already think is true. We are so self-centered and self-absorbed that there is no room to hear what our spouse is saying. We often think we already know best and have our minds made up. Because of this, when we have a conflict, our response is more than likely going to be harmful and bring about more anger from both of us. God warns us about this in no uncertain terms. We must not think that we alone have all the answers. If we will concentrate on what our spouse is saying, we will find it easy not to speak until we have heard all that they have to say. It will help us respond to what they actually tell us, not to what we presume they are going to say. Only God is omniscient. He alone knows everything. We may think at times we do, but we do not and cannot. When we acknowledge this truth and choose humility, it will keep us from falling into this trap. Being slow to speak does not mean that we never speak. Holding something in until it explodes is not good either. In fact, we are told in Ephesians 4: But unless God shows us clearly otherwise, we do need to discuss it with our spouse in a kind and gentle manner. We must not let it go unsettled, thinking it will just blow over. The chances are good that it will not. The situation I described at the beginning of this post is a good example. I took time to pray and study the Scriptures. I want the same to be true every time I deal with a difficult situation. And I especially want it to be true when I relate to my wife. They will result in His final word to us in James 1: He will bless our marriage with greater love and keep the devil from having his way. Which do you struggle with the most? Commit to help each other work on the area where you need the most assistance. Discuss ways that you can lovingly do this. It is very important to God. Here are some Scripture verses to make that point. All bolded words are mine. And what does the Lord require of you? To act justly and to love mercy and to walk humbly with your God. Pray that God will help you only to become angry when it is appropriate, and that you will respond to it according to His Word. Pray that you will have the humility to listen to Him, really listen to each other, and not think you have all the answers. Pray that you will act in a way that glorifies Him and helps each other. All rights reserved worldwide.

Chapter 3 : 25 Top Bible Verses About Anger - What Bible Says on Being Angry

God and Jesus got angry, but they dealt with their anger positively. In fact, the Bible contains an anger management plan that details not only how to handle anger but how to handle angry people and several other key situations.

Friend to Friend We live in a very angry world. Road rage â€¦ suicide bombings â€¦ random shootings â€¦ bullies terrorize their victims online and in schools â€¦ acts of violence fill the news every day. The reality is that everyone has to deal with anger. The challenge is to deal with anger in the right way. Anger is powerful - an emotional warning that something is wrong. We have been hurt or rejected. Anger itself is not sin. We just have to learn to express anger in the right way. Mishandled anger is destructive, but anger that is handled correctly can become a tool for good. Anger that is not dealt with in the right way accumulates over time, allowing bitterness to take root and rage to simmer just below the surface of everything we do, say, think or feel. We jump in with a brutal rebuttal or a thoughtless correction â€” which is like pouring gasoline on a fire. An explosion is bound to happen. Our first action should be to stop and think instead of rushing to respond in a way that could escalate tensions or provoke an offensive response from others. Listen to the other person before responding. Whisper a prayer for wisdom and control. Try counting to ten before saying anything. Anger management comes from wisdom rooted in self-control. At the height of His anger, Jesus gathered several cords and braided a whip. I imagine it took several minutes at least to form a whip substantial enough to drive grown men anywhere. I think Jesus was so angry that He knew He needed to cool off, so He deliberately chose to be still, quiet and wise. When we are close to losing control of anger, we need to be wise. Hurt people â€” hurt people. When you are angry with someone, ask yourself why. Think back to what led up to the conflict. Was it something someone said to you? Has a past problem triggered your present anger? Give yourself time to consider why you are upset and what you should do to handle it in a way that pleases God. God created us with the capacity for emotions. That means He has a right plan and a right place for emotions in our lives. Anger management is a spiritual discipline that God honors, blesses and empowers. Tomorrow, we will look at four more ways God gives us to control anger. I want to honor You in the way I manage my emotions â€” especially the anger in my life. Fill my heart with Your peace. Help me cultivate the spiritual discipline of anger management and learn how to control my emotions instead of allowing them to control me. Read and memorize the verse of Scripture listed with that tip. Pray â€” asking God to show you the steps you need to take today to manage the anger in your life. More from the Girlfriends Learning how to control our emotions is an important step in our spiritual maturity.

Chapter 4 : How can Jesus help me with my anger management issues? | Questions & Answers

Hopefully, you don't have a problem with anger, but if you do, there are Biblical principles to help you get it under control. This devotional can also be helpful for dealing and coping with angry people.

Is there a bitterness in your heart that is holding you back from the abundant life that Christ had planned for you? Anger is a destructive sin that destroys us from within. If not treated immediately it can turn into something catastrophic. As believers, we have to get alone with God and cry out for help when we start seeing signs of impatience when dealing with others. You have two options. You can either allow angry emotions to change you or you can change your outlook on every situation. Worship changes the heart and the mind. We must stop looking to ourselves for help and start looking to Christ. Abused patience turns to fury. Pray to God to help you overcome it at once, for either you must kill it, or it will kill you. You cannot carry a bad temper into heaven. Most of the time anger is a sin, but not all the time. Righteous anger or biblical anger is not sinful. When we are angry about the sin going on in the world or angry at the way others are being treated, that is an example of biblical anger. Biblical anger is concerned about others and it usually results in a solution to problems. Anger is sinful when it comes from an impatient, prideful, unforgiving, untrusting, and wicked heart. He is angry with the wicked every day. Once those thoughts enter your mind, fight before it turns into murder. Just like God warned Cain He warns us. But if you do not do what is right, sin is crouching at your door; it desires to have you, but you must rule over it. There are times when we slightly overcome the anger, but there is a small piece of cancer left. Overtime that small piece of cancer will grow unless it is completely removed. Sometimes we overcome anger and think the war is over. You may have won the battle, but the war may not be over. That anger might seek to come back. Is there an anger or a grudge that you have been living with for years? You need God to remove the anger before it erupts. Never let anger sit. What do I mean by this? Never let sin remain unchecked because it will lead to consequences. We must confess and ask for a cleansing. Unchecked anger can lead to angry outbursts or malicious thoughts at the drop of a hat. One small offense a few weeks down the line can trigger your previous anger. We see this in marriages all the time. The problem is that the sin is still lodged in her heart. Because the anger went unchecked from the last situation she lashes out at her husband. Then desire when it has conceived gives birth to sin, and sin when it is fully grown brings forth death. There are irreversible consequences to your actions. Anger is such an egregious sin that not only does it hurt us it hurts others. Anger causes other people to get angry. Kids imitate parents and siblings with anger management problems. Anger leads to health problems. Anger hurts our fellowship with the Lord. Anger leads to addiction. We must deal with it before it turns into a destructive pattern. Anger leads to falling into greater sin. Anger kills the heart from within and once that happens you become apathetic to everything and you begin to dabble in other ungodly activities. There is no denying that the music that we listen to and the things that we watch have a profound impact on our lives. When you surround yourself with positivity you become more positive. We need to learn how to discipline ourselves and protect our heart from the wicked things of this world. Scripture makes it clear that we should overlook an offense which reveals wisdom. Multiplying words and responding in an angry tone always makes things worse. We have to respond to conflict with wisdom. The wise fear the Lord and do not want to dishonor Him by their actions. The wise think before they speak. The wise know the consequences of sin. The wise are patient in their dealings with others. The wise look to the Lord because they know in Him they will find help in their time of need. Scripture teaches us to control our anger and although in our own strength we are vulnerable, when we rely on the strength of Christ we have all that we need. As we grow as Christians we should become more disciplined in our response. A quick-tempered person does foolish things, and the one who devises evil schemes is hated. The Lord is slow to anger and we should follow His lead. Why is God slow to anger? God is slow to anger because of His great love. Our love for others should motivate us to control our anger. Our love for the Lord and others should help us to forgive. Love should be our response to conflict. We must remember that the Lord has forgiven us for much. His way is in whirlwind and storm, and the clouds are the dust of his feet. Yet he does not leave the guilty unpunished; he punishes the children and their children for the sin of the parents to

the third and fourth generation. Sometimes we have to speak up and sometimes we have to be willing to talk to others such as counselors. This does not only go for our relationship with people. Sometimes we have to express ourselves to God about the trials that we are going through. It is better to admit to God it is hard to fully trust Him in a situation than to hold it in. We have to pour out our heart to Him and God is faithful to listen and work through our doubt. A time to be quiet and a time to speak. One of the worst things we can do is make an excuse for our anger. Even if we have good reason to be angry we must never make excuses. We must fix the problem before it becomes an even greater problem. We must repent before we backslide. When our heart is truly set on the Lord there is nothing holding us back from Him. Our heart needs to change course back to God. We must be filled with the Spirit and not the world. What comes out of your mouth and the things you think about most are good indications about the condition of your heart. All these evil things proceed from within and defile the man. Signup today and receive encouragement, updates, help, and more straight in your inbox.

Chapter 5 : Ichthus Fellowship Ministry: Girlfriends in God - A Plan for Anger Management (Part 1)

Bible verses about anger management Are you currently struggling with anger and forgiveness? Is there a bitterness in your heart that is holding you back from Anger is a destructive sin that destroys us from within.

They just continue on, hoping things will get better. Trying again is helpful, but we each need to have a bigger plan if we want negative patterns or anger to change. There are five essential steps in helping children deal positively with their anger. A trigger might be an unkind comment from a sibling, a request to do a chore, or a difficult part of a homework assignment. The best way to slow down this reaction is to identify early warning signs that indicate anger is approaching. In fact, many times they act out before they even realize what happened. This first step helps children become more aware of their feelings and better able to control them. My shoulders raise, and I tend to lean forward. My voice becomes louder and more strained. Take time to jot down the cues that each of your children demonstrates when getting angry. Your job is to help your children recognize their feelings of anger and identify specific positive actions to take before the anger becomes more intense. For very young children, you can point out that this emotion is called anger and offer suggestions for responding differently. If your teenage daughter is frustrated because the shirt she wants to wear is in the laundry or is wrinkled, you can help her recognize that frustration and deal with it appropriately before it intensifies into anger or rage. In this step of identifying the cues, you can use various methods to raise anger awareness. One fun way is to ask your children how they can tell when you are starting to get angry. Children seem to come up with answers quickly: Most animated movies contain lots of emotion, and nonverbal cues are exaggerated. Have a child stop the video when he or she sees anger in one of the characters. Otherwise, frustrations can easily build, rage can become destructive, and bitterness can form. Stepping back helps to stop the progression of intensity and gives children time to respond differently. Instead, they want to press forward and even attack. The anger they feel is so intense that they need to make heart-level changes before they can respond with constructive behavior. When children lack the self-control to work on anger, they need parental control to help them. And even when you attempt to leave the situation, your child follows you, continuing to press with intensity. This manipulative technique is designed to draw you into a fight. Determine not to allow the child to bait you into an argument. If you start fighting back, he or she will escape the important lessons of anger management and learn to use anger to control other people—including you! Have the child sit in the hall or on the stairs to settle down. Children must learn this step in order to respond well to anger, and it may require your firmness to teach it. Children learn that stepping back may just involve looking away or taking a deep breath. Other times, it may mean changing the activity or walking away. During the most intense moments, it may mean leaving the situation or getting alone. The child who is frustrated with a puzzle, for example, may choose to work on something else for awhile. The girl who is angry with her brother may need to cool off in another room. After all, this is a skill many adults do not possess. Many moms and dads would benefit from stepping back when anger starts to take over. Choose a Better Response than Anger Many parents move to choosing better responses too quickly, thinking that the complete solution lies here. The first two steps will go a long way in helping your children to learn anger control. Only then are they ready for this step. While children step back, they can choose more appropriate responses to their situations. As children see the effect their anger has on others, they begin to see the need to control themselves. They need to learn that they can control their anger and that the way they respond is their choice. If you tell Susie to go to bed and she gets angry, the way she responds is up to her. She can stomp off and slam the door; or she can choose to adjust her expectations, accept your instruction, and remain calm. People who always blame others view themselves as victims. They must not blame their hurtful responses on someone else. And, of course, parents must not blame their anger on other people, either. Parents and children both need to take responsibility for themselves. They need to learn to control their anger and choose to respond in appropriate ways. But what better choices should children make? Parents need to teach their children other alternatives, and simplifying the choices makes the decision process easier. Here are three positive healthy choices to get kids started: A second choice Carl has is to get help. A third party can give counsel and advice and help resolve the situation without anger. This may

be another child, a parent, or a teacher. Sometimes children who are becoming angry can choose a third option: Just acknowledging his frustration may allow Carl to continue to play with Trevor without becoming angry. You might explain perseverance to a child this way: That means that you stop for a moment, go back to the problem, and pick up the blocks. This approach will help you get through the problem without making it worse. Remember you have three other alternatives. If you need help, just ask me. Rage is anger out of control. Enraged children no longer think rationally. Their anger is now controlling them. Whatever form it takes, children and adults must learn to control rage and not vent it. One boy was allowed to kick the furniture when he became angry. Venting anger teaches children an unhealthy response pattern. Children must learn anger control and rage reduction early in life, so they have the opportunity to develop habits of self-control and healthy communication. After a temper tantrum is over, require a discussion. As you and your child reflect on what went wrong, talk about inappropriate ways to handle anger. That makes sense, but we have to solve the problem differently because hitting him is wrong. This kind of discussion after each episode can help a child learn to rethink anger and build new positive patterns. Keep in mind that your goal of anger control may take some time. Frequency has to do with the number of times a child loses his temper. Intensity has to do with the amount of anger the child pours into the situation. Reducing both is important. Choose Forgiveness, Not Bitterness Anger has many faces, and bitterness is one of the ugliest. Bitterness is anger connected to hurt from the past, the ability to catalog painful memories so they can be used at any time to fuel present anger. Bitterness harbors anger for longer periods of time than other forms of anger. Instead, their frustration and anger go straight to bitterness. Bitter and resentful children need to see what their anger is doing to them. Holding on to offenses as a type of revenge is not helpful. People were not created to carry around thoughts and plans of revenge. They need to let it go. When children hold on to offenses, they become miserable, plotting revenge, developing a critical spirit, and are generally unhappy. It may mean listening to your children and communicating understanding. Bitterness is a poor choice for coping with the unfairness of life because it turns the offended person into an angry person. The solution to bitterness is forgiveness. Forgiveness, a heart-level response that can ease anger, is not about forgetting an offense. Children sometimes hesitate to forgive because they think they must forget that an offense occurred or ignore the pain it caused. Forgiveness acknowledges the offense and chooses to let go of the desire for revenge, recognizing that God is the judge. Forgiveness means letting go and moving on, not holding the offense against someone any longer. I choose to let go of the offense. Children need to learn about forgiveness and understand how to clean out their anger tank every day. Scott Turansky and Joanne Miller Please share your thoughts and comments:

Chapter 6 : God's Strategy to Overcome Anger

Bible Verses About Anger - Get a biblical perspective on dealing with anger and how to handle emotions. Read Bible quotes about being angry and not sinning. Discover how to live free from the control of anger.

Friend to Friend We live in a very angry world. Road rage â€¦ suicide bombings â€¦ random shootings â€¦ bullies terrorize their victims online and in schools â€¦ acts of violence fill the news every day. The reality is that everyone has to deal with anger. The challenge is to deal with anger in the right way. Anger is powerful - an emotional warning that something is wrong. We have been hurt or rejected. Anger itself is not sin. We just have to learn to express anger in the right way. Mishandled anger is destructive, but anger that is handled correctly can become a tool for good. Anger that is not dealt with in the right way accumulates over time, allowing bitterness to take root and rage to simmer just below the surface of everything we do, say, think or feel. We jump in with a brutal rebuttal or a thoughtless correction â€” which is like pouring gasoline on a fire. An explosion is bound to happen. Our first action should be to stop and think instead of rushing to respond in a way that could escalate tensions or provoke an offensive response from others. Listen to the other person before responding. Whisper a prayer for wisdom and control. Try counting to ten before saying anything. Anger management comes from wisdom rooted in self-control. At the height of His anger, Jesus gathered several cords and braided a whip. I imagine it took several minutes at least to form a whip substantial enough to drive grown men anywhere. I think Jesus was so angry that He knew He needed to cool off, so He deliberately chose to be still, quiet and wise. When we are close to losing control of anger, we need to be wise. Hurt people â€” hurt people. When you are angry with someone, ask yourself why. Think back to what led up to the conflict. Was it something someone said to you? Has a past problem triggered your present anger? Give yourself time to consider why you are upset and what you should do to handle it in a way that pleases God. God created us with the capacity for emotions. That means He has a right plan and a right place for emotions in our lives. Anger management is a spiritual discipline that God honors, blesses and empowers. Tomorrow, we will look at four more ways God gives us to control anger. I want to honor You in the way I manage my emotions â€” especially the anger in my life. Fill my heart with Your peace. Help me cultivate the spiritual discipline of anger management and learn how to control my emotions instead of allowing them to control me. Read and memorize the verse of Scripture listed with that tip. Pray â€” asking God to show you the steps you need to take today to manage the anger in your life. More from the Girlfriends Learning how to control our emotions is an important step in our spiritual maturity. [Click here](#) to find out more about how to have a personal relationship with Jesus Christ.

Chapter 7 : 25 Important Bible Verses About Anger Management

Bible Verses about Anger Management Ephesians ESV / 1, helpful votes Helpful Not Helpful Be angry and do not sin; do not let the sun go down on your anger, and give no opportunity to the devil.

Receive periodic updates by email on this ministry! Diamond Anger has long plagued the human race. We all deal with it differently. Some are direct, confrontational, aggressive and even violent; while others are more passive aggressive, using mental energy to avoid confrontation. Some get emotional and simply divert their energy from addressing anger and run from it; while still others exert their energy in social settings, keeping busy and maintaining a happy front. Inside, though, many are smoldering. It starts with frustration. Our pride gets shattered. We tolerate others and situations to be socially acceptable, but we mask our true feelings. Some respond to anger by getting vengeful towards others; yet some people seek to simply reward themselves to find happiness. Some focus their attention on relieving themselves from pain of heart; while others get busy or involved in various activities. No matter how we express ourselves outwardly, anger takes a toll internally. It eats at our soul. It strains our relationship with God, and will separate us from the presence of God, for God dwells in peaceful habitations. For you know that afterward, when he wanted to inherit the blessing, he was rejected, for he found no place for repentance, though he sought it diligently with tears. It was a way of life. At least people were honest about being angry. In Texas, I learned how people camouflage anger. They conceal it to fit in socially, and not disqualify themselves. Then they drive their pickup trucks! Eventually it will expose itself in a way that will hurt, cause loss, and harm others. Ways we Disguise Anger Some disguise anger by playing the victim card. They blame others for their problems and fall into self-pity. This eventually causes sorrow, for they lose their ability to receive genuine love and support from those who really care. Some are good at venting and diverting their energies in constructive ways like, sports and fitness, business and social activities, or even politics and civic events. They are driven physically. Unfortunately, they often drive themselves to exhaustion and misery. Others simply play a cold war with themselves and others. They live in a pretended state of peaceful coexistence, yet their hearts are froth with distrust, and their minds plagued with paranoia. They are free outwardly, but in real bondage inwardly. The Fallout from Anger There are no real winners in an environment steeped in anger. For, it breeds cynicism and distrust. People put up barriers and avoid real communication. In the heat of the battle, it leads to jealousy, resentment and betrayal. When one gives up caring or fighting, it leads to depression. It fosters unhealthy competition and greed, and also unforgiveness. Worst of all, anger keeps the hand and favor of God far from us. The Solution for Anger God has real answers and real solutions because He created us! With faith in His word and real solutions from the Holy Spirit, anger can be dealt with; and not managed but cured. He can bring real healing of heart. With it, comes peace and joy. He lost all, then engaged with God and was restored with twice as much. He was sick and near death. Then he engaged with God in prayer. God healed him and extended his life. He has both spoken to me, And He Himself has done it. I shall walk carefully all my years In the bitterness of my soul. O Lord, by these things men live; And in all these things is the life of my spirit; So You will restore me and make me live. Indeed it was for my own peace That I had great bitterness; But You have lovingly delivered my soul from the pit of corruption, For You have cast all my sins behind Your back. His promise to us is He will repay our confusion, hurt and the pain of our shame with double honor. Instead of your shame you shall have double honor, And instead of confusion they shall rejoice in their portion. Therefore in their land they shall possess double; Everlasting joy shall be theirs. For, His process will cut against the grain of our heart. Ask God to reveal to you why things that have caused you to be angry happened the way they did. Did He have a greater purpose? Ask for the grace to forgive those who may have hurt or offended you. Ask for the gift of mercy. See those who may have offended you as not knowing what they have done. Love heals and defers anger. Ask God for a strengthening view and new perspective for the future. Find gratefulness for what you have. Trust Him to fill your heart with joy and peace.

Chapter 8 : 6 Bibles Verses to Manage Anger God's Way - The Praying Woman

God's Anger Management Strategy The best thing we can do when we're struggling with anger is go to God immediately. Don't give in to the temptation to think about what someone did to you over and over or talk about it repeatedly.

Comment 0 Share Tweet print email Some interesting statistics about anger: Men lose their temper twice as often as women men an average of six times a week, women, three. Women are more often angry at people, while men usually become angry with things tools, delays, etc. Single adults are likely to get angry twice as often as marrieds. The most common place for people to get angry? The most likely recipients of that anger? You guessed it, the people we love the most. I must understand why I get angry. Typically, there are three causes for anger: Our natural response will be to lash back, which is why conflict escalates so rapidly. A second underlying cause of anger is frustration. Think about how you felt the last time you were in a traffic jam or had to wait in a long line. A third common cause of anger is insecurity. We get angry when we feel threatened, which is why we want to avoid backing an animal or a person! The first step to dealing with anger constructively is to ask yourself why you are feeling angry. Once we identify the cause, we can begin to formulate a plan to remove it. Step 2 in an effective anger management plan: I must look to God for my self-worthâ€”not other people. A sense of self-worth is essential to controlling anger. It goes back to the third reason people get angry. Insecure people are easily angered; confident people are not. When we depend upon others to define our value and they put us down, we feel insecure and angry, but when our sense of self-worth comes from God, we can handle the hurts and frustrations that come our way. The place to discover our value is not in a human-authored, self-centered philosophy, but in a personal relationship with God. It is only there that we come to realize that our value as a person is not tied to what others think of us, but to what God thinks of us. I need to stop and think before I react. Ever notice that when you get angry your mouth runs faster than your mind? You were stewing and spewing and out of control. Then the phone rang. Why did you change when you answered the phone? Because you wanted to change. Anger is a choice! Let me say it again: I need to count the cost of uncontrolled anger. The Book of Proverbs says: Whenever I lose my temperâ€”I lose. I must learn to relax. Temper and tension always go together. If you want to reduce your anger, slow down. Schedule things into your day that are relaxing. Learn to lighten up and have some fun. I must release my anger appropriately. Some people think that we have a certain amount of anger and that if we can get it outâ€”if we can vent itâ€”we will feel better. We just keep on producing it. Study after study has proven that aggression only produces more aggressionâ€”anger feeds on anger. The only appropriate way of releasing our anger is to confess it in a way that avoids the negative actions that will further damage our relationships. We move in that direction by taking the seventh and most important step in anger management: We must re-pattern our mind. Where do these angry thoughts come from? What we allow into our minds. We live in a culture that constantly teaches us inappropriate ways to deal with anger. If you doubt that, turn on your TV tonight and do a little channel surfing; notice how anger is dealt with: Anyone who says that the media does not influence our thinking is either naive or dishonest. For better or worse, what we read, watch and listen to affects us. Now the good news: By re-patterning our mind with truth. When we turn our thoughts to things that are positive and God-honoring and avoid those which are not, our temperament will be changed. Whatever you have learned or received or heard from me, or seen in meâ€”put it into practice. And the God of peace will be with you.

Chapter 9 : 9-Step Plan to Control Your Anger | Stress - Sharecare

The Pathways to Glory Interactive Devotional will guide you according to the plan and process God designed to serve as a blueprint for interacting and relating with Him—the Feasts of the Lord. Real Anger Management God's Way.

With some the problems are habitual. Is it always sinful to be angry? What does the Bible say about anger, wrath, blowing up, and clamming up? Should we vent our feelings to "get it out of our system"? Can we control our tempers? The purpose of this lesson is to study the Bible teaching about anger. All of us have problems controlling our temper at times. Some of us have habitual problems. Let us consider what the Bible says. Is all anger necessarily sinful? What does Jesus offer to help up overcome the habit of losing our temper? The Relationship between Anger and Sin What is the problem with anger? What is the danger? Bible Examples of Acceptable Anger Some people assume that Christians should never show signs of a temper. If a Christian raises his voice or becomes visibly upset, some people think or act as though he violated his duty as a Christian. God is angry with sin. It is proper, for it is even based on His justice. Many other passages show that God is angry when people commit sin. He will punish sinners in wrath. If God is infinitely righteous yet is often angry, why should we conclude that people are always wrong when they are angry? The Bible says Moses was more meek than anyone else on earth Num. Sinai receiving the law, Israel worshiped a golden calf. He spoke and he punished the people in anger cf. Jesus was angry with sin. Jesus became angry and spoke in anger, even when teaching. Did He sin Heb. Other examples of acceptable anger 2 Corinthians 7: Paul praised them for their "indignation. Can we obey this passage? If so, then it is possible to be angry without sinning. Not everyone who is angry has automatically done wrong. Some anger is justified. But note that every case listed above involves being angry at sin. Sin ought to anger Christians, but we must control our response. Take care lest you conclude that people have sinned, simply because they became angry. Not all anger is sinful. The Danger of Anger James 1: Again, not all anger is forbidden. It does not say to never be angry but to be slow to anger. The problem with anger is what it "produces" or leads to. Not all anger is sinful, but we must take care lest we "fly off the handle," lose control, and act wrongly. Anger can cause us to "blow up. If husbands or wives become angry, they are supposed to say whatever they think, because it "gets it out of the system" or "releases tension. Do you see a man hasty in his words? There is more hope for a fool than for him. The problem with anger is that it may lead us to lose control of our conduct and lash out at others with foolish words or deeds that are intended to hurt others and may be regretted later. By contrast, a wise man will control himself, even when he is angry. The Bible teaches that our words and deeds are controlled by our thoughts. We must learn to control our thoughts and emotions, because harboring sinful thoughts will lead to sinful conduct. It is the opposite of kindness, tenderheartedness, and forgiveness v Anger is sinful when it leads us to lose control so that, instead of being helpful to others, we become abusive, saying evil or hateful things intended to hurt them. Or we may simply not care about how we affect them. Anger at sin may be justified, but Cain was angry at someone who was righteous. Cain was the one who did wrong and was upset because God did not accept his conduct. Second, his anger was wrong because it led him to harm his brother. But instead of putting away their anger, some people just put it inside: They may not say anything, but their hearts are full of malice and a desire to hurt others. Instead of letting anger build up, we should get rid of it. One who "clams up" violates this part of the passage. He may not lash out to hurt others, but neither does he work constructively to eliminate the cause of his anger. He just lets it build up. Note that it says be slow to wrath and slow to speak, not "refuse" to speak. To avoid this, rebuke him: Some view clamming up as the only solution to blowing up. Both responses violate the pattern. In fact clamming up is often what leads to blowing up! The pressure builds till finally we lash out with cruelty and malice. When we learn to deal with anger properly, we can avoid both clamming up and blowing up. Note that both kinds of anger tend to become habit. We practice them so often that they become ingrained in our character and very difficult to overcome. This leads to our next point. Ability to Control Anger Anger can be controlled. Jesus was angry at times and was tempted in all points like we are, but He did not sin Heb. He controlled His anger, and we can control ours. The examples of Moses and others who were angry without sinning show that anger can be controlled. Many

passages command this. We should not clam up, refusing to say what needs to be said, but we should control our anger: You can restrain your spirit, and God commands you to do so. Many other passages refer to this as "self control," an essential characteristic of Christians. Every passage that commands self control is a passage that tells us we can and should control our tempers 1 Corinthians 9: God does not command the impossible. God will make a way of escape. There is never an excuse for disobeying God. To say we cannot control our temper is to say God is not faithful. What we need to do is to look for the way of escape. There is no excuse for failing to control our temper. God requires it and will judge us for it. All of us do control our tempers, when it is important enough to do so. Consider a mother who has a terrible day. The washer leaks on the floor, kids fight, supper burns, she breaks her favorite bowl, kids track mud on her clean floor. So she explodes, screams at the kids and threatens them. Suddenly she is quite capable of carrying on a polite conversation. Dad works on the car. Suddenly he is calm and polite. We can control our anger, when we really want to. If we can control our temper for the sake of other people, why not do it for God? God sees everything we do. Is God important enough to control our anger for? Study the Scriptures and Develop a Plan.