

Dealing with Anger

Frank L. Reed

Feel hurt or threatened and not want to feel hurt and/or threatened

Produces defenses of mind and body

- Good anger

Drives compassion and zeal and reacts against sin and injustice

Moses, Jesus – John 2:13-17

- Harmful anger

Process

Incident – grievance

Actual, imagined, anticipated, physical, emotional, embarrassment

If perceived to be intentional – we respond with anger

If unintentional or accidental – we excuse and forgive or overlook

Feelings

Frustration, injustice, violated, abused, ignored, humiliated, rejected

Fear of loss or injury

Interferes with logical thinking

-Types of anger

Passive

Sulking, seething, hostility, depression, self-injury, fear

Compensation, manipulation, self blame, obsessions -

Active

Blaming, acting out, manic tendencies, mood swings, threats, etc.

-Causes of anger

Mistreatment, abuse, emotional injury

Hidden sin causes anger at small injustices and offenses to self and others

Misdirected energies – anger shifts focus from internal pain to external problem

-Results of anger

Interferes with logical thinking, panic attacks, delusions, high blood pressure

-Dealing with anger

Establish healthy boundaries, talk, stay in touch with your emotions, be

assertive, not be hasty, clarify situations, accept offenses (not tolerate sins)

Clarify issues, understand the other person, listen carefully, humor, back down,

Take wrong to yourself, speak adult to adult, forgive, restore

-Scripture

Col. 3:8, Eph. 4:26, put off, not give place to devil, Pro. 15:1, 22:24, 25:28

Wrong anger Jonah 4:9, qualifications of leaders –Titus 1:7 not easily angered

-Cautions

Dual personality, image maintenance,