

What Should Be Your Number One Aim in Life?

Part 15 2019



Your greatest aim in life...

“To love God, to fear Him, to keep His commandments, to hate
evil” and to do good.

Why?

“That Others May Live”!!!

Our Desire Is To Grow

From “What’s in it for me” to “What’s in it for God”

“Needy Mentality” to “Needed Mentality”

“Love from God” to “Love for God”

Today's Message – Part 15

(We continue with the theme that we started last week)

“How to Control Your Anger”



(1 Cor 13/5 NIV....Love is not easily angered,....)

(1 Cor 13:5 NKJV....Love is not provoked,....)

We Live in an Increasingly Angry World

- Anger is increasingly being displayed throughout all facets of society: work violence, road rage, domestic violence, battered women, child abuse, rioting in the streets and campus universities, politics, movies, TV shows, local, national & world news, school classrooms, video games, sports, in families & other relationships, and even in so called peaceful demonstrations.
- Anger is everywhere and it seems to be increasing day by day.
- Uncontrolled anger is extremely destructive both to those who display it and to those who receive it.

There would be less violence and fewer broken relationships if we could only learn how to control our sinful anger.

So let's learn how to properly manage our anger.

We as God's people must do our part in lowering the level of anger in our society.

There are Six Biblical Tips on how to manage our anger.

We have covered two so far...today we will cover

TWO More

The First Two We've Covered

- *1) Make up your mind that you will control your anger.*
 - *Getting angry is a choice. You can choose to get angry and you can choose not to get angry. No one can make you angry without your permission.*
 - *Prov 29:11 NIV A fool gives full vent to his anger, but a wise man keeps himself under control.*
 - *“Keeps” in this verse means it’s a choice....when I get angry, I am choosing to get angry.*
 - *Make a resolution with yourself....resolve to manage your anger.*

The First Two We've Covered

- *2) Remember the cost.*

- *There's always a price to pay for choosing uncontrollable anger. Silent anger or explosive anger. . . both are bad and costly to you and others.*
- *What are some of the costs? It will get you into all kinds of trouble (Prov 29/22); it produces arguments (Prov 15/18); it causes mistakes (Prov 14/29); it destroys families/relationships (Prov 11/29); it can ruin your health (Mark Twain: "Anger is an acid that can do more harm to the vessel in which it is stored than to anything on which it is poured.")*

The Next Four Biblical Tips

3) Think before you speak and Analyze your anger.

- *Anger control is largely a matter of mouth control, so think before you speak; make sure your mind is in gear before letting the mouth run.*
 - *Prov 29:11 TLB A rebel (“a fool or stupid” person in other translations) shouts in anger; a wise man holds his temper in and cools it.*
 - *This verse tells us that when we begin to feel our temper rising, we are to give ourselves time to “cool it” ...give ourselves time to “cool off” from our anger feelings. Wait to cool off before responding.*
 - *President Jefferson quote: “When angry count to 10 before you speak. When very angry, count to 100.”*

3) Think before you speak and Analyze your anger.

- Wait before you respond...give yourself time to think before you speak, ...when you allow yourself to vent your anger, there's an automatic adrenaline rush, your blood begins to leave your brain to prepare you for a "fight or flight" reaction, and you will more than likely say or do something that you may regret later on. You'll find yourself saying after you calm down, "Why did I say or do that....I wasn't thinking".
- So, call a "time out; take a five minute break; take a walk; leave the room temporarily; then come back and deal with the situation after you have cooled down and you're a little calmer.

3) Think before you speak and Analyze your anger.

- *Don't "wait forever to respond" ... don't stuff your anger for more than a day, a week, a month, a year.*
- *Eph 4:26-27 "Be angry, and do not sin": do not let the sun go down on your wrath, 27 nor give place to the devil.*
- *If you let the "sun go down on your wrath" without properly expressing it, it will turn to resentment and bitterness which are also wrong; anger is not necessarily sin, but resentment and bitterness are always sin.*

3) Think before you speak and Analyze your anger.

- What do you do during your time out? You analyze your anger.
 - Ask yourself, "Why am I getting angry; why am I feeling irritated; why am I getting upset?".....what is causing this anger.
 - Anger is a symptom (silent or explosive anger is a symptom). Anger is like the warning red light on your car's dashboard...you don't fix the problem by getting rid of the light...the red light merely warns you that there is a problem with your car's system.
 - Once you understand the root cause of your anger, then you can deal with the cause. The more you understand yourself, the more of an understanding person you will be.

3) Think before you speak and Analyze your anger.

● *The root cause of your anger is always one of these three:*

- *Hurt* – your feeling hurt.
- *Frustration* – your feeling frustrated.
- *Fear* – your feeling fearful and insecure.

3) Think before you speak and Analyze your anger.

- *Hurt – is the first thing that causes you to get angry.*
 - *When you get hurt either physically or emotionally it is natural to become angry; you hit your thumb with a hammer, so you get angry with yourself or you blame the hammer, get angry at the hammer, yell at the hammer, throw the hammer...or say things you shouldn't say.*
- *Frustration – is the second thing that causes you to get angry.*
 - *You become discouraged/disappointed because you are unable to achieve a goal or unable to get what you want. Or, you may feel out of control; the more of a control person you are, the more frustrated you get when you can't control things, which is most things in life.*

3) Think before you speak and Analyze your anger.

- Fear – is the third thing that causes you to get angry:

- Whenever you feel threatened, feel trapped, feel attacked... you tend to become fearful of others and that makes you angry. We are to learn to fear only God and not any man.

- Matt 10:28 And do not fear those who kill the body but cannot kill the soul. But rather fear Him who is able to destroy both soul and body in hell.

- High insecure-fearful people are more prone to be angrier people because they need others in their life to feel secure; but most people are imperfect people and therefore will disappoint you... you dwell on what other people think of you instead of what God thinks of you... only God can meet all of your needs... not any human.

3) Think before you speak and Analyze your anger.

- *Every time you get angry, it's because of one or more of these root causes:*
 - *Hurt*
 - *Frustration*
 - *Fear*
- *When you get angry, look beyond your anger... and instead of exploding back with anger at someone who has upset you, analyze the root cause of your anger and say something like this: "What you said or did hurt me...frustrated me....caused me to feel fear...." It will help defuse the anger and focus on solution.*

4) *Release my anger appropriately.*

- *What is the best way to deal with anger?*
- *Remember that anger is an emotion given to us by God (God gets angry)....His anger is righteous anger....we should get angry at what makes God angry.*
- *God gets angry when He sees such things as child abuse, abortion, rape, evil things humans do to other humans. Our anger is more motivated by human selfishness....its "sinful anger" not "righteous anger.*

4) *Release my anger appropriately.*

- *We have two problems: 1) we tend not to get very angry at what makes God angry (we get used to all the evil) and 2) we fail to express our anger properly...especially our sinful anger.*
- *There is a right way and a wrong way to express our anger....a sinful way and a non-sinful way.*
 - *Eph 4:26 "Be angry, and do not sin":...*
- *The world's psychology teaches that the way to deal with anger is to allow yourself to let off steam....to get it off your chest....to join places like "Tantrums" and destroy things with crowbars and bats*

4) *Release my anger appropriately.*

- *This letting off steam is not the solution to lowering the anger level in our society.*
- *Scripture tells us that this type of “letting off steam” solution actually produces more anger...because giving vent to your anger actually becomes a habit and tends to produce more anger.*
 - *Prov 15:1 A soft answer turns away wrath, But a harsh word stirs up anger.*
 - *When you raise your voice in anger at someone, the other person tends to yell louder and it only makes you angrier. To reduce the anger in a confrontation, speak in a low volume and in a slow-calm voice.*

So what does Scripture say is the best way to deal with anger?

Four Ways to Deal with Anger

- *First, you don't SUPPRESS it.*
- *Second, you don't REPRESS it.*
- *Third, you don't EXPRESS it.*
- *Fourth, you CONFESS it.*

First) You don't SUPPRESS it.

- *Suppression means that you stuff and store your anger inside of you and carry it with you...it begins to breed bitterness and resentment and destroys relationships...also hurts your health.*
- *If you do this, you become like a coke bottle that is shaken and ready to explode...this happens with bottled up anger in relationships and any little infraction can cause people to explode with their stored inside anger.*
- *Sometimes in impacts relationships that are not even related to the person you're angry at...kick the dog, yell at your spouse, etc*

So don't SUPPRESS your anger.

Second) You don't REPRESS it.

- *Repression means that you deny that you are angry....you pretend that you are not angry.*
- *Repressed anger can also cause bouts of depression. When you push down your anger deep inside you and you carry it all of the time, you can become depressed and not even know why you are depressed....it's the anger bottled up inside that you are denying you have.*

So don't REPPRESS your anger.

Third) You don't EXPRESS it.

- *When you EXPRESS your anger (silent or explosive type of anger), you severely damage relationships...often with people you say you love (children, spouse, siblings, friends, etc).*
- *We all have our favorite ways of expressing our anger:*
 - *Sarcasm – some of us are good at that...comes natural to you.*
 - *Manipulation – your motto is, “I don't get mad, I get even!”...and you're always looking for ways to “even the score”.*
 - *Blow up – you don't use sarcasm or manipulation...you just explode.*
 - *Pout – you don't get your way so you pout... “Oh, poor me”.*

So don't EXPRESS your anger.

- 1) You don't SUPPRESS it.
- 2) You don't REPRESS it.
- 3) You don't EXPRESS IT.

Then what do you do?

Fourth) You CONFESS it.

- *What does this mean? You turn it over to God....you talk to God about it....*
- *First, admit that you are angry....and then identify the cause of your anger:*
 - *God, I feel HURTI.*
 - *God, I feel FRUSTRATED.*
 - *God, I feel FEAR/Insecure.*
- *Don't "Suppress", don't "Repress", don't "Express".....what do you do....YOU "CONFESS" it to God and seek His help.*

Next week we'll cover the rest.

There are Six in total.