

# Anger

Taming a  
Powerful  
Emotion



# Anger



- Anger towards another individual.
  - Is my response positive?
  - Is my response loving?
- **II Kings 5:11-15**
- Is our anger **definitive** (actual wrongdoing on the part of another)?
- Is our anger **distorted** (a PERCEIVED wrong, which was not actually wrongdoing on the part of another)?

# Anger



1. We must consciously acknowledge anger.
  1. **Ephesians 4:26**
2. Restrain your immediate response
  1. **Proverbs 29:11**
  2. **Proverbs 19:11**
  3. **Proverbs 14:17**
    - “Speak when you are angry and you will make the best speech you will ever regret.”

# Anger



3. Locate the focus of your anger
4. Analyze your options.
  - Can it be overlooked? **Romans 12:19**
  - Should we seek resolution? **Luke 17:3; Mark 8:33; Matt. 18:15-17**
5. Take constructive action. **Galatians 6:1**

# Anger



1. Acknowledge your anger.
2. Restrain your immediate response.
3. Locate the focus of your anger.
4. Analyze your options.
5. Take constructive action.