

Baggage
What's Weighing You Down
And Impeding Your Progress
Session 3
Anger

Ephesians 4:26-27 When angry, do not sin; do not ever let your wrath – your exasperation, your fury or indignation – last until the sun goes down. Leave no such room or foothold for the devil – give no opportunity to him. (Amp.)

Everyone experiences anger, however, We must learn the right and wrong way to handle anger and choose to handle our anger in the way God instructs.



God's way of handling anger is immediate



Handling anger immediately avoids sin.

Unresolved anger gives opportunity for the devil to control us.

DON ALLOW UNRESOLVED ANGER TO
BECOME BAGGAGE IN YOUR LIFE

When you refuse to let go of your bitterness from past offense you will give it power to damage and even destroy your future as you drag it along like a bag of garbage or toxic waste. (Rick Renner)



Anger is contagious (*Proverbs 22:24-25 Keep away from angry, short-tempered people, or you will learn to be like them and endanger your soul. (New Living)*)

The Progression of Anger

Wounded spirit (or hurt feelings) Proverbs 18:14 A wounded spirit who can bear?

A Root of Bitterness—Unresolved anger makes you bitter (*Heb. 12:14-15 Make every effort to live in peace with all men and to be holy; without holiness no one will see the Lord. See that no one misses the grace of God and that no bitter root grows up to cause trouble and defile many (NIV)*)

Unresolved Anger can lead to RAGE and physical outburst:

Handling Anger

A. Recognize Angry Attitudes. *Proverbs 14:10 The heart knows its own bitterness.* You know if you have a problem with

anger. Everyone is faced with anger, however, there is a right and wrong way to handle anger.

Two extremes of sinful anger:



VENTILATION: is when we give full vent to our anger, or blow up. (Proverbs 29:11 NIV *Fools give full vent to their rage, but the wise bring calm in the end.*)

INTERNATIZATION. Some people clam up when they get **angry**. They withdraw emotionally, cry, pout, sulk, retreat to another room, and employ a “cold shoulder” tactic.

⇒ Some blow up and then clam up.

⇒ Others, clam-up until the internal pressure builds to overflowing at which time they blow up!

Anger is an emotion given to us by God to destroy something:

- If we clam-up we destroy ourselves
- If we blow-up we destroy the person receiving our anger

What God wants us to destroy with our anger is the problem (conflict) we are facing.

D. Communication transfers the anger from our hearts to the problem.

Withdraw until you can communicate calmly.

(a) When angry or experiencing other intense emotions, we are at great risk of sinning with our words.

(b) Choose your words carefully:

Proverbs 15:28 The heart of the righteous studies how to answer.

Proverbs 16:23 The heart of the wise teaches his mouth and adds learning to his lips.

2. The tone of our voice. It isn't enough to choose the right words, we must also use an appropriate tone of voice.

Proverbs 15:1 A soft answer turns away wrath, but a harsh word stirs up anger NKJV

3. Non-verbal communication. This includes facial expressions (countenance), gestures, eye contact, posture, etc. The feelings of pride, anger, bitterness, fear, sensuality and rebellion can all show on our faces, without our even being aware of it.

The opposite is also true *(Ecclesiastes 8:1 Who is like a wise man? And who knows the interpretation of a thing? A man's wisdom makes his face shine, and the sternness of his face is changed. NKJV)*

Use a Journal to Control Anger.

A. Keep track of events that trigger angry responses

1. What happened that provoked me to anger?

(circumstances)

2. What did I say and or do when I became angry?

(my response to circumstances)

3. What does the Bible say about what I did and or

said when I was angry?

B. analyze and evaluate inappropriate expressions of anger

C. Design alternative biblical responses to the events that trigger anger

D. Improve your communication and conflict resolution skills

E. Learn how to express anger without sin