

LOVE IS NOT EASILY ANGERED

40 Days of Love - Part 5

1 Cor.13.5

Introduction:

1. Scripture
2. To many people anger is always a sin, when in some circumstances anger is the best response. God gave us this emotion to cause us to act when life is threatened.
3. The problem is not anger but whether it is appropriately or inappropriately expressed. The problem is we don't put it in its proper place; nobody taught us how to manage it. We either a turtle or skunk – crawl in our shell or blow up on everyone.
4. The Bible is clear about how to handle anger especially in the Proverbs.

How do I tame my temper?

1. Resolve to manage it.

- a. You can control your anger; it is a choice. Nobody is making you mad you are choosing to be mad. It is just like love; it's a choice.
- b. Prov.29.11 *"A fool gives full vent to his anger, but a wise man keeps himself under control."* Keeps means it's a choice. It's a responsibility.
 - i. It's possible through the work of the Holy Spirit in your life. As you submit to Him, He works the fruit of the Spirit in your heart. Several of those fruits are love, peace, patience, kindness, gentleness and self-control.
- c. Resolve means you make a choice in advance. The time to decide to manage your anger is not when your blood pressure is rising, your adrenaline is shooting into your system, your nerves are all on alert and you can feel the flush in your face and your muscles tense. It's before it gets to those points.
 - i. Ex of a wagon going down a slope and then a steep hill and flying off a cliff. You should have heeded the slope warning signs b/c once you're on a hill it's too late.

2. Remember the cost.

- a. Proverbs 29:22 *"A hot tempered man... gets into all kinds of trouble."* You could go on and on about the "all kinds."
 - i. Proverbs 15:18 that *"hot tempers cause arguments."*
 - ii. Prov.14.29: *"Anger causes mistakes."*
 - iii. Prov.14.17: *People with hot tempers do foolish things."*
- b. I always lose when I lose my temper
 - i. Prov.11.29: *"The fool who provokes his family to anger and resentment will finally have nothing worthwhile left."*
 - ii. What do you lose? You lose your reputation. You can lose the respect and trust of others. You can lose your job. You can lose a sale. You can lose the love of your family. You could lose your health.
- c. The three price tags for anger:
 - i. **More anger** – you can scare your kids and spouse into acting but eventually you get that anger thrown back on you. Your kids lash out
 - ii. **Apathy** – eventually they don't care. You lash out and they just close the door, leave the house...a lot of teenagers feel this way.
 - iii. **Alienation** – the relationship is broken and you're by yourself.
 - iv. Besides addictions, the three things that kill relationships quicker than anything: anger, unforgiveness, and selfishness.

3. **Reflect before reacting.**

- a. Think before you speak.
- b. Proverbs 29:11 says “*A stupid man gives free reign to his anger; a wise man waits and lets it grow cool.*” This proverb is saying “Chill Out!”. He’s saying one of the greatest tools for anger management is delay. Just wait a minute. Don’t write that email/text instantly when you read one that’s upsetting. Don’t respond back when somebody says something mean-spirited to you. Don’t do it. Wait.
- c. You can’t put your foot in your mouth when it’s closed.
- d. **Time Out Resource Tool** on blog
- e. Don’t delay forever b/c it can turn into resentment and bitterness.
- f. **Reflect on these three questions:**
 - i. **Why am I angry?** Anger is the symptom of something deeper.
 - ii. **Why do I keep repeating this pattern under similar circumstances?**
 1. My experience with grief, loss and anger.
 - iii. **What do I really want?** What do I really want out of this argument? What is it that I’m not getting here? What is the need that’s being unfulfilled in my life? What do I really want?
- g. **Root causes of anger:**
 - i. **Hurt** – when you’re physically hurt you respond, likewise, wounds from the past, rejection, family of origin, actions against you, not being loved
 - ii. **Frustration** – daily stuff; you feel your life is out of control; overwhelmed
 - iii. **Fear** – threatened, trapped, attacked; anger and insecurity go together. The more insecure you are the more prone to anger.

When you base your feelings about yourself and what other people think about you, you’re going to get angry all the time. When they don’t meet your needs or when they say things that are unkind or they don’t respond the way you expect them to respond or they’re not as appreciative as you think they ought to be for that meal you’ve cooked or that deal you’ve signed or the house you just bought or whatever and you don’t feel appreciated you’re going to get angry. Why? Because you’re looking to other people to meet needs in your life only God can meet. Every time you look to somebody in your life to meet a need that only God or yourself can meet you are setting yourself up for anger. Nobody can play God in your life. Nobody can meet all your physical needs, sexual needs, financial needs, mental needs, emotional needs, spiritual needs. Nobody can do that. Because we’re all imperfect. So when you look to somebody to meet all your needs you’re going to be an angry person all of your life. You’re going to be disappointed and you’re going to be angry.
 - iv. This is so important. Because when somebody gets angry at you, try to look beyond the anger and see which of these things are they feeling?

4. **Release my anger appropriately.**

- a. Eph.4.26 – *If you become angry, don’t let your anger lead you into sin.*
- b. **What’s the best way to process my anger?** Aggression only produces more aggression. Flying off the handle guarantees you will do it again.
 - i. **Don’t suppress it.** What does suppression mean? It means when you stuff it. When you store it up inside. When you store up anger inside it’s like taking a coke bottle and shaking it up. It’s eventually going to explode. If you don’t talk it out, your body takes it in.

- ii. **Don't repress it.** Repression means denying. Repression means pretending like you're not angry. Denial.
 - 1. Repressed anger is the cause of much depression. It is frozen rage.
- iii. **Don't express it in unhealthy way.**
 - 1. Sarcasm – you have a delicatessen mouth – full of cold cuts.
 - 2. Sharp, harsh words.
 - 3. Just blow up
 - 4. Play the victim – Mary the martyr; point out all the flaws and issues of the other.
 - 5. Crazy behavior – he spent money on this so I spent money on that
- iv. The proper way to deal with it is to **confess it.** To yourself, God and in time to others.
 - 1. **Emotionally Healthy Relationship Course** – give you tools to build better communication and deal with your emotions in a healthy way.

TS – the next step is the key to long term change:

5. Re-pattern your mind.

- a. You can learn new patterns, new habits so you don't have to perpetuate what your parents and previous generations did.
- b. **Rom.12.2 – Don't copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think.**
- c. Every emotion has a thought or history behind it. This is why it is so important to go back in order to go forward. You can never advance until you take the journey inward. Some would rather continue to the same patterns of anger and blame than take the journey inward with the HS that will result in deep, inner transformation. Don't worry about the behaviors go the root.
- d. Appl – **What unhealthy patterns do you see in my life that need to be renewed?**
- e. Part of this renewal process is staying away from angry people.
 - i. Prov.22.24f – Do not associate with hot-tempered people or you will learn to be like them and endanger your soul.
 - ii. As your pastor, I am telling you stay away, don't date, marry or become close friends with an angry person. You can't change them; their life is headed to destruction.
 - iii. If you're in a abusive marriage, God does not expect you to accept physical abuse. I am not advocating divorce, but definitely separation if it is an ongoing problem for the sake of your life and your children.
- f. Another part is getting to the core of your relationship strife and anger. Let me give you a whole lot of marriage counseling in two words: grow up! The number one cause for marriage incompatibility is not incompatibility. It is a myth made up by divorce lawyers. Any two people can become compatible if they're willing to grow up. If they're willing to be unselfish. **The root cause of nearly every single marriage problem is selfishness.**

I want what I want when I want it and you want what you want when you want it. My will and ego faces your ego and we're going to fight. It's all about I. It's all about me. It's not about we. It's about me. Even when one person wants to do the we if the other person wants to be an I you're going to have problems. It really comes down to just *grow up*.

What is incompatibility? It is immaturity. Any two people can learn to get along with each other if they're willing to grow, if they're willing to be loving, if they're willing to think of more than themselves, if they're willing to compromise and willing to think of the other person.

6. **Rely on God's help.**

- a. Gal.5.22 – The fruit of the Spirit is...patience. The HS will naturally produce patience in your life if you give him permission and cooperate with His work.
- b. Matt.12.34 – Whatever is in your heart determines what you say. The problem is not the situation or the other person; the problem is what is in your heart. Your mouth betrays your heart.
- c. You find somebody with a harsh tongue, a cutting tongue, it reveals an angry heart. You find somebody with a negative tongue, you know they've got a fearful heart. You find somebody with a boasting tongue, you know they've got an insecure heart. You find somebody with a judgmental tongue, they're always judging everybody, you know they've got a guilty heart. You find somebody with a critical tongue, they're always nagging and being critical, they've got a bitter heart. You find somebody with a filthy tongue, you know they've got an impure heart.
- d. You need a heart transplant and a mind renewal and both are available. Are you willing to do the hard work to pay the price for the change or are you just going to keep going around the tree and think it will be different?
 - i. Heart of Sonship School - slide
 - ii. EH Relationship Course - logo
 - iii. Long term Counseling and/or therapy – how much is a healthy marriage worth? Healthy relationship? Healthy mental state? We don't have a problem rolling out the money for hobbies, meals, or vacations, etc, but when it comes to counseling you all of a sudden become poor.

Prayer:

Father, it's sad but it's true that we often get angry at the people we love the most. The people we're closest to. It's often, Lord, because we forget that you are the source of all we need, not other people. You are the source of all we need. Jesus, help us to remember that when we expect anybody else to meet needs our deepest needs, we're going to be disappointed and we're going to be angry. When we expect other people to be God in our lives and meet all of our needs, help us to realize that we're just setting ourselves up for disappointment and anger. Lord, I'm certain that there are many people here this weekend who are struggling with anger. I ask you to help them Lord, whatever the hurt or the frustration or the insecurity, help them to experience hope and healing today.

Now you pray. Say, "Dear Jesus Christ, I admit that I have a problem with my anger and I don't want to stay that way. I need your help. I need you to do a heart transplant in me. I need you to fill my heart with your love. Today with your help I want to start practicing these steps. Today I am resolving to learn how to manage my anger. To learn some of these Bible verses we've looked at today. I'm very aware of how my anger has hurt other people including those that I love and I'm sorry. Please forgive me. Forgive me for the times I've tried to control things and then getting angry when I couldn't. Help me to reflect before reacting. To pause, to put my mind and heart in gear before my mouth. Help me to learn to

release my anger appropriately. To not repress it or suppress it or express it in sarcasm or manipulation or weird behavior. But help me to re-pattern my mind. I confess to you that I need your help. So Jesus, today I open up my life, every room of my heart completely to you. Come into my life and save me and change me. Make the changes only you can make.”

While our heads are still bowed, in a minute I'm going to ask everybody to just take a card and write me a note about what's going on in your life so as your pastor I can pray for you this week. If you prayed this prayer for the first time check the box that says I've committed my life to Christ, so I can pray for you. If you're particularly struggling with this area of anger between you and me I want you to write on the card "I need help." And I'll get you some. But I want to ask everybody to fill out a card.

Father, thank you for your word that it's so practical and so relevant and it helps us in every area of life. Lord, we want to be lovers, not haters. We want to be filled with you, and your peace and joy. In your name we pray. Amen