



Week Two: Anger

Anger: To make angry;; to become angry. A strong feeling of displeasure and usually of antagonism, Rage.
Angry: Feeling or showing anger; wrathful, indicative of or proceeding from anger; Seeming to show anger or to threaten in any angry manner.

Anger is called the 2nd emotion and for a good reason. It can get us into a heap of trouble or it can help. Anger controlled can be used for something positive when witnessing to others.

It happened on Saturday March 2, 1974 around 2:00 p.m. at Addison Trail High School. Yep, a sophomore wrestling match with a 185 lb. class. Undeclared going into the match and on the line was a perfect season and the chance to compete for my school in the upcoming district, regional and state tournament. I had everything going my way, winning 8-1 at the start of the 3rd period and only had to last 2 minutes more. Starting in the down position, as the whistle blew I went to try and escape and POP! My opponent had grabbed my right ankle and lifting skywards my right knee dislocated. To say I yelled was an understatement. My season was over along with my wrestling career, only to find out only moments later that my best friend and fellow teammate had more to do with this than my opponent. My friend had told a buddy on the other team that I was having issues with my right knee and that “He” not I deserved to represent our school in the upcoming state tournaments. So a plan was put in place to ensure that I didn’t wrestle anymore that season. I was hurt and angry, but somehow I kept my anger in check. I couldn’t look my buddy in the face and wanted nothing to do with him. I let my anger stew from Saturday evening through Monday’s visit with my orthopedic specialist to find out the bad news. Somewhere along the way I just couldn’t stay mad. Tuesday morning upon entering school and seeing my friend I went up to him and asked him to forgive me for my anger and hatred toward him for what he had planned. He also wanted to apologize to me and to this day we have remained acquaintances.

When you feel anger or you are already angry, instead of letting your anger get the best of you follow these simple guidelines:

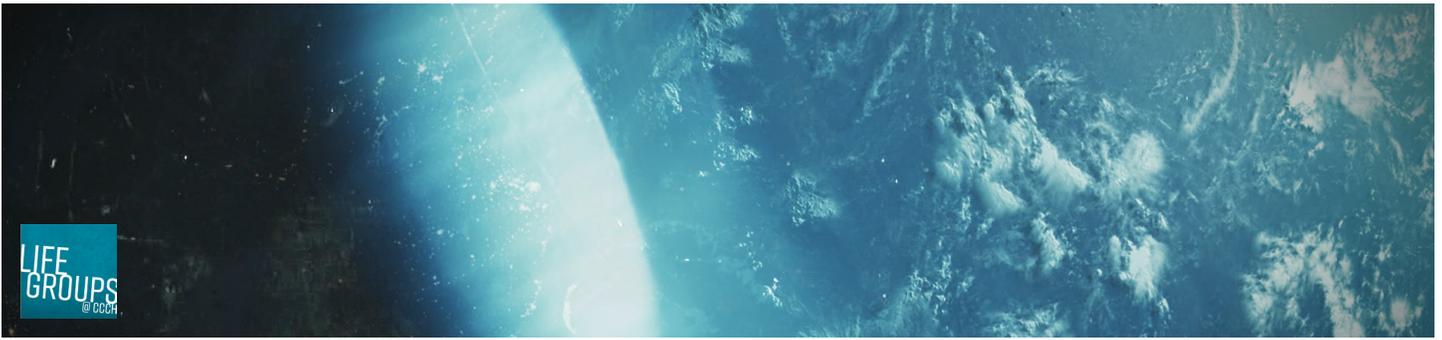
- a) *Remember the results*
- b) *Restrain your remarks*
- c) *Reflect before you react*
- d) *Reinterpret your rage*

REMEMBER THE RESULTS

Ephesians 4:26-27 states;

²⁶ “In your anger do not sin” [a]; Do not let the sun go down while you are still angry, ²⁷ and do not give the devil a foothold.

What great advice! I wish that Saturday long ago I had taken this advice and not lost an entire weekend. I lost much sleep being angry at something I couldn’t control. And for what reason? Pride.



James 1:19-20

¹⁹ My dear brothers and sisters, take note of this: Everyone should be quick to listen, slow to speak and slow to become angry, ²⁰ because human anger does not produce the righteousness that God desires.

When have you let your anger get the best of you?

Share a story or time when you let anger get the best of you.

What was the outcome? How did you feel at the time? A little while later?

RESTRAIN YOUR REMARKS

Proverbs 29:11 ¹¹“Fools give full vent to their rage, but the wise bring calm in the end.”

What does God desire of us?

*That we 1st listen carefully,
2nd compose carefully how we want to respond and
3rd don't let our anger get the best of us.*

Points to help avoid anger:

- a) *Change your life and it will change your future.*
- b) *Be more positive and positive outcomes will follow.*
- c) *Reflect before you react.*
- d) *Think before you speak, old adage count to 10 and take deep breaths.*

REFLECT BEFORE YOU REACT

Proverbs 11:29 ²⁹“Whoever brings ruin on their family will inherit only wind, and the fool will be servant to the wise.”

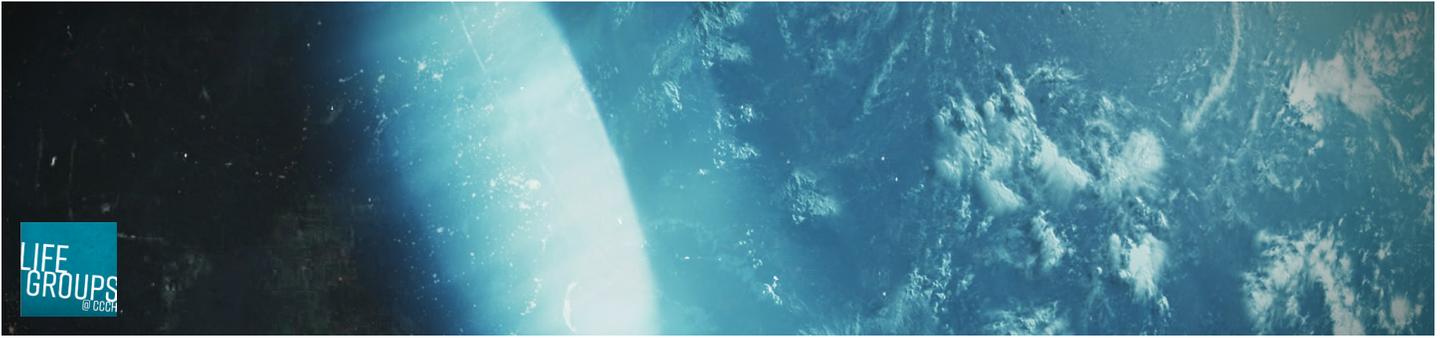
Proverbs 29:22 ²²“An angry person stirs up conflict, and a hot-tempered person commits many sins.”

When we are angry do we think rationally? Clearly?

Anger just drives a wedge between people for no apparent reason.

Last year over 15,200 incidences of road rage were reported. How many weren't reported? How sad and yet many of us can relate because we are the cause or effect to similar situations.

How can we defuse our anger?



REINTERPRET YOUR RAGE

Proverb 14:29 ²⁹“Whoever is patient has great understanding, but one who is quick-tempered displays folly.”

God’s anger is mentioned 256 times in the Bible. But His anger was controlled and used to punish and or set into motion other events. Anger when controlled can be used to produce a good outcome, but often we let our human emotions get the best of us.

As a group think of ways that anger leads to a good outcome.

Example: MADD Mothers against Drunk Drivers.

Has there been a time when your anger had a positive impact on the outcome?

How did you keep your anger focused on God?

Going forward think of the stress-less nights you will have when your anger is held in check by keeping your focus on Christ. We won’t have to stew about the other person or problem and can have a clear mind to stay focused on Christ.