

## How Do I Deal With My Anger?

By: Mike Mazzalongo

*<sup>24</sup> “and put on the new self, which in the likeness of God has been created in righteousness and holiness of the truth.*

*<sup>25</sup> Therefore, laying aside falsehood, speak truth each one of you with his neighbor, for we are members of one another. <sup>26</sup> Be angry, and yet do not sin; do not let the sun go down on your anger,”*  
– Ephesians 4:24-26

**P**aul is encouraging the church to grow in Christian maturity and grace.

One sign of that new maturity, that new balance, that new person is that a person learns to deal with his/her anger properly.

In the old life, the sinful, unbelieving life, anger was dealt with and used in a variety of ways:

- A vent to spew out our frustrations
- An excuse for violence or unreasonable conduct (I was angry so I...)
- A way to intimidate or manipulate others (... don't get him mad...)

When one becomes a Christian however, the old man of sin dies is buried in the water of baptism and a new man emerges. And this new man emerges with new ways of thinking and new ways of acting. In this passage, Paul mentions the new way of dealing with a natural human emotion – anger.

### WHY DEAL WITH ANGER?

Note that Paul doesn't say, “Don't be angry anymore”, or “Anger is a sin”? Notice that he doesn't say to deal with the cause, with the one provoking the anger (that is not always possible, practical, safe). He encourages the brethren to

deal with the anger itself before the day is out.

We can't always deal with or eliminate the cause of our anger, but we always have access to the anger itself. Paul says deal with the emotion right away. The reason for this is that if we don't deal with our anger right away, we allow Satan to take hold in our lives, and he can transform the raw emotion of anger (which is not sinful) into something which is (jealousy, resentment, revenge, hatred, etc.). IE – Cain was angry but didn't deal with it right away. Satan transformed this anger into a jealous rage which led to murder.

Anger is a natural emotion, it's like a surplus of emotion we feel when we are afraid, offended, embarrassed, or disappointed (or when many emotions come at once) anger is the natural signal that tells us that we are experiencing an emotional power surge.

How to Deal with It. Paul only tells us not to let the day go by without dealing with it. How do we do that in practical terms?

### ACKNOWLEDGE YOUR ANGER.

Many times we're going around angry, and we don't realize that we are. In vs. 25 Paul says that we must speak the truth. Sometimes that involves being honest with ourselves about how we really feel.

### CLARIFY YOUR ANGER.

In other words, try to define why you are angry and with whom or what, and if it is truly justified. Sometimes it's not worth it; sometimes we're angry over something that may not be

true. Dealing with anger properly requires that we get it into perspective, put a name on it, describe a reason for our feelings. That doesn't make the emotion go away but it helps us know where the emotion comes from. In the case of anger – arriving at the truth about it does help in setting you free from it.

### **GIVE YOUR ANGER TO GOD.**

Our anger is usually caused by some injustice, unkindness, or adversity towards us. We get angry because it's not fair, we've been hurt, or we feel helpless and victimized, or inconvenienced. We need to realize that "fixing" the problem or getting even doesn't take care of our anger – only the Lord can soothe our bruised egos and broken hearts. The healing we require from the burning heat of anger only comes when we consciously

give our burden, along with the anger caused by it, to the Lord in prayer and submission. Once you've understood what or who's made you mad, you need to bring them or it to God before the sun goes down in order to avoid turning that anger into something else that will cause you to sin.

If you're dealing with anger or if anger has caused you to sin, repent, and ask God to forgive you and begin to address with your anger instead of your enemy or problem. Realize also that God's angry at you if you have not yet confessed Christ and been baptized or if you've been unfaithful to the Lord – He's justifiably angry, and it's a terrible thing to fall into the hands of an angry God.

If you need to be right with God, don't let the sun go down on His anger.

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## Are We Listening To God's Word?

Selected Article

Read Matthew 13: 18-23

If you talked to people about what they heard in the sermon on Sunday morning, there is a great probability that you will get several answers. Why? Several factors come into play on this.

The **closed heart** factor, some people have this heart factor against the truth, some may even attend church, but no truth is able to penetrate because their mind is closed to any message they don't want to follow.

The **shallow heart**, some people start out passionate about what Christ can do for them but fall away because of misplaced expectations when difficulties come.

The **cluttered heart** gives way to distractions of the world where there is no room for the Christ committed devotion, therefore no fruit is produced.

The **opened heart**, the heart we cultivate for the truth, one that positions us to hear, understand and apply the Scriptures to our lives.



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Upcoming Events

Sunday, Dec. 4: Potluck luncheon after morning worship with a 12:45pm service in lieu of the 5pm service. Please bring a potluck dish/dessert to share.

Sat. Dec. 17: Monthly youth devo with a holiday activity. More details to come!

Area Events (More info on the bulletin board in the hallway):

Prayer List

Prayer Requests:

Nancy Dorries who is at home recvoering. She would appreciate phone calls.

Veronica Serenil who continues to recover from eye surgery.

Clifton Rutherford will be having thyroid removal surgery on Nov. 29th.

Members

Jeff Cannady, Les Daltry, Kin and Sandra Marie, Ann Pantel, Veronica Serenil, Clark Withers, Dee Gilpatrick, Faye Henderson.

Service Roster

Week of November 20, 2022

Sunday Morning

Scripture Reading..... Dan Fielder  
Song Leader .....Fred Scherffius

Opening Prayer.....Rick Bass  
Closing Prayer..... Billy York

Lord’s Supper & Offering

Bread..... Kevin Sheeran  
Cup..... Doug Jobes  
Offering.....Mike Atkinson  
Assist.....Jack Jobes  
Assist..... Willie Fossati  
Assist..... Luke FitzSimmons

Sunday Evening

Song Leader ..... Jeff Cannady

Opening Prayer.....James Cammock  
Closing Prayer..... Jeff Cannady

Lord’s Supper & Offering..... ... Doug Jobes, Kevin Sheeran

Wednesday Evening

Adult Class ..... Brandon Starling  
Song Leader ..... Kirk FitzSimmons  
Devotional .....James Cammock

Other

Prepare Communion .....Siegel Family

Congregational News

Birthdays

Harvey Rampley.....Nov.26

Please remember to complete your Evange-  
lism bookmark with 10 names and bring it  
today! See James Cammock if you need a  
bookmark.

Congratulations to Simon Cammock who re-  
ceived 1st Place in the Second Grade Division  
of the Weber Road Bible Bowl Event held  
last week. The first 14 chapters in the Book  
of Acts was the topic. Next year’s topic will  
be the last 14 chapters of Acts. We encourage  
all school age children 2nd grade though  
high school to participate next year.

Food Helpers for the month of Nov. - Team A.

If you have any prayer requests or upcoming  
events to be announced, please contact our  
secretary, Nina Siegel, at (361) 573-0030.

## Our Elders

Mark FitzSimmons  
Ron White

## Our Deacons

James Cammock—Evangelism  
Lupe Escojido— Benevolence  
Bryant Siegel—Education and Finance

## Our Preacher

Brandon Starling

## Weekly Reading

“Rejoice always.” 1 Thessalonians 5:16

## Service Times

Sunday Morning Bible Class.....9:00 A.M.  
Sunday Morning Worship.....10:00 A.M.  
Sunday Evening Worship.....5:00 P.M.  
Wednesday Bible Class.....7:00 P.M.

## Attendance Records

Week of November 13, 2022

A.M. Bible Class.....70  
A.M. Worship.....109  
P.M. Worship.....56  
Wednesday Bible Class.....60

*Financial information is located on the bulletin board in the hallway.*

## Supported Works

John & Carla Moore *Bible Land Passages*  
B.K. York *Southwest School of Bible Studies*

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