

The Christian Arsenal

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HANDLING ANGER IN YOUR HOME Home Improvement

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Part 6 of 8
Proverbs 11:29

INTRO: In any relationship that you have, conflict is inevitable. Conflict in your home is inevitable, but combat is not.

You must learn how to: Disagree without being disagreeable.
 Argue without assassinating.

In every relationship, when you have conflict, you will either have a breakdown or a breakthrough.

“The fool who provokes his family to anger and resentment will finally have nothing left.” Prov. 11:29 (LB)

More marriages and more families are destroyed by anger than anything else.

When it comes to conflict everyone in this room falls into one of two camps:
You are either:

- 1) Passive or you tend to be aggressive
- 2) A resister or a runner.
- 3) You either fight or flee.
- 4) You tend toward being violent and the other silent
- 5) You are either a skunk or a turtle.

At every point in your life, you are always moving in one of three directions:
Moving against people in anger,
away from people in fear, or
with people in love.

The ideas in anger control are not to eliminate anger because you can't, but learn how to express anger in appropriate ways.

WHAT TO DO WHEN I AM ANGRY

I. I MUST ADMIT MY ANGER

“Stop lying to each other; tell the truth. When we lie to each other we are hurting ourselves. If you are angry, don't sin by nursing your grudge.” Eph 4:25-26 (LB)

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Anger is not sin. 375 times in the Old Testament it says that God got angry. It's how you get angry and what you do with your anger that makes it sin or not.

II. I MUST UNDERSTAND MY ANGER.

There are more ways to express anger than being a skunk or a turtle.

- The underhander – this person will throw darts at you, sarcastic little jibes. When you draw back they'll say, "Just kidding."
- The martyr – Every time something happens they'll say, "You're right. It's my fault. It's always my fault. It's me."
- The "will not admit my anger for anything" person – Their physical bodies bare it with different illnesses that doctors say are related to swallowing anger.

"A man's wisdom gives him patience." Prov. 19:11

"A patient man has great understanding but a quick tempered man displays folly."
Prov 14:39

ASK THIS QUESTION: Why does this situation upset me so much?

THREE PHASES OF AN ARGUMENT

PHASE ONE: RECOGNITION
PHASE TWO: REACTION
PHASE THREE: RESOLUTION

WE GET ANGRY WHEN WE FEEL:

- Unaccepted – you feel rejected for who or what you are.
- Unappreciated – you feel taken for granted
- Unsupported – you feel like people are working against you instead of with you.
- Unprotected - you feel others don't care about your needs.
- Uncertain – you feel that you can't trust.

III. I MUST DEAL IMMEDIATELY WITH ANGER.

"Never let the sun set on your anger or else you will give the devil a foothold."
Eph 4:26,27 (JB)

Resolve each day's anger as it comes.

"You are only hurting yourself with your anger ..." Job 18:4 (GN)

GOOD BOOK ON ANGER: Make Anger Your Ally by Neil Warren

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Anger expressed inappropriately is dangerous.

IV. I MUST LEARN TO CONTROL MY ANGER.

“A fool gives full vent to his anger but a wise man keeps himself under control.”
Prov 29:11 (LB)

A mark of wisdom is the ability to control your anger.

FOUR BIBLICAL WAYS TO CONTROL ANGER

1. I MUST REALIZE THE COST.

“A hot tempered man starts fights and gets into all kinds of trouble.” Prov 29:22 (LB)

“People with hot tempers do foolish things.” Prov 14:17 (GN)

2. I NEED TO REFLECT BEFORE REACTING

Stop and think before you speak.

“...be quick to listen, slow to speak, and slow to become angry.” James 1:19

“A stupid man gives free reign to his anger. A wise man waits and lets it grow cool.” Prov 29:11 (NEB)

3. I NEED TO RELEASE MY ANGER APPROPRIATELY.

“Do not use harmful words in talking. Use only helpful words, the kind that build up and provide what is needed.” Eph. 4:29 (GN)

Use words that build up, not tear down.

Suggestions:

1. Be brief
2. Be specific
3. Be humble

SOME GUIDELINES TO ESTABLISH (BOUNDARIES)

- Never compare – “Why can’t you be like ...”
- Never condemn – “You always ...” “You never...”
- Never command – “I demand that you do what I say...”
- Never challenge – “Just try that and see what happens.”
- Never condescend – “I know why you said that.”

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- Never contradict – Interrupting in the middle of a sentence.
- Never confuse – You change the subject and bring up an unrelated issue.

4. I MUST RELY ON CHRIST'S HELP.

“May God who gives patience ... help you to live in complete harmony with each other – each with the attitude of Christ toward the other.” Romans 15:5 (LB)

Conflict, in many ways, is like childbirth. There's enormous pain and it almost feels like you're going to die. But if you'll hang in there, you'll give birth to a new level of understanding, a deeper relationship, a more satisfying level of commitment and intimacy in your relationship.