

## **Introduction: Anger is a secondary emotion**

- Anger is not the problem. Anger is the red warning light on the dashboard – something under the hood is amiss.
- It is easier to be angry than to face the deeper, more sensitive issues of anger.
- We cover stuff inside that God wants to heal, forgive, and restore.

## **Three root issues behind anger:**

### **1. \_\_\_\_\_ = Real or perceived unmet needs**

- *A person's own folly leads to their ruin, yet their heart rages against the Lord.*

Proverbs 19:3 (NIV)

- *Anger is cruel and fury overwhelming, but who can stand before jealousy?*

Proverbs 27:4 (NIV)

- **Tool: "I feel...." Messages – Attack the Issue not the Person**

2. \_\_\_\_\_ = Real or perceived unmet expectations

- *Whoever is patient has great understanding, but one who is quick-tempered displays folly.*

Proverbs 14:29 (NIV)

➤ **Tool:** “I desire...” vs. “I demand....” Statements

3. \_\_\_\_\_ = Real or perceived attacks on my worth

- *A gentle answer turns away wrath, but a harsh word stirs up anger.*

Proverbs 15:1 (NIV)

- *A brother wronged is more unyielding than a fortified city; disputes are like the barred gates of a citadel.*

Proverbs 18:19 (NIV)

➤ **Tool:** Ask yourself, “Why am I feeling threatened?”

- What is being attacked?
- Who is attacking me?
- Is the threat meaningful?
- Whose approval am I seeking?

**Summary: The first step in overcoming the destructive power of anger is the \_\_\_\_\_ to look below the surface.**

- Anger – is the light on the dashboard; something's wrong under the hood.
- Anger – is our way of protecting ourselves from painful, hard-to-deal-with hurts, frustrations, and insecurities.
- Anger – has many faces and despite its power for good, it destroys, unless we learn to...

**Acknowledge it**

**Back-track to the 1st emotion**

**Consider the real cause**

**Determine to rightly respond**

**Discussion Questions:**

1. Discuss the concept of anger as a secondary emotion. What insight does this give you with your anger?
2. Which of the root issues do you tend to struggle with the most? How could you see anger as a means to help you grow in Christ and relationships with others? Be specific.
3. What was most helpful to you from this message? Why?

Reference: *The Strong and the Weak* by Paul Tournier