

Introduction:

Resilient: the ability to withstand or recover from a difficult situation.

Questions:

- What do you do with the emotions inside of you?
- What do you do with anger?
- What kind of a relationship do you have with anger?

Anger at its best _____ **Anger at its worst** _____.

Your relationship with anger will _____ **or** _____ **you in the middle of a crisis.**

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. ²¹ Therefore, get rid of all moral filth and the evil that is so prevalent and humbly accept the Word planted in you, which can save you.

James 1:19-21 (NIV)

Defining anger:

“Anger is neither good nor bad; it is a ‘charged,’ morally neutral, emotional response of protective preservation.”

Chip Ingram & Dr. Becca Johnson

“Anger... is the emotion that arises whenever we encounter what we perceive to be wrong. The emotional, physiological, and cognitive dimensions of anger leap to the front burner of our experience when we encounter injustice.”

Gary Chapman

3 Major ways people express anger: Spewer, stuffer, leaker

God's plan for resolving anger:**Step #1: "Be quick to hear."**

- Our **immediate response** to God, others, circumstances, and our anger is to be "_____ listeners" not "_____ responders."
- **Key question:** What is this anger telling me?

Step #2: "Be slow to speak."

When words are many, sin is not absent, but he who holds his tongue is wise.

Proverbs 10:19 (NIV 1984)

He who guards his lips guards his life, but he who speaks rashly will come to ruin.

Proverbs 13:3 (NIV 1984)

Do you see a man who speaks in haste? There is more hope for a fool than for him.

Proverbs 29:20 (NIV 1984)

- Our interim response to God, others, circumstances, and our anger is to "_____ before we _____."
- **Key question:** What must I do to prevent a "verbal reflex response"?

Step #3: "Be slow to anger."

Do not be quickly provoked in your spirit, for anger resides in the lap of fools.

Ecclesiastes 7:9 (NIV 1984)

- Our **life-changing** response to anger begins when we replace " _____ " with " _____ ".
- **Key question:** What root issue (injustice, hurt, frustration, or insecurity) is behind my anger? (ABC method)

How can we deal with those painful root issues?

Diagnostic question: What's behind my anger?

- **Am I hurt?**

Tool = "I feel" messages

- **Am I frustrated?**

Tool = "I desire" vs. "I demand" expectations

- **Am I feeling threatened?**

Tool = "Who's firing the darts? Is there something to learn? Whose approval do I need?"

Anger can be turned from an “archenemy” to a “faithful ally”

²⁶ Be angry, and yet do not sin; do not let the sun go down on your anger, ²⁷ and do not give the devil an opportunity.

Ephesians 4:26-27 (NASB)

Discussion Questions:

1. In what ways do you tend to express your anger?
2. Describe a time when you reacted in your anger. What was the outcome and how could it have been different if you had “reflected” instead of “reacted”?
3. Share some practical steps you can take to follow James’ three step approach to diffusing anger.
4. Which of the root issues do you tend to struggle with the most? How do you see anger as a means to help you grow in Christ and relationships with others?