

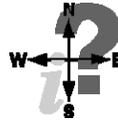
Why am I so angry?

Why caused this level of anger?

Anger is normal and even reasonable at times. Things happen in my life causing me deep hurt and sometimes embarrassment. Anger is also a normal part of the grieving process of a human. God designed us that way! Dreams and hopes have been shattered. Trust is broken. Ugly words have been exchanged. The actions taken by someone close to me were wrong and hurt me. My reactions to these actions are feelings of anger, hatred, fear, or revenge. These emotions usually come out the same way - "I want to break something!"

Is it wrong to get angry?

God got angry. Jesus got angry. He was extremely upset when the people turned the temple area into a marketplace (Matthew 21:12-14). However, He did not hurt them and did not hate them, only their actions. God still gets angry at the actions of wicked people as shown in **Romans 1:18(NIV)** *The wrath of God is being revealed from heaven against all the godlessness and wickedness of men who suppress the truth by their wickedness,*



Now what can I do?

Do not try to keep it bottled up

If I try to pretend everything is OK I will soon explode. That will do much more harm than good and hurt myself and my family even more.



Proverbs 14:29(NIV) *A patient man has great understanding, but a quick-tempered man displays folly.*

Recognize the source of the anger

As soon as I know what is triggering this anger I can work to avoid it. I've got to protect those "hot buttons" or someone will get burned! If certain thoughts keep coming back I MUST replace them with something more pleasant.

Philippians 4:8(NIV) *Finally, brothers, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things.*

I know I am not able to just "turn off" feelings. Humans don't work that way. I can replace those feelings of anger with more healthy feelings!

Admit "I am angry"

So if I just openly admit I am angry it will go away? Not that easily but it does help! I will allow myself to deal with these feelings in a more controlled manner rather than exploding.

Ephesians 4:26(NIV) *"In your anger do not sin": Do not let the sun go down while you are still angry,*

Ephesians 4:31-32(NIV) *Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.*

Confront the ones who trigger my anger

Maybe I just need to tell them why I am so upset and make it personal. This gives them an opportunity to resolve it but also gives me a chance to release a burden in a more calm and loving way. I should get angry over the action rather than the person. Regardless, exploding is not the way to go.

Use the energy to do something profitable

Do something which takes a lot of energy. Go for a run or heavy workout in the gym. Wash and wax the car, several times. Mow the grass (by hand). Write a long letter explaining the feelings and then burn it. Redirect the energy to a worthwhile

service project for someone in need, task like raking leaves for a shut in or doing the laundry for a sick friend. Whatever it takes, I must get my mind off the offence and into my emotional healing.

Realize it is *My Choice*

I must keep in mind I have chosen to take the "high road" and not get into a fight or do something which will backfire. I will choose to forgive the person. I will not let this anger control me. This is an example of how God wants me to live daily, in spite of the challenges thrown at me.

Paul describes a good plan in **Romans 12:17-20(NIV)** *Do not repay anyone evil for evil. Be careful to do what is right in the eyes of everybody. If it is possible, as far as it depends on you, live at peace with everyone. Do not take revenge, my friends, but leave room for God's wrath, for it is written: "It is mine to avenge; I will repay," says the Lord. On the contrary: "If your enemy is hungry, feed him; if he is thirsty, give him something to drink. In doing this, you will heap burning coals on his head."*

Remember the source of my strength

Philippians 4:13 (NKJV) *"I can do all things through Christ who strengthens me."*

We are here to help you!

We would sincerely like the opportunity to talk with you more about this subject and share what God's word says about it. As Jesus said in **John 8:32(NIV)** *Then you will know the truth, and the truth will set you free."*

This is presented with love by:

We simply seek to share the message of love, hope, forgiveness and peace found through Jesus Christ.

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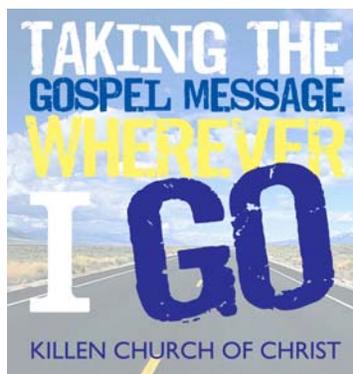
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Overcoming Anger rbh 01/23/13

Overcoming Anger



I'm so mad I could . . .

