

# CONTROLLING OUR ANGER

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# Our text:

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- Proverbs 25:28 (NKJV)
  - ▣ Whoever has no rule over his own spirit is like a city broken down, without walls.

# Why do people get angry?

- Disrespect (1 Sam. 25:1-13)
- Jealousy (Lk. 15:25-32)
- Abuse (Eph. 6:4)
- Frustration (Jonah 4:1)
- Offended (Mk. 6:14-26)

# Why do people get angry?

- **Others don't do what we want (Esther 1:12)**
  - ▣ Someone has said that we get angry when others
    - Don't do what we want them to do
    - Do what we don't want them to do
    - Do it in a way we don't want them to
    - Don't do it fast enough for us

# How can we control our tempers?

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- Not through
  - ▣ Venting/exploding
  - ▣ Suppression

# How then?

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- Learn self (2 Cor. 13:5)
  - ▣ Avoid the things that set us off
- React in ways NOT to produce anger
  - ▣ Soft answer (Prov. 15:1)
  - ▣ A thought-out response (Jas. 1:19-20)

# How then?

- Learn to ignore petty disagreements (Prov. 17:14)
- Learn to reason things out
  - ▣ David and Abigail (1 Sam. 25:14-44)
  - ▣ Talk to self: Ask: “what good will it do?”
- Put things in the right perspective (Eccl. 7:21)

# How then?

- Don't be defensive (Prov. 27:17)
- If our anger is directed toward a person
  - ▣ Go to them if they have something against us (Matt. 5:23-24)
  - ▣ Go to them if they have sinned against us (Matt. 18:15-17)

# How then?

- Don't react too quickly (Eccl. 7:8-9; Jas. 1:19b)
  - ▣ Investigate the facts
  - ▣ Hear all the facts
- Don't be friends with an angry person (Prov. 22:24-25)

# Is anger always wrong?

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- Not when it is righteous anger
  - ▣ Jesus (Mark 3:1-5; Jno. 2:13-17)