

Hostage – 4

Anger

WAYS WE EXPRESS ANGER

- The Toxic _____ Approach
- The _____ Approach
- The _____ _____ Approach
- The _____ Approach

NOT ALL ANGER IS BAD

“Be angry” Ephesians 4:26

- _____ **Anger**

”The anger of the Lord” (18X in the OT)

In the temple courts he found men selling cattle, sheep and doves, and others sitting at tables exchanging money. So he made a whip out of cords, and drove all from the temple area, both sheep and cattle; he scattered the coins of the money changers and overturned their tables. To those who sold doves he said, "Get these out of here! How dare you turn my Father's house into a market!"
John 2:14-16

Then Jesus asked them, "Which is lawful on the Sabbath: to do good or to do evil, to save life or to kill?" But they remained silent. He looked around at them in anger and, deeply distressed at their stubborn hearts.” Mark 3:4-5

- _____ **Anger**

“Anger indulged, instead of simply waved off, always has in it an element of self-righteousness and vanity. Find a person who has embraced anger, and you will find a person with a wounded ego”
(Dallas Willard in Divine Conspiracy)

“Be angry, and do not sin.” Ephesians 4:26 NKJV

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MISHANDLE ANGER

- _____ Jump
- A _____
- A _____
- A _____

Reckless words pierce like a sword, but the tongue of the wise brings healing. Proverbs 12:18

Don't use foul or abusive language. Let everything you say be good and helpful, so that your words will be an encouragement to those who hear them. Ephesians 4:29

The A-N-G-E-R Approach

Affirm the _____

Negotiate with “_____” Statements

Guard the _____ Level

Establish _____

Release the Other _____ Fully

For if you forgive men when they sin against you, your heavenly Father will also forgive you. **But** if you do not forgive men their sins, your Father will not forgive your sins. Matthew 6:14-15

Do not let anger rule you. It leads down a path of deadly destruction. Choose instead to rule over your anger and to harness and channel your anger into things that not only build up your character in Christ Jesus, but that also build up others and build up the kingdom of God. (Ed Young)

A fool gives full vent to his anger, but a wise man keeps himself under control.
(Proverbs 29:11)

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