

# Anger

## Anger is a “Head Problem”

Last visit we discussed “forgiveness” but what happens when “anger” is an obstacle to forgiveness? Everyone struggles to a varying degree with anger. Anger is not always sin but when anger is self motivated it turns to sin and can tear relationships apart, ruin the joy of friendships and damage our health. Sadly, people try to justify their anger instead of accepting responsibility for it. Thankfully, God's Word contains principles regarding how to handle anger in a godly manner, and how to overcome sinful anger.

## “Responding” to Anger

Responding to anger is the first step to releasing us from the “bondage” that anger causes. As long as we have anger in our minds and hearts towards another person we are not free to enjoy the people that God has surrounded us with. What would life be without people in our lives? Can you imagine living on the Moon with a nice house and all the pleasures you desire but with the exception of other people? Wouldn't it be a good idea then, to admit that people really are important to our existence here on earth? And what about Heaven – Can you imagine people in Heaven bickering and being angry with one another in front of God?

## Handling Anger “In Front of God”

And this brings us to this biblical truth: What mankind does on this earth is all done right in front of God (Proverbs 15:3.) That's right the eyes of God are on us. We are all seen by God as we go about our lives here on Earth. And this should be the motivating factor in respecting other people. For it is God who has created all people, we are His and we have a responsibility to God to respect all that He has created.

1. Be honest and speak (Ephesians 4:15-25.) Remember people cannot read our minds.
2. Stay current (Ephesians 4:26-27.) Don't let things boil over, share your feelings.
3. Attack the problem, not the person (Ephesians 4:29.)
4. Act, not react (Ephesians 4:32.) Count to ten.

## Seeing God in Our Trials

Nothing happens to us that God does not allow (Psalm 145:8,9,17.)  
Believing this truth until it moves from our heads to our hearts  
will alter how we react to those who have hurt us.

*What we need is the power to do these things according to the will of God.  
We, as well as the rest of mankind, need to be redeemed. (Galatians 3:13-14)*

