

HANDLING ANGER

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Counsel from the Scriptures

Psalms 37:8

Stop your anger! Turn from your rage! Do not envy others—it only leads to harm.

Ephesians 4:26-32

²⁶And “don’t sin by letting anger gain control over you.”²⁷ Don’t let the sun go down while you are still angry, ²⁷for anger gives a mighty foothold to the Devil. ²⁹Don’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. ³⁰And do not bring sorrow to God’s Holy Spirit by the way you live. ³¹Get rid of all bitterness, rage, anger, harsh words, and slander, as well as all types of malicious behavior. ³²Instead, be kind to each other, tenderhearted, forgiving one another, just as God through Christ has forgiven you.

James 1:19, 20

¹⁹Dear brothers and sisters, be quick to listen, slow to speak, and slow to get angry.

²⁰Your anger can never make things right in God’s sight.

Following the Scriptures’ Wisdom

Step #1: We must *acknowledge* our anger. (Ephesians 4:26-30)

A. Be angry and sin not. (26)

1. We must be honest with ourselves about our feelings of anger and inner pain.
2. We must be honest with God about who hurt us and what they did to us.
3. We must not sin by letting our anger cause us to hurt anyone.
 - a. We must not sin by retaliation.
 - b. We must not sin by getting revenge.
 - c. We must not sin by redirecting our anger on an innocent party.
 - d. We must not sin by repressing our anger and hurting ourselves.

B. Let not the sun go down on our wrath, neither give place to the devil. (27)

1. We must deal with our anger before the sun goes down.
2. We must not give the devil a stronghold by our delays.

C. Let no corrupt communication proceed out of our mouths, only what edifies. (29)

1. Corrupt communication is an evidence of our anger or inner pain.
2. Edifying communication is an evidence of our inner healing and well-being.

D. Grieve not the Holy Spirit of God. (30)

1. We grieve the Holy Spirit when we fail to deal with our own anger and pain.
2. We grieve the Holy Spirit when we hurt ourselves or others with our words or actions.

E. Offer the prayer of acknowledgment: *Lord, I am angry at _____ for _____.*

Step #2: We must *forgive* those who have hurt us. (32)

- A. We must forgive in order to be healed.
- B. We must forgive in obedience to Christ.
- C. We must forgive because Christ has forgiven us.
- D. Offer the prayer of forgiveness: *Lord, I forgive _____ for _____.*

Step #3: We must *release* our anger and pain. (31)

- A. We must get rid of all of the poison and pain in our hearts.
- B. We must get rid of all of the poison and venom in our mouths.
- C. Offer the prayer of release: *Lord, I release all of my _____ and _____ and _____.*

Step #4: We must *receive* God’s healing.

Prayer of healing: *Lord, I receive your healing. Heal my body, my mind, my emotions, and my spirit.*

Step #5: **We must trust God to make things right.**

Prayer of faith: *Lord, I trust you to make things right. Make things right in me and in these relationships.*