

How To Tame Anger
James 1:19-21 (NIV)
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As we look at television and travel throughout our communities, we find a lot of angry people. Some are made at their living conditions, others are angry about their relationships, others are angry about who is in the state house or white house. While others are just angry, and they don't know why. We have heard it said, "control your anger/temper". We must understand that there is a cost when we get angry and lose our temper. Many have lost their jobs, families and friends because they did not control their temper (anger). God's grace is sufficient to help not only manage our anger, but also control it. Let's use our anger to build God's Kingdom. Remember, just as God gets angry, so do we and we can use it for good.

1. Resolve **To Manage It**

- Pr. 29:11 (LB) - "A fool gives full vent to his anger, but a wise man keeps himself under control."
- World English Bible - "A fool vents all of his anger, but a wise man brings himself under control."

2. Remember **The Cost**

"A hot-tempered man . . . gets into all kinds of trouble." Pr. 29:22 (LB)

- Pr. 15:18 (GN) "Hot tempers cause arguments."
- Pr. 14:29 (LB) "... anger causes mistakes."
- Pr. 14:17 (GN) "People with hot tempers do foolish things."
- Pr. 11:29 (LB) "The fool who provokes his family to anger and resentment will finally have nothing worthwhile left."

3. Reflect **Before Reacting**

- "Pr. 29:11 (NEB) "A stupid man gives free rein to his anger; a wise man waits and lets it grow cool."
- Pr. 19:11 (NIV) "A man's wisdom gives him patience."

Root causes of anger - hurt, frustration, fear.

- Psa. 141:3 (NCV) "Lord, help me control my tongue; help me be careful about what I say."
- Pr. 20:1 (TEV) "Drinking too much makes you loud and foolish. It's stupid to get drunk."

4. Release **Anger Appropriately**

- Eph. 4:26 (GN) "If you become angry, don't let your anger lead you into sin."
- Pr. 15:1 (TEV) "A gentle answer quiets anger, but a harsh one stirs it up."

5. Re-Pattern **your mind**

- Rom. 12:2a (NLT) "Don't copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think."
- Pr. 22:24 (LB) "Keep away from angry, short-tempered people, or you will learn to be like them ..."
- Pr. 11:29 (MSG) Exploit or abuse your family, and end up with a fistful of air; common sense tells you it's a stupid way to live.

6. Rely **on God's help**

- Rom. 15:5 (NCV) "Patience and encouragement come from God. I pray God will help you all agree with each other the way Christ Jesus wants."
- Gal. 5:22 (NIV) "The fruit of the Spirit is... patience."
- Mat. 12:34 (NLT) "Whatever is in your heart determines what you say."
- Psa 51 "Create in me a clean heart, O God." (KJV, TLB)
- Eze. 36:26 (Mes) "I'll give you a new heart, put a new spirit in you. I'll remove the stone heart from your body and replace it with a heart that's God-willed, not self-willed."