

HEALING FOR THE SOUL HOW TO BE GOOD AND MAD

1. RESOLVE TO CONTROL ANGER.

...let every man be quick to listen but slow to use his tongue and slow to lose his temper. For man's temper is never the means of achieving God's true goodness.

James 1: 19-20 (Ph)

A fool always loses his temper, but a wise man holds it back. Proverbs 29: 11

a. Righteous anger is commanded.

Be angry, and yet do not sin....

Ephesians 4: 26a

b. Sinful anger is condemned.

- **BLOWING UP**

A fool always loses his temper...

Proverbs 29: 11a

- **CLAMMING UP**

...don't let the sun go down on your anger.

Ephesians 4: 26c

- **BURNING UP**

...do not use your anger as fuel for revenge.

Ephesians 4: 26b (Msg)

KEY TRUTH: God created man with the capacity to become angry to provide the emotional motivation and energy to resolve PROBLEMS, not attack PEOPLE.

2. REMEMBER THE COST OF UNCONTROLLED ANGER.

A person without self control is as defenseless as a city with broken-down walls.

Proverbs 25: 28

...anger gives a foothold to the devil.

Ephesians 4: 27

A hot tempered man abounds in transgression.

Proverbs 29: 22

A hot tempered man stirs up strife, but the slow to anger calms a dispute.

Proverbs 15: 18

The fool who provokes his family to anger and resentment will finally have nothing worthwhile left.

Proverbs 11: 29 (LB)

...the rod of his anger will fail.

Proverbs 22: 6

KEY TRUTH: When you lose your temper you lose. Anger causes ALIENATION in relationships which leads to APATHY.

3. REPENT OF SELFISHNESS WHICH IS AT THE ROOT OF SINFUL ANGER.

Where do you think all these appalling wars & quarrels come from? They come about because you want your own way, & fight for it deep inside yourselves.

James 4: 1 (Msg)

Do nothing from selfishness or empty conceit, but with humility of mind let each of you regard one another as more important than himself; do not merely look out for your own interests, but also the interests of others.

Philippians 2: 3-4

KEY TRUTH: Diffuse anger by surrendering EXPECTATIONS to serve others.

4. REFLECT BEFORE REACTING WITH DESTRUCTIVE WORDS.

A gentle answer turns away wrath but a harsh word stirs up anger. Pro. 15: 1

A stupid man gives free rein to his anger; a wise man waits and lets it grow cool.

Proverbs 29: 11 (NEB)

Observe the people who always talk before they think--even simpletons are better off than they are.

Proverbs 29: 20 (Msg)

KEY TRUTH: THINK before you TALK.

T - Is it TRUTHFUL?

...speak the truth in love growing in every way more & more like Christ.

Ephesians 4: 25

H - Is it HELPFUL?

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

I - Is it INSPIRING?

We should help others do what is right and build them up in the Lord.

Romans 15: 2

N - Is it NECESSARY?

Starting a quarrel is like opening a floodgate, so stop before a dispute breaks out.

Proverbs 17: 14

K - Is it KIND?

Let your conversation be gracious and attractive so that you will have the right response for everyone.

Colossians 4: 6

5. RELEASE ANGER APPROPRIATELY.

If you become angry, don't let your anger lead you into sin. Eph. 4: 26 (GN)

1. Why am I angry? Am I hurt? FORGIVE; frustrated? OBEY; fearful? TRUST

2. What would God have me do about it?

3. When and how should I get started?

KEY TRUTH: You cannot turn anger off. You must learn to REDIRECT anger to be a constructive force instead of a destructive force.