

## YES, YOU CAN . . . TAME THAT TEMPER

"Anyone can become angry, that is easy. But to be angry with the right person, to the right degree, at the right time, for the right purpose, in the right way; this is not easy."

Aristotle

**Understand this, my dear brothers and sisters: You must all be quick to listen, slow to speak, and slow to get angry.**

James 1:19

### ANGER MYTHS

#### **MYTH #1 "You Make Me Mad!"**

**Control your temper, for anger labels you a fool.**

Ecclesiastes 7:9 NLT

#### **MYTH #2 "I Can't Help It!"**

Expectation ► Evaluation ► Permission ► Reinforcement ► Release

**Stop being angry! Turn from your rage! Do not lose your temper— it only leads to harm.**

Psalm 37:8 NLT

#### **MYTH #3 "Let It Out!"**

**Fools vent their anger, but the wise quietly hold it back.**

Proverbs 29:11 NLT

#### **MYTH #4 "Never Get Angry!"**

"Anger is a divinely implanted emotion. Closely allied to our instinct for right, it is designed to be used for constructive spiritual purposes. The person who cannot feel anger at evil is a person who lacks enthusiasm for good. If you cannot hate wrong, it is very questionable whether you really love righteousness."

Dr. David Seamonds

**Better a patient person than a warrior, one with self-control than one who takes a city.**

Proverbs 16:32

## HOW DO WE MANAGE OUR ANGER?

### STEP ONE: PRAISE

- God exercises anger
- Anger is a secondary emotion responding to life situations
- Can be a powerful motivator for good

**Be angry and do not sin.**

Ephesians 4:26

### STEP TWO: PAUSE

**A fool gives full vent to his anger, but a wise person keeps himself under control.**

Proverbs 29:11

**A hot-tempered person does foolish things.**

Proverbs 14:17

**The Lord is compassionate and gracious, slow to anger, abounding in love.**

Psalm 103:8

### STEP THREE: PONDER

**In your anger do not sin; when you are on your beds, search your hearts and be silent.**

Psalm 4:4

3 Anger Sources . . .

- Perceived Injustice
- Blocked Goals
- Feeling Assaulted

### STEP FOUR: PLAN

**Sensible people control their temper; they earn respect by overlooking wrongs.**

Proverbs 19:11 NLT

### STEP FIVE: PROCEED

**In your anger do not sin; do not let the sun go down while you are still angry.**

Ephesians 4:26