



Consider the Consequences of My Anger September 10 & 11, 2022

Anger is not always the wrong response, but uncontrolled anger is always wrong.

Proverbs 12:16 (TPT)

If you shrug off an insult and refuse to take offense, you demonstrate discretion indeed. But the fool has a short fuse and will immediately let you know when he's offended.

Proverbs 16:32 (GNT)

It is better to be patient than powerful. It is better to win control over yourself than over whole cities.

Anger shows up in 4 ways:

- The machine gunners

Proverbs 29:11 (NLT)

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

- The mutes

Jeremiah 15:17b-18 (GW)

You filled me with outrage. Why is my pain unending and my wound incurable, refusing to heal? Will you disappoint me like a stream that dries up in the summertime?

- The martyrs

Luke 15:28-30 (TPT)

"The older son became angry and refused to go in and celebrate. So his father came out and pleaded with him, 'Come and enjoy the feast with us!' The son said, 'Father, listen! How many years have I worked like a slave for you, performing every duty you've asked as a faithful son? And I've never once disobeyed you. But you've never thrown a party for me because of my faithfulness. Never once have you even given me a goat that I could feast on and celebrate with my friends as this son of yours is doing now. Look at him! He comes back after wasting your wealth on prostitutes and reckless living, and here you are throwing a great feast to celebrate—for him!'"

- The manipulators

Matthew 26:3-5 (MSG)

At that very moment, the party of high priests and religious leaders was meeting in the chambers of the Chief Priest named Caiaphas, conspiring to seize Jesus by stealth and kill him. They agreed that it should not be done during Passover Week. "We don't want a riot on our hands," they said.

How do you handle anger?

1 Calculate the cost of anger.

Proverbs 14:29-30a (TPT)

When your heart overflows with understanding you'll be very slow to get angry. But if you have a quick temper, your impatience will be quickly seen by all. A tender, tranquil heart will make you healthy...

Proverbs 29:22 (ICB)

An angry person causes trouble. A person who easily gets angry sins a lot.

Proverbs 15:18 (ICB)

A person who quickly gets angry causes trouble. But a person who controls his temper stops a quarrel.

I always lose when I lose my temper.

2 Look past their words or actions and try to understand their hurts.

Psalms 62:8 (TPT)

Trust only in God every moment! Tell him all your troubles and pour out your heart-longings to him. Believe me when I tell you—he will help you!

Isaiah 43:18 (ICB)

The Lord says, "Forget what happened before. Do not think about the past."

3 Think hard, and then respond calmly.

Proverbs 13:16 (GNTA)

Sensible people always think before they act, but stupid people advertise their ignorance.

T – True

H – Helpful

I – Inspiring

N – Necessary

K – Kind

Proverbs 29:11 (TPT)

You can recognize fools by the way they give full vent to their rage and let their words fly! But the wise bite their tongues and hold back all they could say.

**The Hebrew word for “hold back” means “cool it down.”
Our modern day term is “chill out.”**

3 questions to calm my anger:

- **Why am I angry**
- **What do I really want**
- **How can I get what I want?**

Anger is caused by 1 of 3 realities:

- **Hurt – When somebody is pushing your buttons, offending you.**
- **Loss of control – When you’re not in control.**
- **Fear – When you feel attacked or cornered.**

Proverbs 17:27-28 (TPT)

Can you bridle your tongue when your heart is under pressure? That’s how you show that you are wise. An understanding heart keeps you cool, calm, and collected, no matter what you’re facing. When even a fool bites his tongue he’s considered wise. So shut your mouth when you are provoked—it will make you look smart.

4

Pray for God’s Spirit to take control.

Galatians 5:22-23 (TPT)

But the fruit produced by the Holy Spirit within you is divine love in all its varied expressions: joy that overflows, peace that subdues, patience that endures, kindness in action, a life full of virtue, faith that prevails, gentleness of heart, and strength of spirit. Never set the law above these qualities, for they are meant to be limitless.

5

Base my identity in Jesus.

Romans 14:13 (TPT)

So stop being critical and condemning of other believers, but instead determine to never deliberately cause a brother or sister to stumble and fall because of your actions.

Romans 13:14 (TPT)

Instead fully immerse yourselves into the Lord Jesus, the Anointed One, and don’t waste even a moment’s thought on your former identity to awaken its selfish desires.

Proverbs 29:25-26 (TPT)

Fear and intimidation is a trap that holds you back. But when you place your confidence in the Lord, you will be seated in the high place. Everyone curries favor with leaders. But God is the judge, and justice comes from him.



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