



# Managing Your **ANGER!**

**W**hen Bruce Banner gets mad, watch out! The world goes from red to green. And even though the Incredible Hulk can do some good for humanity, we know that angry power can turn other directions too.

What happens to **you** when you're angry? I mean reeeeeaaalllly mad! Do you talk, scream, simmer, stomp, or do objects take flight? Is there a way of routing the tremendous energy of this emotion from a *destructive* path into a *constructive* path? Would you be willing to try?

The first step is to get some help. Yep, it means looking at anger as one of many God-given emotions. Since God gave it to you, it only makes sense to see what he has to say about it. In fact, God will not only help us to understand it (and ourselves) but will give us the power to use it in a healthy way. Let's take a look.

**What causes anger?** The Bible shows us that anger is primarily motivated by **unmet expectations**. When someone does not meet our standard or expectation, we can experience angry feelings. When people don't treat us or others the way we think is right, we get angry. We get mad at ourselves for not doing what we think is right or needful. We get angry at God when he doesn't live up to our idea of what a proper deity should be doing. And when the world's economy is gasping for air, anger levels are even higher. Life just isn't happening the way it's 'sposed to.

Human anger is too often like throwing sand into delicate machinery. It clogs up and hinders healthy relationships. Begin with angry Cain murdering Abel or look at Saul's jealousy of David or witness the angry mob that cried for Jesus' execution. We can relate, eh?

Want to learn to manage anger rather than letting it manage you? Consider these thoughts:

- Don't try to tame the roaring lion of anger on your own! We make lousy emotional ringmasters. Learn how to listen to God's guidance and love in this. Let trusted friends help too.

*Trust in the LORD with all your heart And do not lean on your own understanding. In all your ways acknowledge Him, And He will make your paths straight. (Proverbs 3:5-6)*

- Ask God to help you more clearly understand the root of your anger. *Where has someone not lived up to your expectations?* Exercise true forgiveness (that is, let go of your judgment and put the matter in Jesus' hands). Don't forget to forgive *yourself* too!

*And forgive us our sins, For we ourselves also forgive everyone who is indebted to us. (Luke 11:4)*

- Often **fear** is the emotion that fuels anger. Ask yourself: *What am I afraid will happen?* Face that fear in the presence of God's faithful care of your life. Let others help you to turn *fear* into *faith*.

*There is no fear in love; but perfect love casts out fear... (1 John 4:18)*

The main thing is to let God refocus your priorities and give you a new perspective! Give Jesus permission to take charge of all your emotional life and show you what real joy and peace and fulfillment is all about! Let us know if we can support you in this journey!

*(Bible passages for further reading: Matthew 5:22-24; Galatians 5:19-21; Ephesians 4:26-27, 30-32; James 1:19-20; Proverbs 15:1, 16:32, 19:11, 29:22-23; Jonah 4:9-11; Luke 15:28-32)*



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