

DEFEATING ANGER

1 People both in business and at home are concerned about anger issues which have hindered relationships. Leaders would like to know the solutions to solve anger issues. This presentation will address these issues giving answers from scripture. Let's look at six steps of overcoming anger:

1. Face the real issues
2. Deal with your anger
3. Die to self; live by Jesus
4. Break the stronghold of anger
5. Replace anger with acts of kindness
6. Fully deal with each day's anger

2 Six Steps to Overcoming Anger:

1. Face the real issues (Galatians 5:13-26)

13 For you, brethren, were [indeed] called to freedom; only [do not let your] freedom be an incentive to your flesh and an opportunity or excuse [for [a](#)]selfishness], but through love you should serve one another.

14 For the whole Law [concerning human relationships] is [[b](#)]complied with in the one precept, You shall love your neighbor as [you do] yourself.[\(A\)](#)

15 But if you bite and devour one another [in partisan strife], be careful that you [and your whole fellowship] are not consumed by one another.

16 But I say, walk and live [habitually] in the [Holy] Spirit [responsive to and controlled and guided by the Spirit]; then you will certainly not gratify the cravings and desires of the flesh (of human nature without God).

17 For the desires of the flesh are opposed to the [Holy] Spirit, and the [desires of the] Spirit are opposed to the flesh (godless human nature); for these are antagonistic to each other [continually withstanding and in conflict with each other], so that you are not free but are prevented from doing what you desire to do.

18 But if you are guided (led) by the [Holy] Spirit, you are not subject to the Law.

19 Now the doings (practices) of the flesh are clear (obvious): they are immorality, impurity, indecency,

20 Idolatry, sorcery, enmity, strife, jealousy, anger (ill temper), selfishness, divisions (dissensions), party spirit (factions, sects with peculiar opinions, heresies),

21 Envy, drunkenness, carousing, and the like. I warn you beforehand, just as I did previously, that those who do such things shall not inherit the kingdom of God.

22 But the fruit of the [Holy] Spirit [the work which His presence within accomplishes] is love, joy (gladness), peace, patience (an even temper, forbearance), kindness, goodness (benevolence), faithfulness,

23 Gentleness (meekness, humility), self-control (self-restraint, continence). Against such things there is no law [[c](#)]that can bring a charge].

24 And those who belong to Christ Jesus (the Messiah) have crucified the flesh (the godless human nature) with its passions and appetites and desires.

25 If we live by the [Holy] Spirit, let us also walk by the Spirit. [If by the Holy Spirit [d](#)]we have our life in God, let us go forward [[e](#)]walking in line, our conduct controlled by the Spirit.]

26 Let us not become vainglorious and self-conceited, competitive and challenging and

provoking and irritating to one another, envying and being jealous of one another.

Can you admit to having a spirit of anger?
Do you really want to live as God desires?
Do you want self-control?
Do you want to love one another?
Do you have a pride problem?

3 Six Steps to Overcoming Anger:

Step 2. Deal with your anger

(James 1:19-20)

[This] you know, my beloved brethren. But let everyone be quick to hear, slow to speak [and] slow to anger for the anger of man does not achieve the righteousness of God.

Confess past anger

Repent from present anger

Unresolved anger is always bad. You must not tolerate it.

4 Six Steps to Overcoming Anger:

Step 3. Die to self; live by Jesus(Galatians 2:20)

I have been crucified with Jesus; and it is no longer I who live, but Jesus lives in me; and the life which I now live in the flesh I live by faith in the Son of God, who loved me, and delivered Himself up for me.

I have died to myself. I now live for Jesus.

5 Six Steps to Overcoming Anger:

Step 4. Break the stronghold of anger (2 Corinthians 10:3-7)

3 For though we walk (live) in the flesh, we are not carrying on our warfare according to the flesh and using mere human weapons.

4 For the weapons of our warfare are not physical [weapons of flesh and blood], but they are mighty before God for the overthrow and destruction of strongholds,

5 [Inasmuch as we] refute arguments and theories and reasonings and every proud and lofty thing that sets itself up against the [true] knowledge of God; and we lead every thought and purpose away captive into the obedience of Christ (the Messiah, the Anointed One),

6 Being in readiness to punish every [insubordinate for his] disobedience, when your own submission and obedience [as a church] are fully secured and complete.

7 Look at [this obvious fact] which is before your eyes. If anyone is confident that he is Christ's, let him reflect and remind himself that even as he is Christ's, so too are we.

A stronghold is some hidden sin from our lives that we have given up hope on overcoming.

6 Common lies minimize the problem of anger.

“He deserves it.”

“I was so hurt by him. I need to get back.”

“I can’t help it.”

“ I was always that way.”

“ My parents were that way.”

7 Six Steps to Overcoming Anger:

Step 5. Replace anger with acts of kindness (Ephesians 4:31)

“31 Let all bitterness and indignation and wrath (passion, rage, bad temper) and resentment (anger, animosity) and quarreling (brawling, clamor, contention) and slander (evil-speaking, abusive or blasphemous language) be banished from you, with all malice (spite, ill will, or baseness of any kind).

32 And become useful and helpful and kind to one another, tenderhearted (compassionate, understanding, loving-hearted), forgiving one another [readily and freely], as God in Christ forgave you.”

Anger must go, but I will replace it with fruits of love.

8 Six Steps to Overcoming Anger:

Step 6. Fully deal with each day’s anger (Ephesians 4:26)

26 When angry, do not sin; do not ever let your wrath (your exasperation, your fury or indignation) last until the sun goes down.

Make sure before you go to bed, you deal with your anger.

9 Verses Warning us About Anger

- **(Psalm 37:8)Refrain from anger and turn from wrath; do not fret-it leads only to evil.**
- **(Proverbs 12:16) A fool shows his annoyance at once, but a prudent man overlooks an insult.**
- **(Proverbs 12:18) Reckless words pierce like a sword, but the tongue of the wise brings healing.**
- **(Proverbs 14:16) A wise man fears the Lord and shuns evil, but a fool is hotheaded and reckless**
- **(Proverbs 14:17) A quick-tempered man does foolish things, and a crafty man is hated.**
- **(Proverbs 14:29)A patient man has great understanding, but a quick-tempered man displays folly.**
- **(Proverbs 15:1) A gentle answer turns away wrath, but a harsh word stirs up anger.**
- **(Proverbs 15:18)A hot-tempered man stirs up dissension, but a patient man calms a quarrel.**
- **(Proverbs 16:32)Better a patient man than a warrior, a man who controls his temper than one who takes a city.**

- **(Proverbs 17:27)**A man of knowledge uses words with restraint, and a man of understanding is even-tempered.
- **(Proverbs 20:3)**It is to a man's honor to avoid strife, but every fool is quick to quarrel.
- **(Proverbs 20:22)**Do not say, "I'll pay you back for this wrong!" Wait for the LORD, and he will deliver you.
- **(Proverbs 25:28)**Like a city whose walls are broken down is a man who lacks self-control.
- **(Proverbs 29:8)**Mockers stir up a city, but wise men turn away anger.
- **(Proverbs 29:11)**A fool gives full vent to his anger, but a wise man keeps himself under control.
- **(Proverbs 29:22)**An angry man stirs up dissension, and a hot-tempered one commits many sins.
- **(Matthew 5:21-24)**You have heard that it was said to the people long ago, "Do not murder, and anyone who murders will be subject to judgment." But I tell you that anyone who is angry with his brother will be subject to judgment ... first go and be reconciled to your brother; then come and offer your gift.
- **(Romans 12:21)**Do not be overcome by evil, but overcome evil with good.
- **(1 Corinthians 13:4-5)**Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It is not rude, it is not self-seeking, it is not easily angered, it keeps no record of wrongs.
- **(Galatians 5:19-20)**The acts of the sinful nature are obvious: sexual immorality, impurity and debauchery; idolatry and witchcraft; hatred, discord, jealousy, fits of rage, selfish ambition, dissensions, factions.
- **(Ephesians 4:26-27)**"In your anger do not sin": Do not let the sun go down while you are still angry, and do not give the devil a foothold.