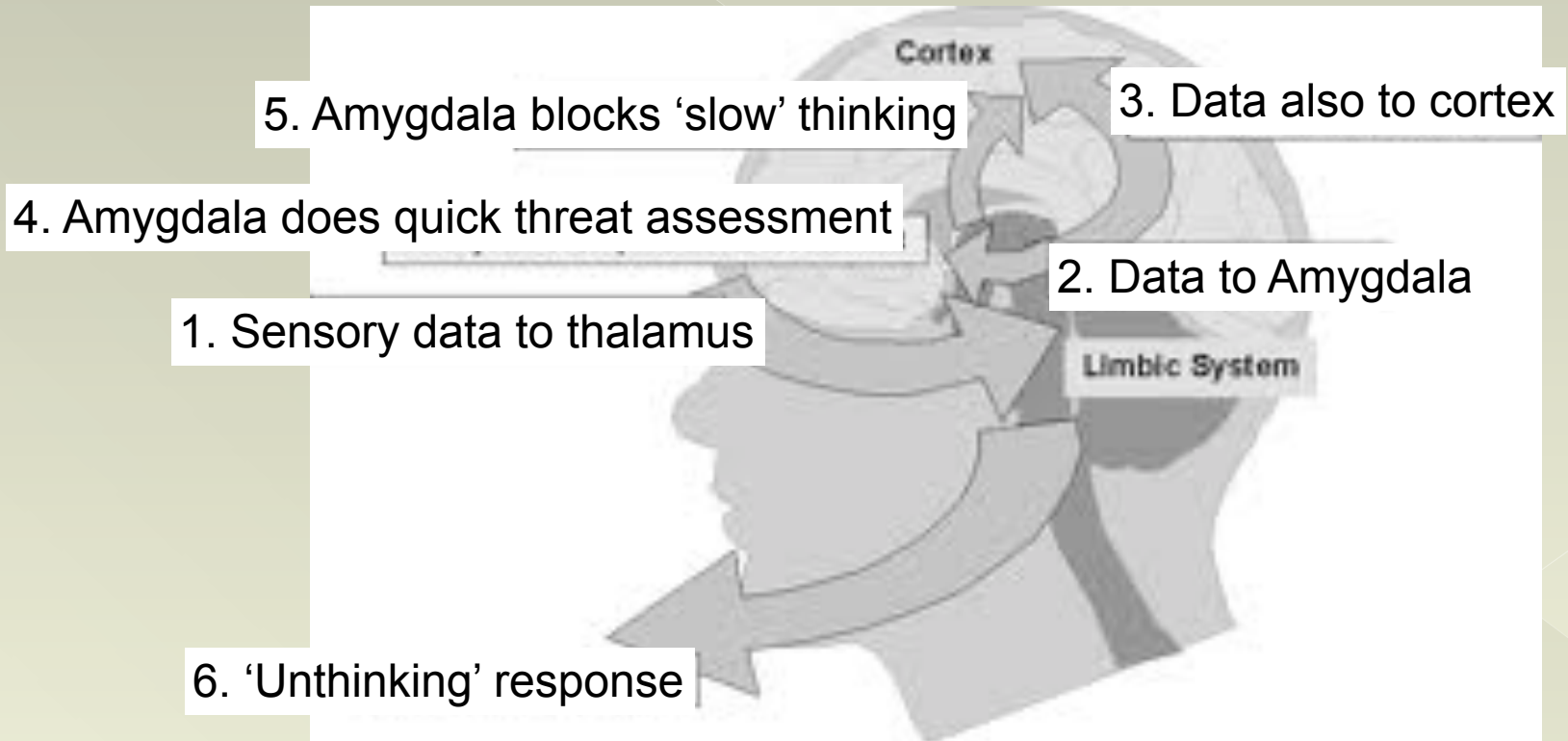
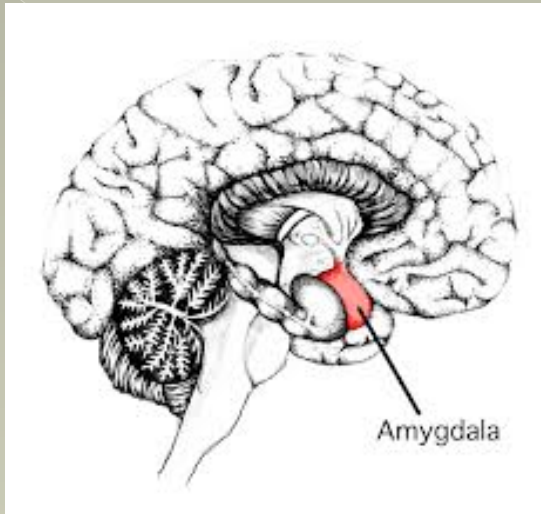


ANGER

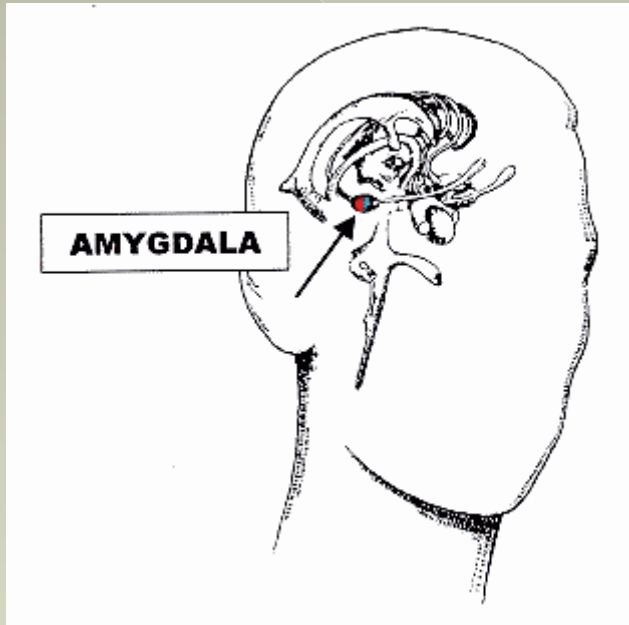


MANAGEMENT

ANGER PHYSIOLOGY



The Amygdala

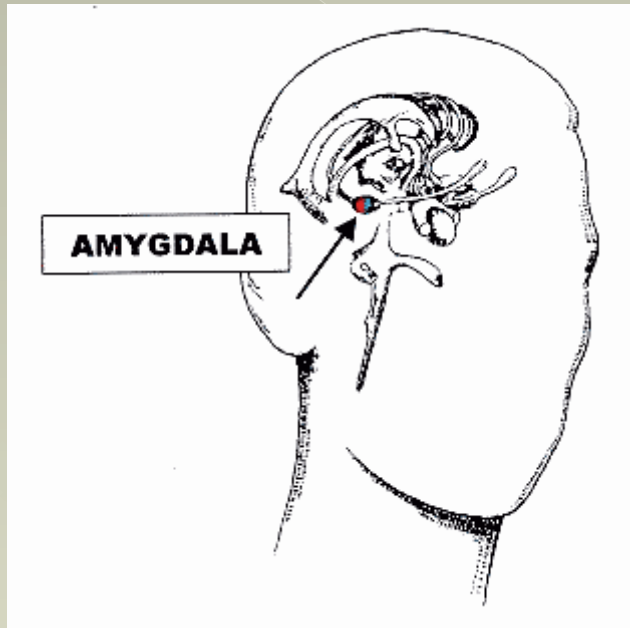


- Radar – constantly firing
- Scanning for threats
- Can't stop it from firing
- Responsible for 'fight' or 'flight'
- Triggers appropriate survival behaviour
- Responds in .85 milliseconds
- Fires 100x faster than ability to think

Effects on the Body

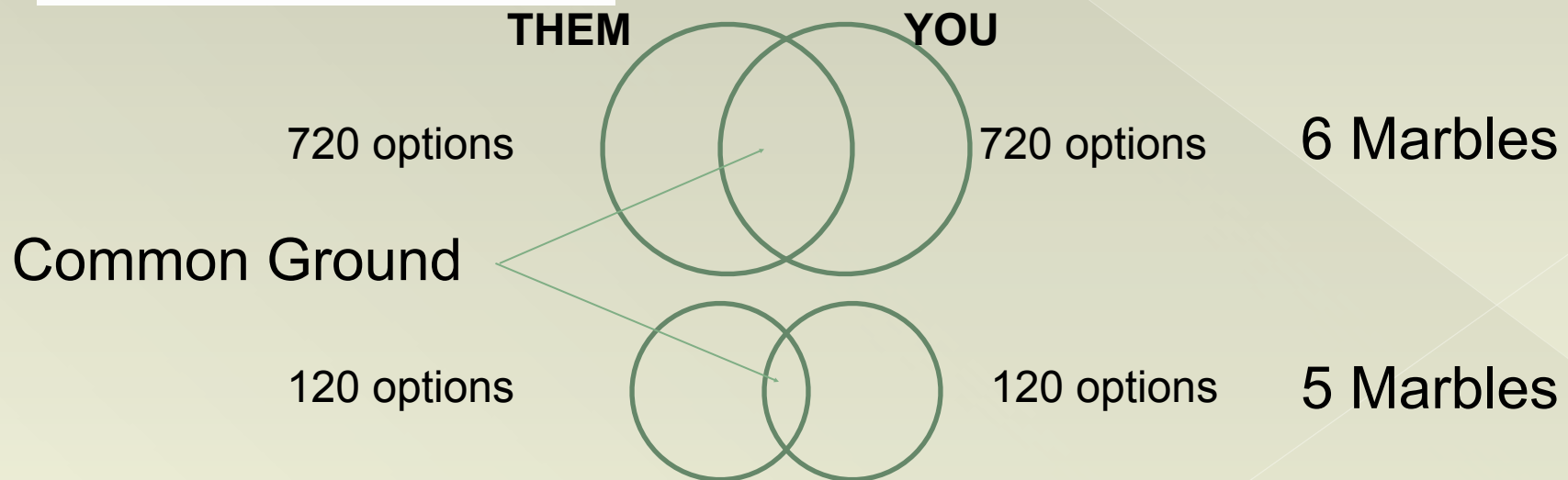
- Monitors threats ---- releases adrenalin
- Pupils dilate (gathering info) ----- laser focus
- Releases cortisol – creates stressful state
 - fight, flight, freeze
- Sweaty palms, facial redness, veins stick out

The Amygdala

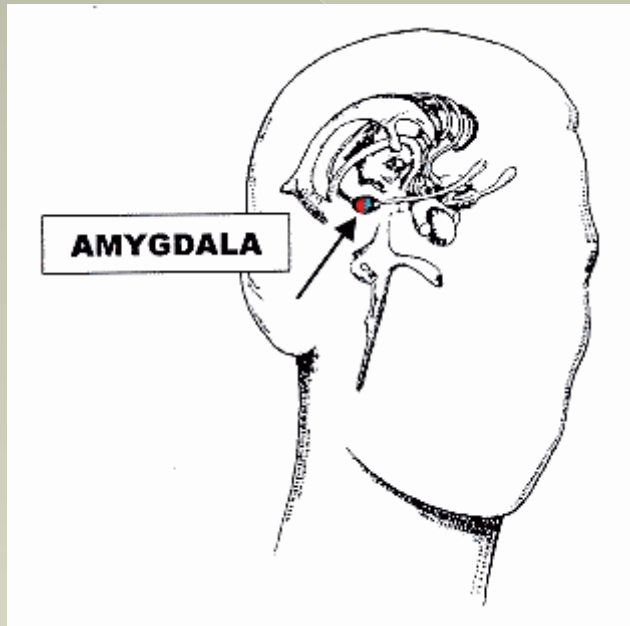


Effects on the Thinking Mind

- Can't distinguish between perception and reality
- Overpowers/hijacks rational thinking
- Lose logic
- Lose perspective



The Amygdala



How to Get Back Rational Self

1. Take deep breaths
 - 1st shallow & hold
 - 2nd mid & hold
 - 3rd deep & hold
2. Count backwards from 97 by 3

3. Tap into Gratitude

- anchor yourself with something for which you are grateful
- appreciation for others despite circumstances
- pushes out cortisol & washes with feel good hormones

ANGER

- **universal emotion – we all have an amygdala!**
- **few people want to admit they have a problem with anger**
- **most of us readily see anger mismanagement on the part of others.....**

.....but seldom see it in ourselves !!!!!



ANGER

Anger is neither a positive nor a negative emotion.
It is the way we handle our anger that makes
it negative or positive.

**HONOUR
OUR
ANGER**



ANGER

Needs to be Managed

Prov.14:17 – ‘He that is soon angry will deal foolishly’

**Prov. 14:29 – He that is slow to anger is of great understanding,
but he that is hasty of spirit exalteth folly’**

**Prov.15:18 – ‘A wrathful man stirreth up contention: he that
is slow to anger appeaseth strife.’**

Prov.16:32 – ‘He that is slow to anger is better than the mighty’

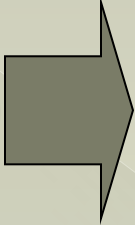
**Prov.22:24 – ‘Make no friendship with a man given to anger;
with a wrathful man thou shalt not go.’**

**Ecc.7:9 – ‘Be not hasty to be angry: for anger resteth in
the bosom of fools’**

**Ja.1:19 – ‘Let every man be swift to hear, slow to speak,
slow to wrath.’**

... to be Constructive!!

UNRESTRAINED ANGER

STIMULUS  RESPONSE



‘Soon Angry’
PAUL



Barnabus

A Spiritual Role Model

‘Two are Better than One’ Ecc.4:9

- Acts 9:26-28 - Befriended Saul when others wouldn't
Acts 11:25-26 - Went to seek him out
Acts 13:1-3 - Worked together
Acts 13:7,13 - Transition of Leadership
Acts 13:46-14:20 - Chief speaker - Defer to strength
Acts 15:1-3,12 - Moved forward based on common understanding
Acts 15:36-38 - Spiritual Courage - Agree to Disagree

John Mark

Acts 12:12

Acts 12:25

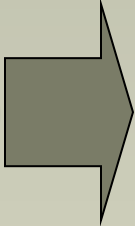
Acts 13:5

Acts 13:13

Acts 15:37-39-----II Tim.4:11,Phile:24,IPet.5:13

**Allow for Mistakes
Encourage Growth**

PAUL & BARNABUS

STIMULUS  RESPONSE

‘The **contention was so sharp** between them, that they **departed asunder** one from the other’ Acts 15:39

How often have you seen that happen?

Or experienced it yourself?

- Marriage
- Individual Brothers/Sisters
- Within your Ecclesia
- Between Ecclesias

Scriptural Instruction – Learn to Manage Your Anger First

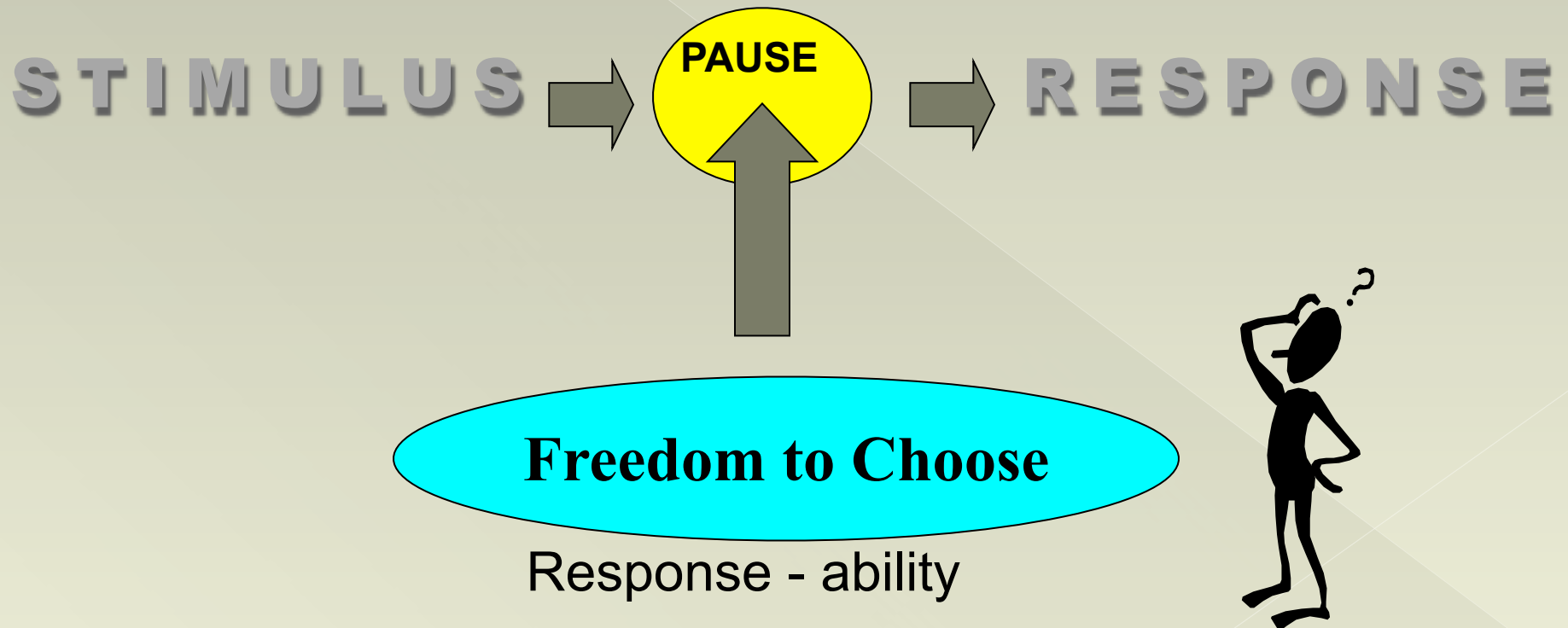
UNRESTRAINED ANGER

STIMULUS  RESPONSE

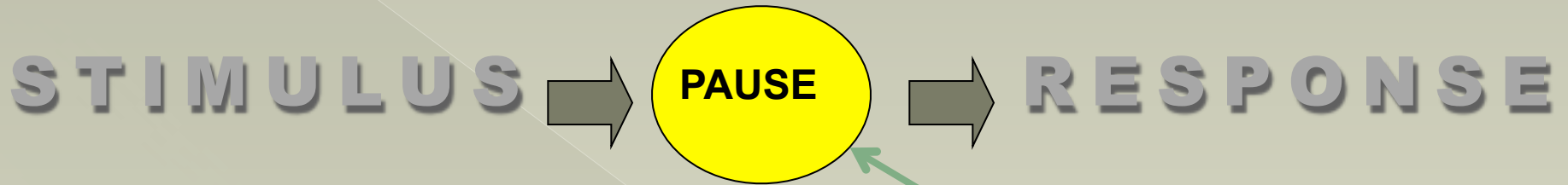
‘Soon Angry’
PAUL



PAUSED/CONTROLLED ANGER



JONATHAN



I Sam. 20:30-34

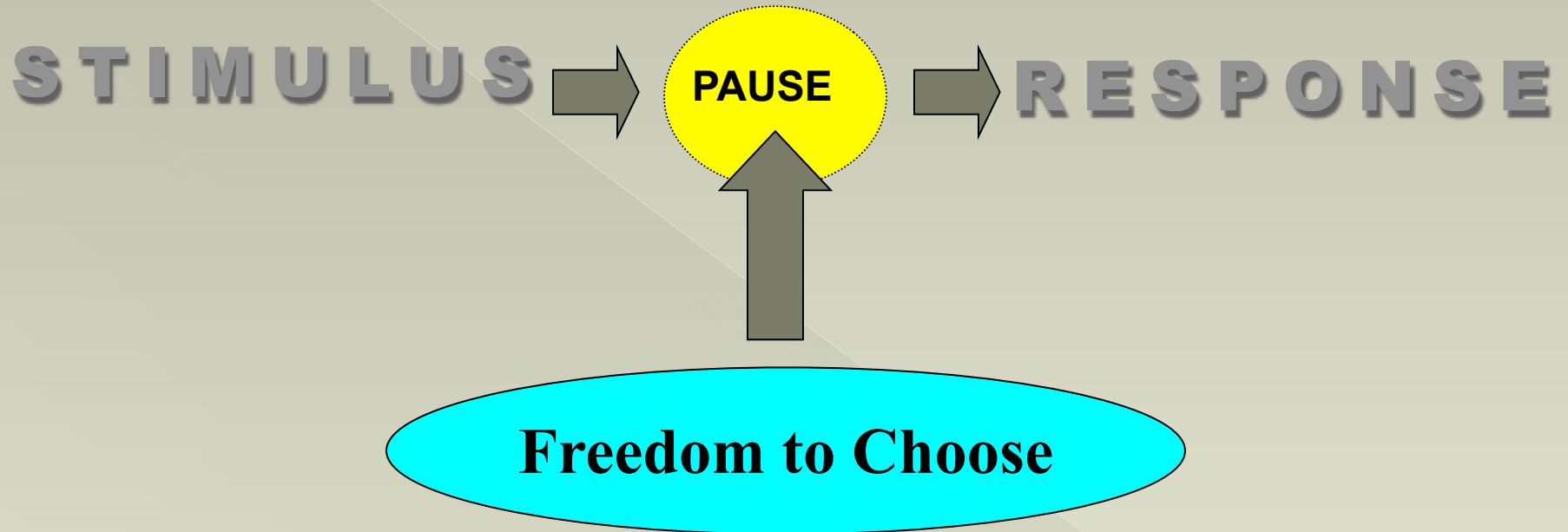
Saul's Unbridled Anger

Prov.14:29 – 'hasty of spirit'
Prov.19:12 – 'king's wrath'
Prov.19:19 – 'great wrath'
Prov.21:24 – 'proud wrath'
Prov.25:28 – 'no rule over his spirit'
Prov.27:3 – 'fool's wrath'

Jonathan's Wise Response

Prov.22:24 – 'avoid a furious man'
Ecc.7:9 – 'be not hasty to be angry'

GOD'S ANGER



DIVINE PRINCIPLES FOR CONDUCT

GOD'S ANGER



“...provoked the LORD to anger...”

Ps.7:11 – God is angry with the wicked every day

II Kings 17:9-11 – ch. Of Israel did secretly those things that were not right

II Kings 22:17 - ...works of their hands...

Ps.106:29 - ... with their inventions...

Is.9:17 - ...everyone is a hypocrite and an evildoer

Jer. 32:27-32 - ...turned unto me the back and not the face...

- they
- their kings
- their princes
- their priests
- their prophets

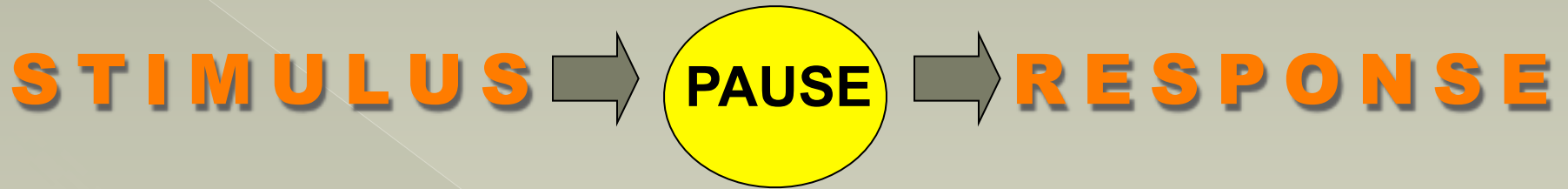
Jer.42:17-18, Ezek.16:26,20:8

...set faces to go into Egypt...committed whoredoms with Egypt

thy neighbours, great of flesh...neither did forsake the idols of Egypt

Ezek.8:17 - ...is it a light thing

GOD'S ANGER



Ps.78:38 - ...many a time turned he his anger away...

Ps.103:8, Joel2:13, Nah.1:3,6 – merciful, gracious, slow to anger

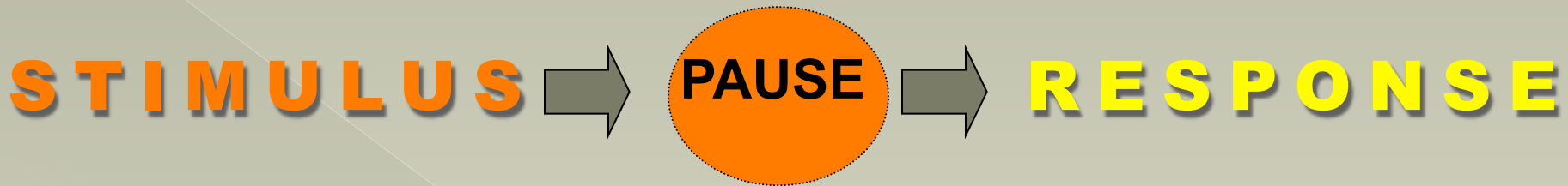
Is.48:9-11 – defer mine anger...I will refrain for thee

II Kings 17:13 – testified against Israel & Judah by prophets



...morning by morning... rising early and speaking to them!!
Jer.7:13,25,11:7,25:3,26:5,35:14-15,44:4

GOD'S ANGER



To Be Feared

Ps.6:1 – rebuke me not in thine anger
Ps.27:9 – put not servant away in anger
Ps.90:7-12 – who knoweth power of thine anger
.....therefore teach us to number our days

Has Purpose

Jer.23:20, 30:24, Ezek.5:13
...till he have performed the thoughts of
his heart perfectly...

Refining Process – Purified Product

Ezek.22:20-22 - ...I will gather you in mine anger...into the midst
of the furnace...and blow upon it...and melt you..
and ye shall know !!!

How God's Anger Works

Is.10:5 – Assyrian = rod of his anger
Is.13:3 – my mighty ones (nations)
Hos.13:11 – sometimes gives us what we want

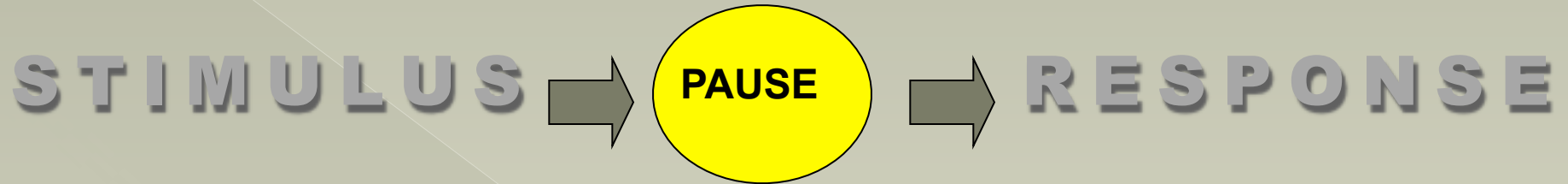
Reversible

Jer.3:12-14– Only acknowledge thine iniquity

Love is the End Result

Mic.7:18 – retaineth not anger...delights in mercy (Lam.3:22-23)
Hos. 14:4 - ...I will love them freely...mine anger is turned away

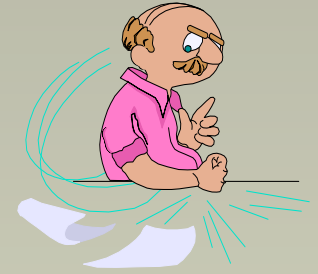
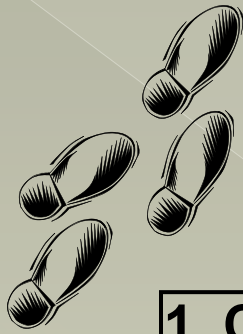
GOD'S ANGER



Summary

- God has 'the right' to be angry with us every day
- God defers his anger – appeals to us by the prophets
- God will/does express his anger given our stubborn behaviour
 - Purpose
 - Refining Process
 - Reversible
 - Love is the end result

The Scriptural Process



1. Consciously acknowledge to yourself that you are angry.

Eph. 4:26 – “Be ye angry, and sin not”

Challenge is not ‘Don’t get angry’ but.... not to sin when we are angry!

2. Restrain your immediate response

Prov.29:11 – ‘A fool gives full vent to his anger’

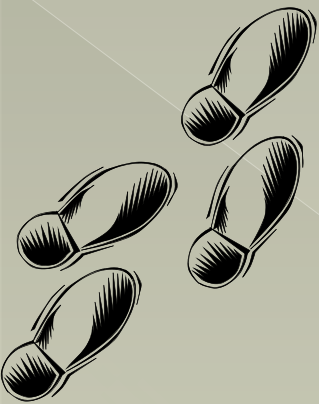
Prov.19:11 – ‘People with good sense restrain their anger’

Prov.14:17 – ‘A quick tempered man does foolish things.’

PAUSE

**‘Speak when you are angry and you will make the
best speech you will ever regret.’**

Anonymous



The 5 Step Process

PAUSE

3. Seek to understand before making yourself understood.

- Principle – Ecc.5:1-2 – allusion to law – Ex.30:18-20
- James 1:19-20 – quick to listen...sloooooooow to wrath !

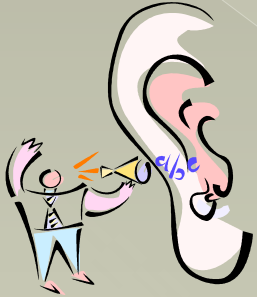
CHANGE THE WAY WE THINK....

‘I assume I don’t fully understand, and I need to listen’
‘If I listen first and understand, then I will be better understood’

Listening ----- Paradigm shift

LEVELS OF LISTENING

Ignoring – making no effort to listen



Pretend Listening – making believe or giving the appearance you are listening



Selective Listening – hearing only parts of the conversation that interest you



Attentive Listening – paying attention and focusing on what the speaker says and comparing that to your own experiences



Empathic Listening – listening and responding with both the heart and mind to understand the speaker's words, intent and feelings

"EM"

"PATHOS"

(Greek)

↓
"in"

↓
"feeling, suffering"

Phil. 3:10 – 'fellowship of his sufferings (pathos)'

I Pet. 4:12-14 – 'partakers of Christ's sufferings (pathos)'

II Cor.1:3-5 – 'sufferings abound in Christ'

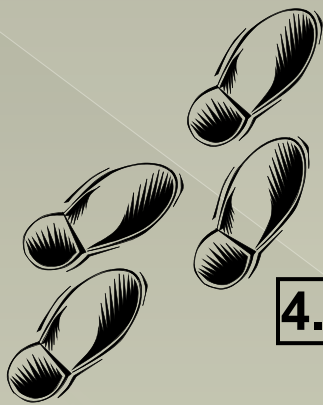
We have empathy when we put ourself in another's place and experience feelings as he or she experiences them. **It does not mean we agree** but that we deeply understand another person emotionally and intellectually.

Help the Speaker Feel Understood

1. Repeat Content
2. Rephrase Content in Own Words
3. Reflect Feelings
4. Rephrase & Reflect Feelings in Own Words

Indicator Phrases

- 'As I get it, you felt that...'
- 'I'm picking up that you...'
- 'So, as you see it...'
- 'What I guess I'm hearing is...'
- 'I'm not sure I'm with you but...'
- 'You place a high value on...'
- 'As I hear it, you...'
- 'You must have felt...'
- 'Your message seems to be, I...'



The 5 Step Process

4. Analyze Your Options

PAUSE

i) Consciously Decide to Overlook the Matter

- not same as storing your anger
- Releasing the anger to God – giving up the right to take revenge
Rom.12:9 – God's prerogative

Prov 19:11 – 'The discretion of a man deferreth his anger; and it is his glory to pass over a transgression.'

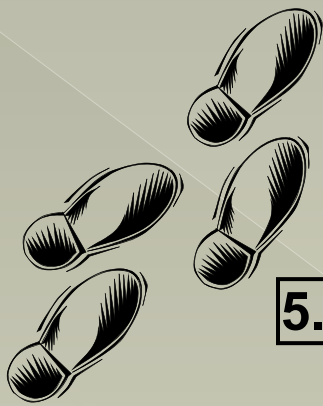
Col.3:13 – 'forbear'

ii) Lovingly Confront the Person

Gal.6:1 – 'restore such an one in the spirit of meekness' – RESTORATION

Lu.17:3-4 – '...if thy brother trespass against thee, rebuke him...'

- rebuke = 'to set a weight upon'
- laying a matter before a bro/sis kindly and firmly
- realize there is always possibility you have misunderstood
- suggestion – write it before you speak it
- Result – 1. Explanation 2. Confession --- framework for reconciliation



The 5 Step Process

5. Take Constructive Action

RESPONSE

- i) If we choose to let the offense go.....PRAY !
- ii) If we choose to lovingly confront do so gently....PRAY!

Matt.5:22-24

LISTEN FIRST.....it may change your paradigm!!!!

Forgiveness

- Must always be given
- Is the promise that you will no longer hold this particular offense against the person...
- your anger has served its purpose – it has motivated you to take constructive action to see that the issue was resolved!

Nehemiah 5

CONFRONTATION
ANGER MANAGEMENT

Verse 1-5

“a great cry of the people” James 5:1-4

“against their brethren”

The Call of
Brethren

Lev. 25:35-38

I Cor.6:6-8

Scenario

- v.2 Our sons and daughters need food!
- v.3 Mortgaged lands, houses, vineyards to buy food!
- v.4 Borrowed money to pay king's tribute against lands.
- v.5 Sons and daughters taken into bondage as servants!



Nehemiah 5

CONFRONTATION
ANGER MANAGEMENT

Verse 6

‘I was very angry’ Heb. ‘was angering – to glow, grow warm’

ie Paul - II Cor. 11:29



Verse 7

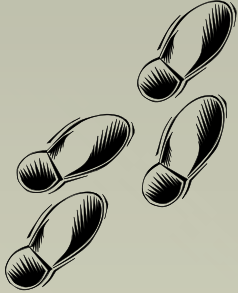
‘consulted with myself’

NEB - ‘I mastered my feelings and reasoned with the elders’

Freedom to Choose

Nehemiah 5

CONFRONTATION ANGER MANAGEMENT



1. Consciously acknowledge to yourself that you are angry.

v.6 'And I was very angry'

2. Restrain your immediate response

v.7 'I consulted with myself'

3. Seek to understand before making yourself understood.

v.8 'Then held they their peace, and found nothing to answer'

4. Analyze Your Options

Overlook the Matter

Lovingly Confront

v.9 – 'It is not good that ye do...'

5. Take Constructive Action

v.12 – 'Restore...require nothing...take an oath'

v.14-19 – Set an example

ANGER

“Holding on to anger is like grasping a hot coal with the intent of throwing it at someone else; you are the one who gets burned.”

Cain – Gen.4:5,8

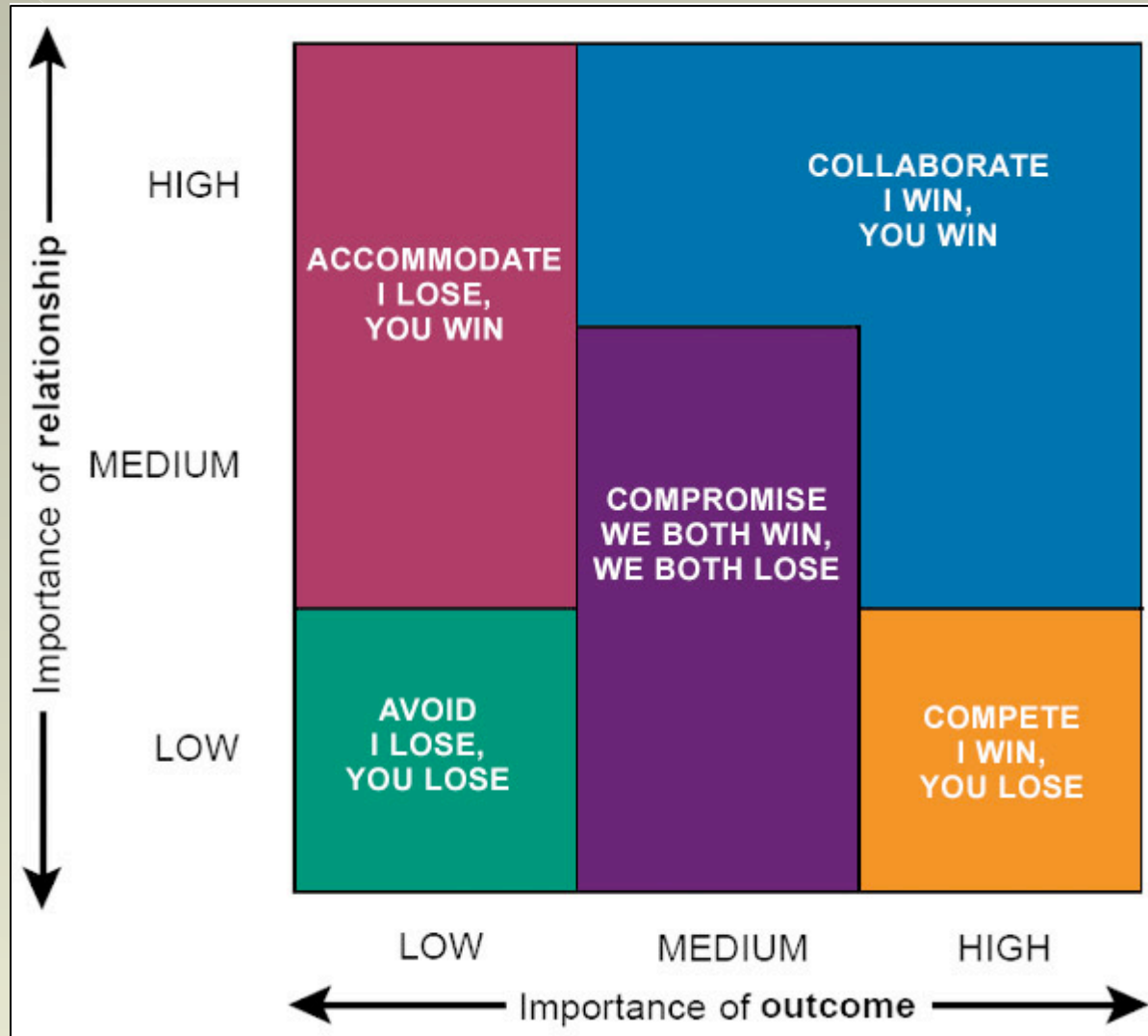
An experience common to man

Saul – I Sam. 20:28-34

Jonah – Jonah 4:1,4,9

**Anger was designed to be a visitor,
never a resident in the human heart.**

CONFLICT STRATEGIES



CONFLICT STRATEGIES

Casting Out Moneychangers

Mark 11:11-19

Coat & Cloke

Matt.5:39-42

Pilate & People

Luke 23:13-25

Neglect of Widows

Acts 6:1-8

Saul & Jonathan

I Sam.20:30-34

Going to Law

I Cor.5:12-6:8

Jerusalem Conference

Acts 15:1-22

Paul & Peter

Gal.2:11

Paul & Barnabus

Acts 15:36-40

Nehemiah & Rulers

Neh.5

Cain & Abel

Genesis 4

