

*“Let the words of Christ, in all their richness, live in your hearts and make you wise. Use his words to teach and counsel each other.” (Colossians 3:16, NLT).*

**Here are some other practical suggestions for dealing with anger.**

**1. When you are angry say nothing.**

If we speak in anger we will definitely aggravate the situation and quite likely hurt the feelings of others. If we speak in anger we will find that people respond in kind, creating a spiral of negative anger. If we can remain outwardly silent it gives time for the emotion of anger to leave us. “When angry count to ten before you speak. If very angry, count to one hundred.” Thomas Jefferson.

**2. Be indifferent to those who make us angry.**

Some people may unfortunately take a malicious pleasure in trying to make you mad. However if we can feel indifferent to them and their words; if we feel it is beyond our dignity to even acknowledge them, then their words and actions will have no effect. Also if we do not respond in any way to their provocation they will lose interest and not bother us in the future.

**3. Use reason to stop anger.**

When we feel anger rising up from within, try to take a step back and say to yourself “This anger will not help me in any way. This anger will make the situation worse.” Even if part of us remains angry our inner voice is helping us to distance our self from the emotion of anger.

**4. Look kindly upon Others.**

How you view the person with whom you are angry greatly effects the outcome. Think of their good side and the good times shared together.

Close friends do not stay angry. This exercise may be particularly useful for close family members who at times evoke your anger.

**5. Value Peace more than anger.**

If we value peace of mind as our most important treasure we will not allow anger to remain in our system. As it has been said: *“You may have every right to be angry with someone, but you know that by getting angry with him you will only lose your precious peace of mind..”*

**6. Try to understand those are angry.**

Don’t worry about feeling the need to defend yourself from their criticisms. If you can remain detached and calm they may begin to feel guilty about venting their anger on you. Inspired by your example of calmness they will seek subconsciously to do the same.

**8. Breathe Deeply.**

The simple act of breathing deeply will help considerably with removing anger. Give each other space and time to cool off.

**9. Pray**

Prayer focuses on someone big enough to hand le the situation. Practice praying to God for help in dealing with anger. He will give you His peace.

**10. Smile**

When we smile we defuse many negative situations. To smile is offer goodwill to others. Smiling costs nothing but can effectively defuse tense situations

If you struggle with getting angry, then you need to talk this over with a Counselor or Christian friend and hopefully receive help to deal with the anger. Most of all be sure you know Jesus as your savior and Lord and spend time with him in prayer and reading the Bible.

## The Christian and Anger



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Anger isn't fun. It's hard on everyone, including you. Psychologists tell us that anger is an inbuilt involuntary reaction to a displeasing situation or event. As long as anger is limited to this involuntary, initial emotion, it may be considered a normal reaction. When we respond improperly to anger - when we either lose our temper or store the anger, so that it makes us resentful or hostile - it is dangerous. It is here that the Bible calls us to account.

### Is All Anger Wrong?

Not all anger is wrong. When the Bible mentions anger, it may be focusing on several different emotions.

For example:

- Moses was angry when he saw the unfaithfulness and idolatry of his people (Exodus 32:19).
- When Jesus healed the man with the withered hand, he "looked around at the Pharisees with anger" (Mark 3:5) because he was disturbed by their stubborn hearts.
- Anger can sometimes be called for in our response to sin: "When you get angry, do not sin" (Ephesians 4:26).

### It Is Scriptural to Control Anger

"A fool gives full vent to his anger, but a wise man keeps himself under control" (Proverbs 29:11, NIV). Each person has the right to

press his own opinions and to be treated with dignity and respect. At the same time, we should not forget that if Jesus had demanded his "rights," he would not have gone to the cross! The Christian must be careful of his responses, remembering that one's position may be right while the accompanying attitudes may be wrong.

### Anger Is Excessive or Uncontrolled If It Leads To:

- **Outbursts of temper or bad language.**
- **Bitterness, resentment, and hostility** (the urge to "get even").
- **Inner turmoil** - the loss of one's sense of tranquility and well-being. Do I have the nagging feeling that my attitude is displeasing to God, or that I'm "helping the devil" (Ephesians 4:27)?
- **Harm to other people.** Does the anger negatively affect my testimony as others observe my bad responses? Are they victims of those responses, physically or emotionally?

### How Can We Learn to Control Anger?

1. Don't interpret everything as a personal offense, oversight, or hurt. At the same time, try to pinpoint the things that cause you to become excessively angry.

2. Make your attitudes and responses a matter for serious prayer. Pray also about the irritating behavior of others that has caused your anger. Remember that God uses people and

circumstances to refine our character.

3. Regularly confess 'excessive' anger as sin: "Do not let the sun go down while you are still angry" (Ephesians 4:26, NIV). Learn to balance the books at least by the end of each day. Face it and say to others, "I'm sorry".

4. Realize that the Christian must learn to cope with two natures, each striving for supremacy. We must learn to practice the "put off - put on" principle of Ephesians 4:22-24 (NIV):

A. "Put off your old self, which is being corrupted by its deceitful desires" (verse 22).

B. "Put on the new self, created to be like God in true rightness and holiness" (verse 24).

C. The effect of practicing the "put off - put on" principle is to "be made new in the attitude of our minds" (verse 23; see 2Corinthians 5:17).

5. Strive to focus your anger away from yourself, to the problems that are causing it. Many natural events hold us up and provoke angry feelings. Find out what's eating you.

6. Surrender each day to the Holy Spirit:

"Live by the Spirit, (Galatians 5:16, NIV). "Anger will not help you live a good life as God wants." (James 1:20, ICB)

7. Let the Word of God permeate your life as you read, study, memorize and think about it: