

Getting the Roots of Anger



Those given to anger are fools!

- Proverbs 12:16
- Proverbs 14:29
- Proverbs 19:11
- Ecclesiastes 7:9

Who does anger affect?

- Proverbs 21:19
- 1 Timothy 2:8
- Ephesians 6:4
- James 1:19-20

Sins of Temper (9 out of 17 works of the flesh) (Galatians 5:19-21)

- Hatred: Hostile person, hateful, and opposing another
- Contentions (variances): quarrel, debate, wrangling, fighting.
- Jealousies (emulations): guarding and keeping one's rights
- Outbursts of wrath: anger which boils over, losing control, heat, anger, fierceness
- Selfish ambitions: political partisanship, fractiousness, self seeking, putting others down
- Dissension: division & disunity; an insurrection, uproar, strife
- Heresies: Sect, false doctrine, dogmatic, extremely opinionated. They major on minors
- Envy: ill will because someone has an advantage. Desire for what another has
- Murders: taking or speaking against the life of another

Roots of anger

- Bitterness & Unforgiveness
- Hurts from the past
- Generational bondages (Learned behavior and transference of evil influences)
- Control



Diagnostic root checking

- Q) Do you communicate with your children and spouse by yelling, raising voice and being intense?
- Q) When angered do you throw things, punch walls or people?
- Q) Do you become angered when you don't get your way?
- Q) Do you "let the sun go down on your wrath" by holding grudges and taking a long time to forgive others?
- Q) Do you go more than a day without speaking with your spouse or making them sleep on the couch?
- Q) Do you hang up on people as a form of controlling them?
- Q) Who asks for forgiveness first and most in your household?
- Q) What days of the week and times of the day do you become most angry?

- Q) What events or circumstances trigger emotions of anger?

- Q) Which people's names mentioned trigger emotions of anger?

- Q) Who in your family operated in anger and held grudges?

- Q) Do you blame your anger on being Irish?
- Q) Are you able to play the game of golf or other sports without losing your cool?
- Q) If allowed to be honest, would your spouse describe you as having a temper?

Solutions:

- Forgiveness & Love (Ephesians 4:30-32)
- Walk in the Spirit (Colossians 3:8-9)
- Repent & Forsake your sin (Psalm 37:8)
- Make a Quality Decision that anger and holding grudges will not be a part of and rule your life and emotions