

Breaking the Spirit of Anger



I. Characteristics / Manifestations of Anger

- Getting upset: A strong feeling of displeasure or hostility
- Anger is progressive: leads to wrath, which leads to violence, which leads to destruction
- Volatile, rash; losing you cool in a moments notice
- Rage, outburst of Wrath
- Venting
- Temper tantrums (at any age)
- An angry reaction to supposed injustice
- Yelling/raised voice
- Impatience
- Frustration over unchangeable circumstances
- Extreme sensitivity, touchiness and irritability
- Bitter, Resentful and unforgiving
- Cussing
- Violence
- Experts say you are temporary insane because you lose control; It clouds better judgment

II. Dangers of anger:

- Destroy friendships (e-mail is a modern day conduit for one's anger)
- Destroy a soul
- Causes discord in a church

Anger will ...

- Take you farther than you want to go
- Keep you longer than you want to stay
- Cost you more than you are willing to pay



III. Revelations I have received:

1. Your anger will not leave when other people change or your circumstances change. It leaves when you decide to change.
2. Anger does more harm than good and does not bring solutions; It hurts my cause to get angry
- 3 No body makes me angry. I allow myself to be angry
4. Anger is a choice – You can choose to be angry or submit it to the Lord



IV. Solutions:

1. Forgiveness
2. Love
3. Submission
4. Repentance
5. Self Control
6. Walk in the Spirit



“When angry count 10 before you speak; if very angry, an hundred” Thomas Jefferson

Prayer for Deliverance:

“I loose (myself) _____ from the spirit of anger and bind (myself) _____
to a spirit of self control and love”

