

Break Out!

Part V; February 14, 2010

"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...Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen. And do not grieve the Holy Spirit of God, with whom you were sealed for the day of redemption. Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.

– Ephesians 4:25-32 (NIV)

Anger Management Quiz

Do you give atom bomb responses to firecracker issues?

Do people “walk on egg shells” around you?

Is there this constant sense of being annoyed or angry?

How many people have you alienated or hurt with your anger?

Have you ever hurt yourself with your anger?

Do you find yourself often cynical, critical, sarcastic or depressed?

Have you ever hit or tried to hurt someone out of your anger?

Are you verbally abusive by yelling, cursing or name-calling?

Do you sometimes find it necessary to medicate your anger?

Have you ever been told you might have anger problem?

“Escaping Our Anger Alcatraz!”

Stop the behavior that sets yourself up to be angry!

We set ourselves up when...

We don't draw boundaries...

We aren't honest...

We try to control what we can't instead of what we can...

Own your anger.

“No one can make you feel inferior without your consent.”

– Eleanor Roosevelt

Commit yourself to resolve or release.

"If your brother sins against you, **go and show him his fault, just between the two of you**. If he listens to you, you have won your brother over." – Matthew 18:15 (NIV)

A man's wisdom gives him patience; **it is to his glory to overlook an offense**." – Proverbs 19:11 (NIV)

Make amends to those whom your anger has hurt.

Reckless words pierce like a sword, but the tongue of the wise brings healing. – Proverbs 12:18 (NIV)

Break Out!

Part V; February 14, 2010

"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...Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen. And do not grieve the Holy Spirit of God, with whom you were sealed for the day of redemption. Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.

– Ephesians 4:25-32 (NIV)

Anger Management Quiz

- Do you give atom bomb responses to firecracker issues?
- Do people “walk on egg shells” around you?
- Is there this constant sense of being annoyed or angry?
- How many people have you alienated or hurt with your anger?
- Have you ever hurt yourself with your anger?
- Do you find yourself often cynical, critical, sarcastic or depressed?
- Have you ever hit or tried to hurt someone out of your anger?
- Are you verbally abusive by yelling, cursing or name-calling?
- Do you sometimes find it necessary to medicate your anger?
- Have you ever been told you might have anger problem?

“Escaping Our Anger Alcatraz!”

Stop the behavior that _____ to be angry!

We set ourselves up when...

We don't draw boundaries with others...

We aren't honest about how we feel...

We try to control what we can't instead of what we can...

_____ your anger.

“No one can make you feel inferior without your consent.”

– Eleanor Roosevelt

Commit yourself to _____ or _____.

"If your brother sins against you, **go and show him his fault, just between the two of you.** If he listens to you, you have won your brother over." – Matthew 18:15 (NIV)

A man's wisdom gives him patience; **it is to his glory to overlook an offense.** – Proverbs 19:11 (NIV)

Make _____ to those whom your anger has hurt.

Reckless words pierce like a sword, but the tongue of the wise brings healing. – Proverbs 12:18 (NIV)