



*"Find Your Purpose and Reach Your Destiny"*

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**Managing Threatening Emotions**

God's Expectations for My Life

LESSON FIVE

## *ANGER*

*Psalms 37:8-9*

*When you feel cornered and defenseless*

FOCUS: Learn how to harness anger and not let it control you.

FOCUS STATEMENT: Anger is a natural God given emotion, though having the capability to be harmful, anger can be controlled and managed properly. Psalms 37 gives us some Godly ways to express our anger without sin (Ephesians 4:26). In this lesson, we will share six steps to take control of your anger emotions and regain rationality and five steps to managing them.

INTRODUCTION: (*Noun*) Anger is defined as a strong feeling of annoyance, displeasure, or hostility. We will all experience annoyances, hostilities and frustrations. Know that these emotions can easily lead to anger. At the onset these types of emotions, you should immediately release them to God in prayer and total surrender. *Synonyms for anger:* rage, vexation, exasperation, displeasure, crossness, irritation, irritability, indignation, pique.

## *APOLOGETICS*

WHY IS SIN MENTIONED WITH ANGER? (Read Eph. 4:26) Because often, when we experience this emotion, we do not think in a calm, rational manner, but irrationally. And we react impulsively; without thinking about the consequence.

WHAT IF I SINNED WHEN I WAS ANGRY? Repent and move forward. And you should express an urgency in resolving the issue with the person(s) involved. Remember, Paul said that we should *not let the sun go down on our wrath*.

THE LESSON: **Psalm 37:8-9.** *Cease from anger, forsake wrath: fret not thyself in any wise to do evil. 9. For evil doers shall be cut off; but those that wait upon the LORD, they shall inherit the earth.* (stop fighting to allow discussions for peace).

*In this Psalm, there are SIX steps we should take when we experience anger...*

1. **Don't react right away!** Reacting immediately to emotional triggers can be an immense mistake. Impulsive reactions bring about embarrassing experiences.

When we are angry with someone, we should always seek to **RESOLVE THE EXISTING** conflict. Whether it is with your pastor, family members, supervisor, co-worker, etc. Remember, *don't react right away!*

**NOTE:** Oftentimes we have conflict with (toward) someone who is totally oblivious to it.

2. **Ask for devine guidance.** **Proverbs 3:5-6.**

*Trust in the LORD with all thine heart, and lean not to thine own understanding. 6. **In all thy ways, acknowledge Him,** and He shall direct thy paths.*

Remember, your emotions are unpredictable because they are centered around your feelings at the time. Anger is an emotion that we often fall prey to because we feel provoked.

*Harnessing angry emotions takes discipline...think of Jesus enduring the cross!*

## *There are FIVE Steps to Managing Your Emotional Triggers*

### 3. **Find a healthy Outlet.** Some practical Steps:

- a) Get some exercise!
- b) Find a place to relax (at work- your break room) at home, your favorite relaxing spot, i.e., patio, front yard, etc.
- c) Read a book. Not only does reading stimulate the brain, but the body is also in a relaxed state.

### 4. **See the big picture.**

Think before you react! Give careful consideration to other consequences that could result from an impulsive, irrational, angry response. Just because you can, doesn't mean you should.

Always consider how others could be impacted by our reaction, and our words. Experiences make lasting impressions upon others about who we are. Even after we have repented and improved our behavior, people tend to remember.

5. **Replace your thoughts.** Philippians 4:8 (NKJV) *Finally, brethren, whatever things are true, whatever things are noble, whatever things are just, whatever things are pure, whatever things are lovely whatever things are of good report, if there is any virtue and if there is anything praiseworthy -meditate on these things. Think on things that are .....true -noble – just – pure – lovely – and good news (good report).*

**Philippians 2:5** - *Let this mind be in you which was ALSO in Christ Jesus:*

### 6. **Forgive your emotional triggers.**

Listed below, are twenty-six Bible verses on forgiveness: (Matt 6:14-15; Matt. 6:9-15; Matt. 26:28; Mk. 11:25; Col. 3:13; Lk. 17:3-4; Eph. 4:31-32; I John 1:9; Isa 43:25-26; Ac. 3:19; Isa. 1:18; 2 Co. 5:17; Ep. 1:7; Heb.10:17; Dan. 9:9; Col. 1:13-14; Ps. 103:2; Nu. 14:19-21; Mi. 7:18-19).

Each of us have triggers; while some may have more than others. Whoever (he/she) they may be, you must forgive! To receive forgiveness, you must forgive others.

1. **Be honest** and accept responsibility for your own actions! Accept yourself as powerful and not a victim to remove the veil of self-deception. When you seek to identify what is triggering your in-the-moment feelings, you then give yourself the chance to feel differently, if you want to.

2. **Recognize** the emotional reaction that you're experiencing in your mind/body. If you notice an irregularity in your breathing pattern, or increase in your heart rate; ask yourself, "Why is this happening?"

Caution: Don't judge or fear your emotions. No matter what you learned about the evils of emotions, if you don't recognize your feelings, you can't change them from negatively impacting your relationships, job performance, and overall happiness.

3. **ASK YOURSELF WHAT** (or Who) **IS triggering the anger?** What do you think you lost, or what was it that you did not get that you expected, or desired to have?

Our strengths that have helped in life are also our greatest emotional triggers when we feel someone is not honoring one of them.

The following list includes some of the most common needs that trigger anger emotions when we feel that one, or more of these needs (triggers) are not, or will not be met:

- Acceptance, respect, be liked, be understood, be needed, be valued, be in control, be right, be treated fairly, attention, comfort, freedom, peacefulness, balance, consistency, order, predictability, love, safety, feel included, autonomy, fun, new challenges, independence.

When the brain perceives that someone has taken or plans to take one of these important things away from us, our emotions are triggered.

4. The next step to managing emotional triggers is.... **Quickly IDENTIFY WHEN AN EMOTION IS TRIGGERED, THEN CHOOSE WHAT TO SAY OR DO NEXT.** The quicker we notice an emotion is triggered, the sooner we can discover if the threat is real or not.

Ask yourself: I'm I really losing this need or not? Is the person actively denying my need, or am I taking the situation too personally? If it's true that someone is ignoring your need, or blocking you from achieving it, are you willing to ask for what you need or, can you choose to let it go for now?

5. **Actively SHIFT YOUR EMOTIONAL STATE.** *Isaiah 26:3 - Thou wilt keep him in perfect peace, whose mind is stayed on thee, because he trusteth in thee.*

SUMMARY: Ps. 37:8-9

We must forsake wrath. Wrath is used in reference to God and man however, God should be the one who exemplifies wrath. The Scripture clearly indicates that we should forsake wrath. To forsake means to abandon, desert, to leave without intending to return. God wants us to abandon wrath with an intention of never picking it up again or allowing it to return in our hearts.

We should never allow Anger to consume us; otherwise we will be filled with contempt. Evil doers will not listen to instruction. In fact, the Bible says they will be cut off from experiencing the freedom and joy of living an anger free life. But those who wait on the LORD, shall inherit the earth.

**Notes:**

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### *~Here Are Some Practical Steps to Manage Anger~*

- Relax – breathe and release the tension in your body.
- Detach – clear your mind of foreign thoughts.
- Focus – choose one keyword that represents how you want to feel in this moment.
- Speak the Word of God and allow yourself to feel the shift.

*Choose to feel something different when anger arises. This is how you gain emotional freedom.*

If feeling anger signals a problem, venting anger does not solve it. There are questions about anger that may be helpful to ask ourselves:

- “What am I really angry about?”
- “What is the problem, and whose problem is it?”
- “How can I determine whose responsible for what I’m feeling?”
- “How can I learn to express my anger in a way that will not leave me feeling helpless and powerless?”
- “When I’m angry, how can I clearly communicate my position without becoming defensive or attacking?”
- “What risks and losses might I face if I become clearer and more assertive?”
- “If getting angry is not working for me, what can I do differently?”