

Manage your anger – 6th commandment ‘Do not murder’

Matthew 5:21 You know that our ancestors were told, “Do not murder” and “A murderer must be brought to trial.”²² But I promise you that if you are angry with someone,^[f] you will have to stand trial. If you call someone a fool, you will be taken to court. And if you say that someone is worthless, you will be in danger of the fires of hell.

*To dwell above with the ones we love, oh that would be glory.
To dwell below with the ones we know, well that’s a different story.*

There are three common expressions of anger, on that very rare occasion when you get angry, which one of these are you?

1. **The _____**
When you lose your temper you always lose.

2. **The _____**
In AD 50 a man called Cinika wrote this

“Anger is an acid that can do more harm to the vessel in which it is stored than to anything on which it is poured.”

3. **The _____**

SO HOW DO WE MANAGE OUR ANGER?

1. **_____ that you are angry**

You are responsible for your own reactions and actions.

2. **Deal with your anger _____**

Proverbs 15:1 *A kind answer soothes angry feelings, but harsh words stir them up.*

James 1:19 *My dear friends, you should be quick to listen and slow to speak or to get angry.*

Ephesians 4:26 *Don’t get so angry that you sin. Don’t go to bed angry*

3. **Learn to _____ the _____ of your anger.**

Here are the most common causes:

- a) It’s a part of a grief process
- b) You have failed to set boundaries and say ‘no’ and now you feel used
- c) You have been haven’t learnt to vent hurts, disappointments and feelings in an honest and healthy way
- d) You have unrealistic expectations of yourself and others
- e) It is your way of avoiding with a problem or unbearable feeling eg you may be too proud to accept correction and so you lash out verbally or physically
- f) You struggle to communicate your thoughts clearly and to negotiate.
- g) You feel disrespected and not listened to
- h) Work overload and not enough rest and sleep time
- i) Your drug/ alcohol addiction leaves you irritable when you are coming down
- j) You have an irrational fear or temper based on a demonic infestation
- k) You are proud and put too much weight on what people think of you

4. Choose to stop and _____ before you _____

“Life is not always fair, you do not get to control everything that happens to you but ... you do get to choose your response.”

5. I need to ask God to fill me with _____

‘Whenever we are bumped, we will spill whatever we’re full off.’ – Dave Riddell

For Further study in small groups

Mixer: Discuss the statement. Abortion is your right but it is always wrong!

1. Do you recognise any ways in which society is cultivating anger and violence in this generation?
2. In the extremely rare occasion when you get angry and don’t deal with it appropriately (your normal way) do you tend to be a maniac, a mute or a manipulator?
3. When is anger OK?
At what point has your anger caused you to sin? Eph 4:26
4. Looking at principle 3 on dealing with anger Pastor Russell listed 9 common causes of anger. Which one are you most prone to?
What could you do or what do the group suggest that you do to deal with this cause?
5. What revelation/ truth coach would best help you think before you speak e.g. Proverbs 15:1; James 1:19 or Ephesians 4:26 or
“live simply to please God”
“the person that is irritating/ annoying you is made by God”
“You can’t choose what events will happen to you but you can choose your reactions.”
6. How can a person be filled with the Holy Spirit daily and so they live a ‘transformed life.’

NB If Moses, David and Paul were all murderers and became God’s mighty men. Consider the hope each one of us can have.