

## Turning the Crap of Life, Into the Fruit of the Spirit Serenity Now!

**Anger** - A strong feeling of displeasure or hostility. It is neither good nor bad; however when it is allowed to fester it will consume us with rage and wrath. How we handle anger is important.

Unresolved anger turns into bitterness as it grows roots into our life. That bitterness produces problems in all relationships. So how does the Bible identify someone with unresolved anger?

### **Proverbs 29:22**

An angry man stirs up strife, and a furious (hot-tempered) man abounds in transgressions (gk, Peesha – to revolt).

### **Hebrews 12:15**

See to it that no one comes short of the grace of God; that no root of bitterness springing up causes trouble, and by it many be defiled.

A Christian should now concentrate on the evil in others or the world; instead focus on what is good to encourage others to aspire to good, even at the expense of things we want or feel we have the right to. Negativity in a Christian is a sign of bitterness rooting itself into their life. That bitterness creates additional anger – many times not the result of the person receiving the angry response. Bitterness grows, anger grows and negativity thrives in a person who has not dealt with anger in the Christ-like way.

## How Do You Handle Anger, the Biblical Way?

### **1. Deal with it FAST!**

#### **Ephesians 4:26-27**

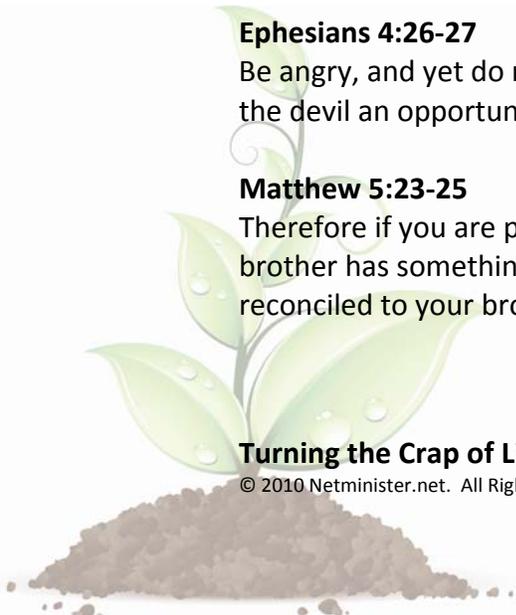
Be angry, and yet do not sin; do not let the sun go down on your anger, and do not give the devil an opportunity

#### **Matthew 5:23-25**

Therefore if you are presenting your offering at the altar and there remember that your brother has something against you, leave your offering there and go; first to be reconciled to your brother, and then come and present your offering.

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Unresolved anger builds. Even righteous anger, can be festered by well meaning people, even Christians, who believe you have been done wrong. Dealing with anger is an internal issue, we decide to deal with it regardless of the people's opinion around us.

## **2. Listen more then you speak!**

### **James 1:20**

So then, my beloved brethren, let every man be swift to hear, slow to speak, slow to wrath, for the wrath of man does NOT produce the righteousness of God.

Take proactive opportunities to learn what and who causes you to you have an angry response. What motivates them? Why does their action make you angry? Take the time to examine yourself for your motives. And are you making an effort to understand their motives and pressures? Model Christ-like behavior. Remember that the things you have been forgiven by Christ far outweigh the things that make you angry!

## **3. Let it go - Surrender**

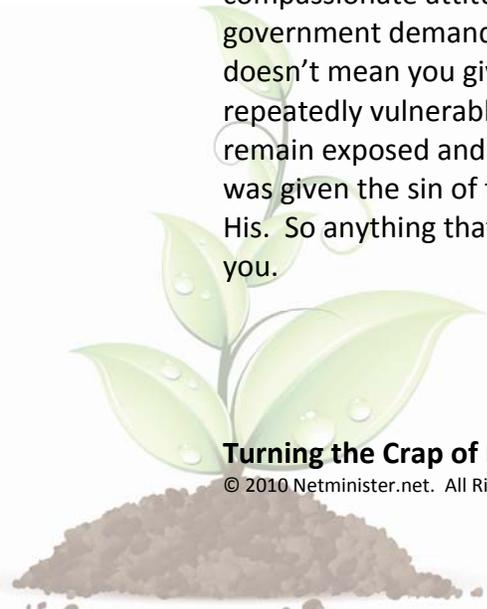
### **Matthew 5:38 & Luke 6:29**

You have heard that it is said, 'An eye for an eye and a tooth for a tooth' but I tell you not to resist an evil person. But whoever slaps you on your right cheek turn the other to them also. If anyone wants to sue you and take your tunic, let him have your cloak also. And whoever compels you to go one mile, go with him two. Give to him who asks you, and from him who wants to borrow from you do not turn away.

### **Matthew 16:24**

If anyone desires to come after Me, let him deny himself, take up his cross and follow Me.

Jesus calls on us to surrender all our personal rights and have a generous and compassionate attitude whenever we are confronted with personal attacks; legal issues; government demands; or financial responsibilities. Surrendering your rights to Christ doesn't mean you give Him terms it is unconditional. This is a description of being repeatedly vulnerable in the face of injustice. The one that seeks love will always remain exposed and at risk. No one better illustrates this than Jesus on the cross. He was given the sin of the world, mocked, spit upon and eventually killed for our sins, not His. So anything that happens in your life should be weighted against His sacrifice for you.



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