

Freedom from Anger

Rom. 5:1-5 This process of sanctification should result in hope not in anger

Rom 5:1 Therefore being justified by faith, we have peace with God through our Lord Jesus Christ:
Rom 5:2 By whom also we have access by faith into this grace wherein we stand, and rejoice in hope of the glory of God. Rom 5:3 And not only [so], but we glory in tribulations also: knowing that tribulation worketh patience; Rom 5:4 And patience, experience; and experience, hope: Rom 5:5 And hope maketh not ashamed; because the love of God is shed abroad in our hearts by the Holy Ghost which is given unto us.

1. How am I thinking and feeling right now?

The first step in resolving our anger problems is to identify it as anger!

The purpose of this step is to make the cause of your anger more specific.

No one can manage anger that is vague and covered up with euphemisms and excuses.

Below are some of the names that we give to our feelings of anger!

| | | | | |
|-------------------------------------|-------------------------------------|-------------------------------------|--------------------------------------|-----------------------------------|
| <input type="checkbox"/> Anxious | <input type="checkbox"/> Worthless | <input type="checkbox"/> Hostile | <input type="checkbox"/> Depressed | <input type="checkbox"/> Hurting |
| <input type="checkbox"/> Mean/evil | <input type="checkbox"/> Revengeful | <input type="checkbox"/> Irritated | <input type="checkbox"/> Bitter | <input type="checkbox"/> Rejected |
| <input type="checkbox"/> Rebellious | <input type="checkbox"/> Paranoid | <input type="checkbox"/> Victimized | <input type="checkbox"/> Confused | <input type="checkbox"/> Fearful |
| <input type="checkbox"/> Sarcastic | <input type="checkbox"/> Resentful | <input type="checkbox"/> Frustrated | <input type="checkbox"/> Destructive | <input type="checkbox"/> Cynical |

2. What happened that made you decide to get angry?

If we can locate the specific incident(s) which triggered our anger, our anger becomes more definable. We, then, ask the Holy Spirit to reveal to us the complexity of our defensive reasoning and justification for our anger.

3. Who or What am I angry at?

| | | | |
|--------------------------------------|---|--|--|
| <input type="checkbox"/> My own self | <input type="checkbox"/> My spouse | <input type="checkbox"/> My children | <input type="checkbox"/> My work |
| <input type="checkbox"/> My boss | <input type="checkbox"/> My parent(s) | <input type="checkbox"/> My Church | <input type="checkbox"/> Wrong doctrines |
| <input type="checkbox"/> God | <input type="checkbox"/> All men | <input type="checkbox"/> Women | <input type="checkbox"/> Addicted people |
| <input type="checkbox"/> Race(s) | <input type="checkbox"/> The Human Race | <input type="checkbox"/> Political Leaders | <input type="checkbox"/> Miscellaneous |

Anger usually rooted in five (5) specific areas.

(1) Anger at others, retaliating, revenge, (2) Anger at ourselves,

(3) Generational anger, (4) Anger caused by injustice, (5) Anger caused by demonics

Now that you have established the "object" of your anger you can go to the fourth step in working through the anger process. You are ready to break-up your anger into its main components. If you can identify the specific parts of your anger, you will be in a better position to put your anger into the more logical and forgiving perspective of faith in Christ.

You can do this by asking yourself a series of focusing questions.

4. How did the situation make you feel besides angry?

(Example #1: I resent being forced to give into them all the time -controlled. It makes me feel powerless, frustrated, confused, indecisive, indifferent to values)

(Example #2: His criticisms of me makes me feel unappreciated, rejected and worthless.)

Now that you have discerned your reasoning and feelings underlying your anger, you are now ready to put your anger in a clearer perspective. The next step is to "peel" your anger down to the next layer.

5. What about this angers me the most?

You have established the fact that in the above situation it made you feel powerless because of control/domination. You are now ready to take a closer look at these causes. What is it about being made to feel powerless that angers you the most? Some examples of what you might find upon deeper analysis is:

- "There is nothing that I can do about it."
- "I feel indecisive!"
- "I feel guilty and angry for allowing it to happen."
- "I feel inadequate and powerless to deal with this situation."

Having exposed your anger down to this level, you are ready now to penetrate your anger at its deepest level. You are ready to focus on the real issue underlying all of the prior layers and levels of your emotional distress.

6. Now, what about this, what angers me the MOST?

Psalm 139:23-24 Search me, O God, and know my heart: try me, and know my thoughts: 24 And see if [there be any] wicked way in me, and lead me in the way everlasting.

2 Cor. 10:4-6 (For the weapons of our warfare [are] not carnal, but mighty through God to the pulling down of strong holds;) 5 Casting down imaginations, and every high thing that exalteth itself against the knowledge of God, and bringing into captivity every thought to the obedience of Christ; 6 And having in a readiness to revenge all disobedience, when your obedience is fulfilled.

This level of exposure of the deeper causes and roots by the Holy Spirit usually brings us down to bedrock. Down to the fundamental issues which underlie all the other triggers, which must be identified, confessed as sin and renounced if we are to be strong in the Lord to overcome and be freed from anger -- and making our lives filled with righteousness, peace and joy in the Holy Spirit, (Rom. 14:17). The base mindset (stronghold) found at this level often turns out to be, "I feel so worthless!" It is hard for us to respect someone who is stupid, helpless, inadequate and powerless! And when we have those feelings towards ourselves, they destroy our respect for our own selves and for others. We lose our self respect and hold ourselves in disrespect. The final step consists of replacing these feeling or worthlessness with the worthiness of Jesus Christ with His specific antidote of dying love. The only antidote for self contempt is the love of Jesus Christ, (Rom. 8:37- Nay, in all these things we are more than conquerors through him that loved us.