

Taking Out The Trash



Anger is an involuntary reaction to a displeasing situation or event. Dealing with anger promptly is important because stored anger causes us to be resentful and hostile with the urge to “get even”.



When I am displeased with a person or situation, how do I behave?

How Might I Be Carrying Anger?

- Impatience
- Critical thoughts
- Displeasure that leads to withdrawal
- Inwardly annoyed
- Inner tension
- Frustration
- Avoiding someone I do not like
- Lack of acceptance of someone who will not admit his/her weakness or mistake
- Talking about an irritation without wanting to hear another point of view
- Keeping a record of wrongs
- Feeling discouraged enough to want to quit
- Overly aggressive in situations that don't require it
- Blaming others for my problems
- Struggling with moods of depression
- Maintaining an "I don't care" attitude towards the needs of others
- Speaking sternly or insensitively (sometimes covered up as a joke or sarcasm)



And do not bring sorrow to God's Holy Spirit by the way you live. Remember, he has identified you as his own, guaranteeing that you will be saved on the day of redemption. Get rid of all bitterness, rage, anger, harsh words, and slander, as well as all types of evil behavior. Instead, be kind to each other, tenderhearted, forgiving one another, just as God through Christ has forgiven you.

(Ephesians 4:30-32 NKJ)



For most of us the question is not "Do I get angry?" We know we do. So, the questions we must ask ourselves about anger are: "What's the real root of my anger?" "Do I want to get rid of anger?" "What am I willing to do to be free from destructive anger?" "Do I believe outbursts of anger can be conquered?" "Am I willing to deal with anger as the Bible instructs?"



Dear friends, never take revenge. Leave that to the righteous anger of God. For the Scriptures say, "I will take revenge; I will pay them back," says the LORD. (Romans 12:19 NKJ)

Love is patient and kind. Love is not jealous or boastful or proud or rude. It does not demand its own way. It is not irritable, and it keeps no record of being wronged. (1 Corinthians 13:4-5 NKJ)



Uprooting Anger From My Soul



1. Make a list of everyone who has wronged you. Make the list as thoroughly as you can.
2. One by one bring these individuals to Jesus who died on the cross for their sin – their sin against you.
3. Ask Jesus to work in you so you can forgive them the wrong they did to you.
4. Choose to forgive them completely.
5. Choose to let go of any need to hold a grudge or get revenge.
6. Ask Jesus to forgive them and heal them.
7. Ask Jesus to pour His healing into your soul so your own pain is removed. As you receive healing you won't stand vulnerable to the person who caused you pain, or fear the same treatment from another person.
8. Ask Jesus to root out of you any lingering desire for revenge and any record of wrong you might want to hold against the person.

Clean first your wound and then apply.



I can do all things through Christ who strengthens me. (Philippians 4:13 NKJV)