

LifeCode

DAVID H. MCKINLEY

MARCH MADNESS AND 334 OTHER DAYS OF THE YEAR

He who is slow to anger is better than the mighty, and he who rules his spirit than he who takes a city. —PROVERBS 16:32 NKJV

“Do you know what makes me mad?” How many times have we heard this in conversation? Anger is a common part of life and a natural expression.

“Anger is a natural physical and emotional reaction to perceived injustice.” —ROBERT JEFFRESS

Do you know what makes me mad?

- **Displeasure** (When people do things we don't like.)
“People who fly into a rage rarely make a good landing.”
—WILL ROGERS
- **Disagreement** (When we don't see eye-to-eye with another, we begin to get ear-to-ear.)
He who is slow to wrath has great understanding, but he who is impulsive exalts folly. —PROVERBS 14:29 NKJV
A man's discretion makes him slow to anger, and it is his glory to overlook a transgression. —PROVERBS 19:11 NAS
- **Disappointment** (When people let us down or things don't turn out the way we planned.)
- **Disrespect** (When people cut us down or demean us, we get angry; we cry for justice.)
- **Disposition** (If we are not careful, we can become and live in anger—“chip on the shoulder” attitude.)

“Each of us in our selfishness tends to expect others, things or circumstances to bring us the level of satisfaction from life that we believe we deserve. Expecting God's creation to meet our deepest needs and to bring us a satisfying life is the basis for developing an ‘angry heart.’ When our expectations are not fulfilled hundreds of times a year, we become frustrated and hurt over the lack of being fulfilled; our heart fills with hundreds of small embers of anger. Each unforgiven ember of hurt or frustration can build into a lava flow of anger.

These embers of unforgiveness are the main obstacles that prevent us from knowing the Lord as He desires; they keep us from experiencing His love and Spirit for a life of lasting fulfillment.” —GARY SMALLEY

James 4:1-3

“One man gets nothing but discord out of a piano; another gets harmony. No one claims the piano is at fault. Life is about the same. The discord is there, and the harmony is there. Study to play it correctly, and it will give forth the beauty; play it falsely, and it will give forth the ugliness. Life is not at fault.” —ANONYMOUS from *Great Quotes and Illustrations* by George Sweeting

“Do you expect me to let people walk all over me?”

“How much more grievous are the consequences of anger than the causes of it.” —MARCUS AURELUS

Scoffers set a city aflame, but wise men turn away wrath.
—PROVERBS 29:8 NKJV

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“Do you have some insights to help me deal with my anger?”

Assess the Issues (Proverbs 14:17; 18:13)

Narrow Your Focus (Proverbs 17:14; Ephesians 4:26-27)

Guard Your Tongue (Proverbs 15:1; 15:18)

Exercise the Leverage and Release Forgiveness
(Proverbs 26:4; 30:33, 10:12; 27:25)

“I will permit no man to narrow and degrade my soul by making me hate him.” —BOOKER T. WASHINGTON

“One thing worse than this prison camp on the outside is the prison of hate in the heart.” —CORRIE TEN BOOM

Review Your Relationships (Proverbs 22:24-25; 16:32)



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