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-.001.tiff

"FALLACIES DO NOT CEASE TO BE FALLACIES
BECAUSE THEY BECOME FASHIONS."
—G.K. CHESTERTON

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"PEOPLE WHO FLY INTO A RAGE
SELDOM MAKE A GOOD LANDING."
—WILL ROGERS

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GOOD SENSE MAKES ONE SLOW TO ANGER, AND IT IS HIS
GLORY TO OVERLOOK AN OFFENSE. —PROVERBS 19:11

A MAN OF QUICK TEMPER ACTS FOOLISHLY, AND A MAN
OF EVIL DEVICES IS HATED. —PROVERBS 14:17

WHOEVER IS SLOW TO ANGER IS BETTER THAN THE MIGHTY,
AND HE WHO RULES HIS SPIRIT THAN
HE WHO TAKES A CITY. —PROVERBS 16:32

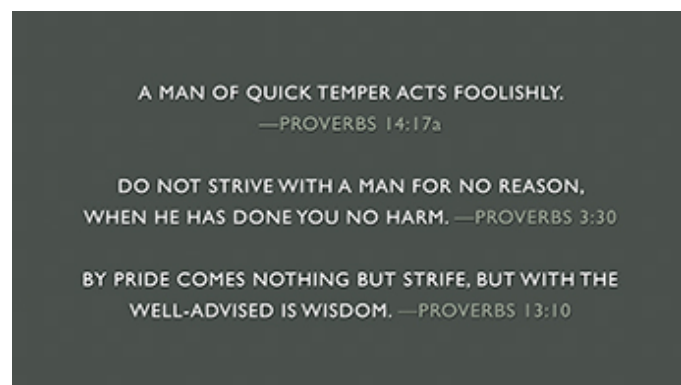
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I. WHAT MAKES YOU MAD?

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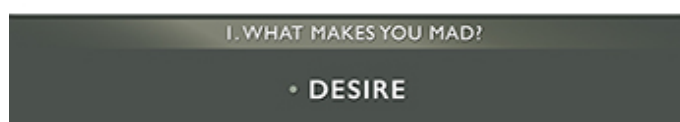
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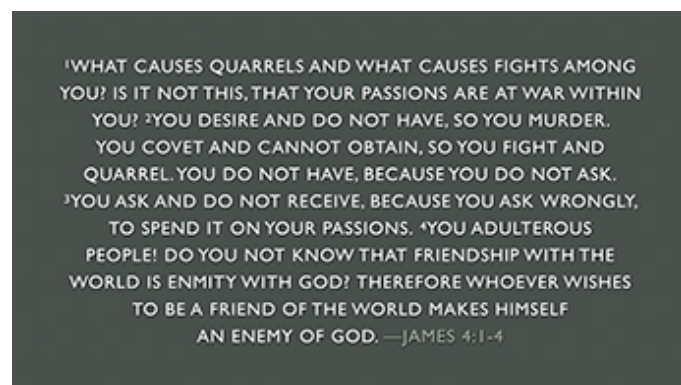
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WRATH IS CRUEL, ANGER IS OVERWHELMING,
BUT WHO CAN STAND BEFORE ENVY?
—PROVERBS 27:4

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"ENVY IS WORSE THAN BOTH OF THEM, 1ST, BECAUSE IT IS MORE UNJUST AND UNREASONABLE, AS NOT BEING CAUSED BY ANY PROVOCATION, AS WRATH AND ANGER ARE; BUT PROCEEDING FROM MERE MALIGNITY OF MIND, WHEREBY A MAN IS GRIEVED FOR ANOTHER MAN'S HAPPINESS, IN WHICH HE OUGHT TO REJOICE; 2D, BECAUSE IT IS MORE DEEPLY ROOTED AND IMPLACABLE, WHEREAS THE OTHER PASSIONS ARE COMMONLY ALLAYED; AND, 3D, BECAUSE IT IS MORE SECRET AND UNDISCERNIBLE, AND THEREFORE THE MISCHIEVOUS EFFECTS OF IT ARE HARDLY AVOIDABLE, WHEREAS WRATH AND ANGER DISCOVER THEMSELVES, AND SO FOREWARN AND FOREARM A MAN AGAINST DANGER." —BENSON COMMENTARY

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I. WHAT MAKES YOU MAD?

• DISAGREEMENTS

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IF YOU STAY CALM, YOU ARE WISE, BUT IF YOU HAVE A HOT TEMPER, YOU ONLY SHOW HOW STUPID YOU ARE.
—PROVERBS 14:29

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HE WHO PASSES BY AND MEDDLES IN A QUARREL NOT HIS OWN
IS LIKE ONE WHO TAKES A DOG BY THE EARS.
—PROVERBS 26:17

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I. WHAT MAKES YOU MAD?

• DIFFICULTY

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²³WHY IS LIFE GIVEN TO THOSE WITH NO FUTURE, THOSE GOD
HAS SURROUNDED WITH DIFFICULTIES? ²⁴I CANNOT EAT
FOR SIGHING; MY GROANS POUR OUT LIKE WATER.

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²⁵WHAT I ALWAYS FEARED HAS HAPPENED TO ME. WHAT I
DREADED HAS COME TRUE. ²⁶I HAVE NO PEACE, NO QUIETNESS.
I HAVE NO REST; ONLY TROUBLE COMES. —JOB 3:23-26

-.020.tiff

¹MY GOD, MY GOD, WHY HAVE YOU ABANDONED ME?
WHY ARE YOU SO FAR AWAY WHEN I GROAN FOR HELP?

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²EVERY DAY I CALL TO YOU, MY GOD, BUT YOU DO NOT ANSWER.
EVERY NIGHT I LIFT MY VOICE, BUT I FIND NO RELIEF.
—PSALM 22:1-2

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"AS A FOLLOWER OF JESUS AND IN MY ROLE AS A PASTOR,
I DISCOVERED THAT LAMENT GIVES A CANDID VOICE
TO THE STRUGGLE OF HARDSHIP, ACKNOWLEDGING THE
REAL AND FRIGHTENING EMOTIONS OF PAIN
WHILE CREATING A PATH FOR GOD-CENTERED WORSHIP.
TRITE ANSWERS AND QUICK FIXES ARE ECLIPSED
BY A MESSAGE FOR HURTING PEOPLE:
HARD IS HARD BUT HARD IS NOT BAD."
—MARK VROEGOP

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2. WHAT WILL ANGER DO?

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"ANGER IS A LOW FREQUENCY FEELING THAT CLOSES THE HEART. WHEN YOU EXPRESS OR REPRESS ANGER RATHER THAN LEARN FROM IT, YOU CAUSE YOUR HEART TO CLOSE,

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WHICH CUTS YOU OFF FROM THE LOVE AND PEACE OF SPIRIT. BEING CUT OFF FROM LOVE ALWAYS CAUSES ANXIETY AND DEPRESSION." —DR. MARGARET PAUL

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²⁴MAKE NO FRIENDSHIP WITH A MAN GIVEN TO ANGER, NOR GO WITH A WRATHFUL MAN, ²⁵LEST YOU LEARN HIS WAYS AND ENTANGLE YOURSELF IN A SNARE. —PROVERBS 22:24-25

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²⁶BE ANGRY AND DO NOT SIN; DO NOT LET THE SUN GO DOWN ON YOUR ANGER, ²⁷AND GIVE NO OPPORTUNITY TO THE DEVIL. —EPHESIANS 4:26-27

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3. HOW SHOULD WE DEAL WITH ANGER?

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I DISCIPLINE MY EMOTIONS WHEN...
I MAKE SURE THEY ARE NOT BLOCKING THE TRUTHS
I NEED TO HEAR.

—Gordon Macdonald, A Radical Life

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¹⁹KNOW THIS, MY BELOVED BROTHERS: LET EVERY PERSON BE: QUICK TO HEAR, SLOW TO SPEAK; SLOW TO ANGER; ²⁰FOR THE ANGER OF MAN DOES NOT PRODUCE THE RIGHTEOUSNESS OF GOD. —JAMES 1:19-20

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I DISCIPLINE MY EMOTIONS WHEN...
I MAKE SURE THEY DO NOT OVERRULE WHAT I KNOW
IN MY HEART TO BE GOOD AND RIGHT.

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I DISCIPLINE MY EMOTIONS WHEN...
I TAKE MOMENTS TO PAUSE AND ASK, WHAT AM I THINKING,
HOW AM I FEELING AND HOW AM I SLEEPING?

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I DISCIPLINE MY EMOTIONS WHEN...
I AM CAREFUL TO TRANSLATE THEM
INTO RESPONSIBLE ACTION.

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⁶A FOOL'S LIPS WALK INTO A FIGHT; AND HIS MOUTH
INVITES A BEATING. ⁷A FOOL'S MOUTH IS HIS RUIN,
AND HIS LIPS ARE A SNARE TO HIS SOUL. —PROVERBS 18:6-7

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WHOEVER IS SLOW TO ANGER HAS GREAT UNDERSTANDING,
BUT HE WHO HAS A HASTY TEMPER EXALTS FOLLY.
—PROVERBS 14:29

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