

## Power Lunch 2005

### #6 REALITY RELATIONSHIPS

#### Irritability Issues

Tuesday, March 1, 2005 • Dr. David McKinley

**[Dr. McKinley, message #6 REALITY RELATIONSHIPS / Irritability ]**

See that God is faithful and a..., it's one of the most a..., encouraging and reassuring of all of the truths that you can have and that you can know in life. And I'm so thankful that you're here today with us at Power Lunch. Welcome to you! Especially to those of you who are first timers today, but I'm always glad when we have a gathering here a..., I'd feel bad if we didn't since this is what I get to do is to come and be the extension of your meal and to have the opportunity to speak to you, so thank you for coming, thank you for being a part of the day and a..., I just wanna say to Life Time Fitness and to all of our sponsors here, thank you, so many of you for responding and sponsoring Power Lunch. Actually I was made aware this morning we actually have sponsors through the end of this Power Lunch season and it's just been wonderful and I appreciate that because it enables us to be able to give resources and to give books and encouragement to people who come and attend and a..., I really appreciate that partnership very much a..., with us here. I also wanna be sure that I underscore something that a..., Dr. Graham came in and a..., helped to share with you just a few weeks ago a..., because this is such a great life opportunity a..., Dr. Graham, myself and Dr. Gary Fraser, a very dear friend are going to partner together and take a trip this summer to Greece and a..., we're actually going to go do what will be a wonderful Bible Study with is to trace the second missionary journey of the apostle Paul. And if you've ever just looked at the maps in the back of the Bible you can see that there's an outline of some of the places that Paul went and of course many of the New Testament books, the letters of the New Testament, Philippians, Colossians, Thessalonians really are just the names of cities where he went and traveled where there were churches. And so we're going to do some land travel and we're going to do a cruise through the Greek Isles for about 4 days as a part of this and I just wanna say to you if you have any interest at all in being a part of a trip like this, it's really more than a trip, it's a life journey, a life experience and something that I've learned in life for me personally, I know it's different for everyone, but for me personally I care less and less the older I get about the things that I have, the things that matter the most to me are the experiences I share with people that I love and that I enjoy being with and a..., this is gonna be a great life experience. The dates, as you see June 25 through July the 5<sup>th</sup> and a..., there is a brochure available and if you think you'd be interested in going with us I just wanna be sure that I've done an adequate job of giving you that invitation and a..., so we're gonna take a..., somewhere between 100 and 150 people with us and it's gonna be super. I'm gonna get to a..., take...be one of the tour hosts on one

of the buses as a..., once we're there and traveling around as well of course as being a part of speaking at the places we go and I think it's gonna be a lot of fun and I hope that you'll think about going with us. And I'm sure somewhere along the way we'll watch My Big Fat Greek Wedding. So anyway I just wanna be sure that a..., you get to share in that opportunity if you would have an interest to do so.

I want you to pause for just a moment this morning, I want you to think about something with me. I want you to think about all the encounters that you have had with people today and if you had to stop and to sit down and to categorize your encounters with the people that you've seen between the time that you got out of bed this morning and all the people that you've seen along the way till you got to this table today and you had to categorize them in 1 of 3 categories; how would you place the people that you've had contact with? Have you seen people today who you would categorize as pleasant? I mean they were pleasant, you're glad you saw them, you're glad you encountered them. I would say this person or this contact was in the pleasant category in my life. How bout, how many people would you put in the category that you would say they were stressed? It didn't take me long with my encounter with them today to know that this is somebody who was stressed and as I encountered them and as I engaged them I was very keenly aware of the fact that I was dealing with somebody who was not in the pleasant category, It was somebody who was in the stressed category. And then one other category; how many of you would say I have encountered someone today who has been irritable? I've been involved with somebody already today who I would clearly place in the category of irritability. In fact let me just find out. If you have seen or encountered at least one irritable person today would you life your hand? Boy, some hands were immediate to go up, I just...now hold them up if you've seen somebody, now don't look at the person just hold your hand up that's all I want you to do. [audience laughter] A number of us have already had encounters with irritability today. It's amazing how that it does not take much in the course of the day to find yourself engaged with someone who you clearly would categorize as being in that arena, they are irritable. In fact you know as well as I do it doesn't take much of a drive around Dallas to meet someone who is obviously irritable, somebody who's livin in the ticked off mode and I know people and you know people who seem to live at that level, that edge of irritability and at the edge of being ticked off in life. Speaking about driving around Dallas and meeting people who are irritable and ticked off, maybe you've heard a little bit about a little encounter that incurred just a few weeks ago in Dallas. Well, if you haven't I wanna catch you up because apparently there was a man who called into the office to make some people aware of his delay in getting back to the office, but in the process he became living commentary to something that happen in the Dallas intersection. Why don't you listen with me for just a moment and a..., let's just see if you can't relate to this moment. Guy's help me.

[Listen to tape relating accident between man and 4 little old ladies.]

I gotta go, I'm telling you unbelievable, what happened in an intersection

that was caught and recorded on tape. Now as I understand it this little sound bite has been makin it's way all over the nation. It's been amazing how people have picked it up. But you know it's such an incredible reminder of how easy it is to laugh at the misfortunes of others, isn't it? [audience laughter] It doesn't take us long to watch other people loose control, get out of control, have a conflict and we can laugh at it and we can...I mean of course listen to that guy, I mean I'm telling you I laughed forever when I listen to this in my office. But you know as easy as it is to laugh off and laugh at what happens to other people I get ticked off if things had happened to me. I'm listen to that little lady beatin that guy with a Bible and I'm just imagining that scene in my mind and yet I'm thinkin about the fact that it's so easy for me to get frustrated, to get upset, to get ticked-off when things don't go the way that I want them to in my life. And if I'm not careful I can live at the edge of being ticked-off in life.

Dr. Lewis Sperry Shaffer was the founder of Dallas Theological Seminary. If you've ever been down around the Gaston Avenue area of downtown Dallas you've probably passed the campus of Dallas Theological Seminary and apparently on one occasion he was praying with one of the professors there, a man by the name of Dr. Harry Ironside, a man who was know to be a very kind and gracious man, even on up into his senior adult years. But apparently on this occasion when Dr...Dr. a..., Shaffer and Dr. Ironside were praying together Dr. Ironside prayed this, he said, "Lord, keep me from turning out to be a mean old man." Heh, heh, heh, that's a good prayer, "Because I find in life that if we're not careful it's easier for us to become people who live at the edge of irritation, who live at the point of frustration and who are constantly spilling out on others the irritations and the dissatisfactions of our lives."

Have you ever had an experience where you've been in a hurry in the morning, you decided that you would take your coffee with you and go to work and you made your way to the car and either in the process of getting in the car or not very far down the street you manage to stop, you did something, you slosh the coffee and it's gone all over your cloths. Have you ever had that happen to you? Man that's a frustrating moment isn't it? You're all cleaned up, you're all dressed up and now you're gonna have that...that smell of rancid coffee, and boy if you had cream in it that only adds to it, all day long. Well, you know, just as coffee will spill and soil our cloths so it is that many of us because we live at the edge of irritation and at the edge of frustration in life are simply living in such a mode that it doesn't take much jostling for us ~~to spill and soil the relationship~~...to spill on people and soil the relationships that we're involved in, in life. And it's so important for us to realize that when we talk about reality relationships that one of the areas that we have to deal with in particular is this issue of living with irritability in our lives. I share that with you because our key text for this study on relationships is 1<sup>st</sup> Corinthians chapter 13, it's the love chapter of the Bible. What does love look like? What is love? What love is and what love is not. And how do you categorize love? And in 1<sup>st</sup> Corinthians chapter 13 in verse 5 it says this, it says love:

*does not behave rudely,...*

which we talked about last week, and it:

*...does not seek it's own, it is not provoked, it thinks no evil.*

But look at that word, it says it:

*...is not provoked,...*

I looked at that in several different translations just trying to see the different nuances of meaning that might be found from a variety of translations and this is the list; the word provoked can mean touchy, it can mean irritable, it can mean quick tempered, it can mean someone who's quick to take an offense, someone who's easily angered or that is it's not, if it's true love it's not someone who flies off the handle. Now let me ask you to look at that list for just a moment. Do those things describe how you are in your relationships with people? If people were categorizing you today, instead of you categorizing them would they say this about you, that you're touchy, your irritable, you're quick tem...tempered, you're the kind of person that's quick to take an offense? You see these are the things that so often bring injury and impact in our relationships and yet we wonder why am I not getting along well with others? Well, let me give you reality tip #5. Reality point...

#5 in relationships is this, **PEOPLE OF IRATE AND IRRITABLE DISPOSITIONS DO MORE TO CAUSE DAMAGE IN THEIR PERSONAL RELATIONSHIP THAN ANY EVENT, CIRCUMSTANCE OR PROBLEM.** Let's read that again; people of irate and irritable dispositions do more to cause damage in their personal relationship than any event, circumstance or problem. You see, so often it's easy to say we have a problem in this relationship or there's a circumstance that's impacting as there...there's been an event and all of those things are true because we are not in control of the events, circumstances and problems that we face in life, but what we do have to deal with is our own disposition and if we are people who tend towards being irritable and irate in our responses to others I promise you, what you are and what you express is bringing more damage to that relationship than any event, circumstance or problem. Whoo, it's gotten a little quiet in here hasn't it? Well, that's all right, that's part of my ministry, I'm to comfort the afflicted and to afflict the comfortable and so I'm just tryin to do a good job. [slight audience laughter] I know I've quit preaching and I've started meddling, but that's all right we can't deal with reality unless we deal with the reality issue in so many of our relationships and one of the most damaging and destructive of all is this issue of irritability. What I'm trying to say to you today is that if you and I cannot control our temper then we have just identified the fundamental flaw in our relationships with others. If you can't control your temper you have just identified the fundamental flaw in your relationship with others. It was Marcus Aurelius who said this:

*"How much more grievous are the consequences of anger than the causes of it?"*

In other words the damage that is done when we are angry and out of control is much greater than the things that may have caused it. We need to be careful about our disposition. There's a Latin proverb that says:

*"He who restrains his anger overcomes the greatest enemy."*

And that's exactly what I'm saying to you; your temper, your demeanor, your spirit of irritability or your spirit of pleasantry is what has everything to do with the quality of your relationships. And it was Will Rogers who said in his own incredible way:

*"People who fly into a rage seldom make a good landing."*

*"People who fly into a rage seldom make a good landing."*

Well, what I want us to do today as we continue this thought and this series about *Reality Relationships*, how we can get real and get right in our relationship with others, is that I want us to first of all identify 5 common sources of anger and irritability in our relationships. What are 5 common ways that anger rises and ultimately spills in our relationships? How do we express this irritability or what is it that causes this irritability in our minds and in our hearts? And then I wanna try to give us some steps of action to take to a..., if you will, a..., to defuse the irritability and the irate behavior that so often is expressed through our lives. So first of all **5 COMMON SOURCES OF ANGER IN IRRITABILITY IN YOUR RELATIONSHIPS WITH OTHERS**. Now, you know and I know that anger is a rather complex emotion. We don't all express it the same way. We don't all a..., give evidence to the reality of it, but the fact of the matter is, is that whether you an extremely expressive person or a very quiet person, every one of us in this room deals with issues of anger. No one is exempt and I just saved you a lot of money in counseling because I can tell you your problem is you're angry. Okay? Whether you're quiet or whether you're loud, you're just mad and you just need somebody to straight up tell you. That's a big problem in life and one of the primary negative emotions that goes to work inside of us is this issue of anger and it's evident by the way it is constructed in our lives and it's evident by the way that it gets expressed in our lives. Now what are some of the causes of anger in life? Well...

**#1 I AM ANGRY BECAUSE SOMETIMES I HAVE TO DEAL WITH INSULTS.** People do things to make me mad. Amen? I realize we're not in a church service but I think that's just a practical enough statement don't you? People do things to make me mad. I'm getting mad right now, you all better say, Amen! [audience laughter] There we go, thank you I feel much better. I was about to feel insulted there for just a moment, but... Anger rises out of insult when people do something or fail to do something, or do something that clearly demonstrates that they have done something to create offense against us and insults are a way that we, many times, end up with sticking

points in our relationships. Someone crosses us and the result of that cross experience is that we enter into a sticking point in a relationship and we can't think positively, we can't act positively because what's happened is we are replaying time and time again in our minds and our hearts; this person has insulted me. To be insulted is to feel put down. To be insulted is to feel as though someone has taken advantage of you and when you have a conflict with someone ~~that sticking point...or~~ that conflict can become a sticking point in that relationship. Proverbs 19:11 says this:

*The discretion of a man makes him slow to anger, And his glory is to overlook a transgression.*

You see many of us are keeping tabs and tally on the insults of life. And some people will never win with us because we're carrying a record book of all of their insults with us. Now, we have to be realistic, we are going to get insulted in life. It is a part of what happens in life, you do get insulted along the way in life and so you've got to know how to deal with the insults that come to your life and the question is are you going to let them build and blow or build and burn or are you gonna begin to be a person who begins to defuse those in your life? So anger rises out of insults.

There's another in way which **ANGER RISES IN MY LIFE AND THAT IS OUT OF IMPATIENCE**. Do you remember that at one of the earlier studies we talked about how that love, real love, is patient, but may I say that the opposite of being patient is a person who lives at the edge of provocation, someone who is easily provoked and one of the reasons that many of us are provoked is because of the fact that we're impatient. People get out of sorts with our agenda in life and so rather than being positive and being a person who carefully is able to be patient with others, lovingly, we are people who become irritable and impatience is given expression in the course of our life and our day. I love what ~~John MacArthur...or excuse me,~~ John Maxwell said in one of his early books called, *Be A People Person*. He said:

*"When the other fellow takes a long time he's slow; when I take a long time I'm thorough. When the other fellow doesn't do it he's lazy; when I don't do it I'm busy. When the other fellow does something without being told he overstepping his bounds; but when I do it that's initiative. When the other fellow overlooks a rule of ~~etiquit...etiquette~~ he's rude, but when I skip ~~a few miles a...~~ a few rules I'm original. When the other fellow pleases the boss he's an apple polisher; but when I please the boss that's cooperation. When the other fellow gets ahead, he's getting the breaks; but when I manage to get ahead that's just reward for hard work."*

You see that's how we tend to think isn't it? Is that we are impatient and therefore become insulting of others, rather than being patient, that is to be the true expression of love and so whenever people are out of line with my agenda and they get in my way it is impatience that often rises in me and gives expression to my irritability and to my irate behavior. So,

anger rises out of insult, things that people do. Anger rises out of impatience, my own sense of people being an obstacle, getting in the way and then let's just be honest and say that...

**ANGER RISES OUT OF INJURY.** Now, I want you to imagine just for a moment you put your hand on that table there in front of you and I come by with a hammer and I hit you on the hand. Okay? Let's just...let's just imagine, okay? This isn't a sadistic moment, I just...just tryin to help you think about something. I hit your hand with that hammer, what emotion best describes the response that you're going to feel? Yes, it's pain, but is it just pain? Well, I can tell you for some of you if I hit you like that you're gonna say somethin you say, oh I would never say that in church. But you did. [audience laughter] Heh! Because what came out of your mouth was an expression of what was down in your heart and what was in your heart was an immediate sense of feeling angry that you were hurt. And whenever we get hurt we get angry and just as you feel that injury in your body whether it's walkin through the house late at night and you catch your toe. I gotta tell you, you catch your toe on an ottoman or a chair or a table you don't walk around and say oh praise God that was such a joyous experience. [audience laughter] I can tell you right now you're not gonna praise the Lord. [more laughter] Instead you better be careful that you're not havin to fall to your knees and repent because you felt pain and that pain brought hurt and that hurt gave way to anger and you feel mad. You grit your teeth. You see that's what happens whenever we get injured we get angry and anger rises out of injury in life. Maxwell in a new book that he has just recently written. I think we've given away several copies of it here a..., it's called *Winning With People*, he has an entire chapter in there, it's a wonderful chapter called *The Pain Principles* and he's basically highlights something that many of you have heard, but he did a great job; yeah I see one back there at the back. Somebody's got a copy of that book, I see it right now back there. That's it, *Winning With People*. And in chapter 3, *The Pain Principles* this is what he says, you may or may not have heard it but it's so true.

*"Hurting people hurt people."*

One of the primary reasons that we are irate and irritable is because we are hurting. In that same chapter a..., Maxwell identifies a little story by one of his a..., coworkers a man by the name of Kevin Small who uses the principle of the splinter to help us to understand how pain works. I just gave you the example of being hit with a hammer, but have you ever had a splinter in your hand, in your finger? And you know, if you go around and you got that splinter, it's weird, a splinter can literally make your whole arm throb. You just...you just feel it every pulsation and...and if you bump up against somebody you can feel mad at that person. If they shake your hand it's like whoo! And it's really not that they hurt you, you were hurt already, but it was just that contact with them that brought forth that injury and what happens in our lives and relationships is that we get hurt, we get injured and then we let that injury go down and while we may not be the kind of person who's gonna explode and yell at everybody it's that injury, that pain that's residing inside of us and before long it

begins to become a part of an irritable disposition in all of our interactions with people. I can tell you I've certainly found that to be true in the ministry. I know that most of the time you see me, you see me in this setting talking to you, trying to motivate, encourage, build up, instruct, but I can tell you a lot of my days are spent with people who are hurting deeply; they're facing sickness, they're facing death and I'm tellin you I've had people through the journey of sickness, through the experience of death, express things to me and frustration toward me or toward a church because they're hurting. I've had to learn to deal with that because for many years in my life I made it very personal and I'd begin to try to think oh what did I do? And I really had to learn that sometimes people are hurting and they just need someone to love them even if they're hurting. They need someone to care for them even though they're frustrated and life has given them a splinter in their heart and in their soul that they cannot remove. But I'm telling you I've seen things happen. I can remember a day I did a funeral here in Dallas nearly a decade ago where a man almost decked me in a funeral home because I said some things about one side of the family and not the other and I certainly didn't know, I just didn't know. I could have never known the injury and the conflict in the relationships in that family. I was just tryin to be there and to do a funeral and it was a horrific funeral, it was a tragic death of a young person. But there I found myself right in the middle of that. Why? Because hurting people hurt people and you are working with people and you are connecting with people throughout the course of your day, sometimes people who are hurting and if you go around responding to everyone who in someway responds to you with an immediate sense of...of irritability yourself, you're just gonna have conflict in relationships. And one of the greatest things you can do whether it's with your mate or with your children or your coworkers, is when there's a conflict stop and ask yourself the question is this an issue of insult, is this an issue of my own impatience or could it be that there's an injury that we need to stop and we need to fix in this relationship, or an injury that needs love and response in order to help it? Anger rises out of injury and when people are hurting they overreact, they over-exaggerate and they over-protect. There's another source of anger and irritability and that is...

**ANGER RISES OUT OF INFERIORITY.** Whenever I feel cheated, whenever I felt entitled to something and it didn't happen in my life, the result of that is that I feel through that inferiority a spirit of anger. T. S. Elliot said:

*"Half of the harm that is done in this world is due to people who want to feel important. They do not mean to do harm, but they are absorbed in their endless struggle to think well of themselves."*

Wow! You wanna know why you have conflicts in the office so often? There is the answer right there, because anger is feeding off of a spirit of inferiority in people's lives. And so that just means people around you need to feel important, they need to know that you notice them that you care about them and so in a relationship if what you're doing is continuing to feed inferiority of them or if you're continuing to feed

your own sense of inferiority you're just gonna be an irritable person and someday you're gonna grow up and you're just gonna be a mean old man or a mean old woman. I just wanna remind you I love you, I'm just tryin to help you. [audience laughter] Winston Churchill said:

*"A man is as big as the things that make him angry."*

It's a brilliant statement.

*"A man is as big as the things that make him angry."*

For good or for bad; you know, if you get made about the right things that's a good thing, but if you're always being petty, if you're always being peevish, if you're always being irritable, because you feel inferior or set off, if you're letting that be what's happening in your life then you're constantly gonna be at the mercy of your circumstances and the problem with circumstances is you can't control em, they're always changing. So, reality relationship understands the impact of anger.

There's a ~~3<sup>rd</sup>~~ or a 5<sup>th</sup> and a final thing and that is that **ANGER RISES OUT OF INIQUITY**. That a good word for a preacher, to use but it's very true. Anger rises out of iniquity. Negatively I'm talking about the evil that is within people and there is anger that's given expression because there is something fatally wrong inside of us. There's been a story that's dominated the headlines of our news for the last few weeks and...and last week in particular and it's just been a horrific story. The story has been about Steven Barby, a man who was having an affair with a woman who lived in his neighborhood. She was the mother of a 7-year-old son. He got this woman pregnant and then one day in a fit of rage he went in and he smothered and suffocated and strangled that woman and her child. Why did he do that? Because there was evil inside of him. He had been immoral. He had taken advantage of her. She was a threat to everything else in his life and he just decided to take her out. And I'm telling you anger will destroy you and cause you to do things you never imagined possible. I don't think people get up some day and just think to themselves oh I think I'll go kill somebody and spend the rest of my life in jail. But I'm telling you what they've done, long before they ever did it, they've harbored anger and evil in their hearts. That's what Jesus said, Jesus said if you harbor anger in your heart and evil in your heart, it's as though you've murdered someone and I can promise you if you go far enough you can do things you never thought you could do because of the iniquity of anger in your life. This is a very damaging and destructive thing. Now you say to me wait, wait, wait, wait, wait you're talking about anger, you're saying is there never anger? ~~Is I~~...am I never to get mad? Am I just to be some placid sort of a wallflower kind of person? Because I feel about some thing, pretty strongly at times. Well, I didn't say you should never be angry. I'm talking to you about the fact that there's a lot of damaging anger and anger that simply responds to insult and anger that simply is out of impatience and anger that rises out of injury and anger that is there because of any of these other things we've talked about, that kind of anger is destructive and damaging in life. But there can be

an anger that is right and that is the anger that responds to iniquity, the anger that responds to things that are wrong. We're gonna get on down just a..., in another day or two a..., another session or two to where the Bible says that love does not rejoice in evil, but it rejoices in the truth. And so what we have to understand is that there is a positive form of anger. In fact in the Bible in the book of Ephesians, chapter 4, verse 26 it literally says this:

<sup>26</sup>*"Be angry, but do not sin." And do not let the sun go down on your wrath,*  
<sup>27</sup>*and give place to the devil.*

There can be a positive anger. I think we're all familiar with an organization that is nation wide called MADD, M-A-D-D, what does that stand for? Mothers Against Drunk Driving, now that is a positive use of anger, because I guarantee you there's some very wounded, injured and angry people who've lost loved ones because of the irresponsible actions of others, but they've chosen to try to find a positive path to express that anger and to prevent that same injury in the lives of others. Now that's a positive use of anger, but you have to balance that in life in order to keep you from doing damage. Reverend William Secker, a 17<sup>th</sup> Century British minister said this:

*"He who would be angry and not sin, must be angry at nothing but sin."*

That's a good statement. You see I'm going to get angry at some things in life. I just need to be sure I'm angry at the right things and that I direct that anger positively because so much of what happens to me destroys me in anger. Well, I've given you the causes of anger, the 5 things that often cause and give rise to anger; iniquity, inferiority, injury, impatience and insult.

Let me just quickly, and I'm gonna just give you these and let you go. Okay? I'm gonna talk to you about ways to defuse and deal with anger in your relationships. What can I do? It's a reality, if I'm not careful I can be irate and irritable, **HOW CAN I DEFUSE THE IRRITABILITY IN MY LIFE?** Well...

#1 **PACE YOURSELF AND DON'T PANIC.** The tendency is to panic at everything that happens and panic is an expression of another emotion called fear and sometimes I fear and in my fear I begin to feed my anger. And so ~~don't~~ pace yourself in life and don't panic. Proverbs 14:29 says:

*A patient man has great understanding, But a quick tempered man displays his folly.*

If you loose your temper it's because you choose to loose your temper. You go whoa, wait a minute now, you don't know me, you don't know my temperament, you don't know my background, I come from a long line of hot-headed people. Heh, heh, well, let me just tell you this, the next time that you're mad or you're angry, you let the telephone ring and I want you to watch what you do, because every person in this room can be absolutely

spitting mad and the telephone'll ring and we pick it up and say, "Hellooo!" [audience laughter] You can control your anger. I'm not saying that you don't have to deal with your anger, I'm not saying that your anger is not real and maybe not even at times legitimate, but what I'm saying to you is, if you will pace yourself instead of panic and rule your spirit then you begin to deal with that issue. I mean I gotta tell you, we all have feelings of road rage don't we? I mean there are people that act it out and it's a horrible thing, but I've gotta tell you there've been a few times in my life when I just wanted to just take out the person in front of me. I'm sorry, that's just a confession and if you were...if you were in front of me I apologize. [audience laughter] But I don't do it! Why? Because I have to control that irritability and that frustration. You see just as I could do damage in an automobile going at a high rate of speed because someone gets in my way, I can do that same thing verbally, I can do that same thing emotionally, I can do that same kind of damage if I am not careful. I have to pace myself and I have to be careful.

**#2 PINPOINT THE SOURCE OF YOU ANGER.** Whenever there is anger in your life please take time to assess it. Ask yourself is there just a difficulty, is there a disagreement, is there a disappointment and ultimately admit and acknowledge to yourself that you're mad. So many times we just don't wanna act like we're angry. You say to somebody will don't get mad and they say, "I'm not angry!" [slight audience laughter] You go ohhhh, okay. Heh! Yeah, we get angry and admit it to yourself. Be willing to identify the source of your anger.

**#3 PLAN A CONFRONTATION OR A PEACE SUMMIT.** And I actually have some steps to help you to do this, I'll put them in another lesson because I don't have time to give it to you today without feelin like I'd just give you a shotgun. But you need to plan a way to confront or to resolve the issue that is there. And then...

**#4 PRAY FOR SELF CONTROL.** You cannot manage your anger alone. You need someone who can give you self control and God is able to rule in your spirit if you will only be willing to surrender the issue to Him. And do you know what the real issue is? It's you and it's me. There are issues, but the issue is you and me and I've gotta be willing to surrender to Him. So I hope that I'm not sending back into the Dallas work system today a bunch of irate and irritable people because I'm a miserable failure if I've done that today. But I hope that what's gonna happen is that between now and when you lay your head on the pillow tonight that people who look at you would say, "You know what? That guy, that gal, they fit in the pleasant category in my life."