

DEALING WITH ANGER

INTRODUCTION - review thesis, barrier concept (last week)

1. Biblical View toward anger:

- a. define righteous anger: toward sin; for good of other; under control;
- b. contrast to unrighteous anger: toward person; to pay back; not under control

>> Most of our anger is unrighteous!!

KEY INSIGHT

1. When I get angry at how I was treated by another person, it's usually because certain personal rights which I have have been violated. (EXAMPLE) typical rights:
 - a. to have loved ones do what you ask sometimes.
 - b. to have things organized or under control.
 - c. to respect for your possessions or for things you invest in.
 - d. to a certain amount of quality time alone w/ loved one weekly.
 - e. to retaliate when your rights are violated.
 - f. to have your loved ones treat you as good as you treat them.
2. Therefore, the key to dealing w/ anger is in adopting a Biblical perspective toward my rights.
3. Wrong responses:
 - a. "Yes, my rights were violated, but I shouldn't care." only builds up inside into resentment & bitterness
 - b. "I am a doormat." - unbiblical; is a role for confrontation (vs 5b) - next week
 - c. "I will examine & redefine my rights." (get rid of unreasonable ones) - closer, but still fundamentally wrong
4. Right response - transfer your rights to God

a. scriptural basis: stewardship passages (Matt 25); serva passages (Mk 10)

b. in transferring my rights to God, I:

- M.A.H.P.*
- distinguish between rights (which I transfer to God & responsibilities (i.e. to discipline in love; to be a good employee; etc.) which I will faithfully discharge
 - acknowledge that God now owns these things & will responsible for their protection & control
 - now view them as priveleges entrusted to me to be used responsibly to advance His work & to serve others
 - understand that God will work for my good as much (often more) when these priveleges are denied and when they are granted (Rom 8:28)
 - in view of the above, purpose to thank God in advance whatever the outcome

c. expect God to test His rights (by letting the privileg be w/drawn)

d. when this happens, our response will be the key in determining if we really transferred the rights & if we will be victorious in the relationship

- if we are able to thank God, we have truly transferred
- focus on the spiritual qualities God is seeking to develop in you through the situation (patience, flexibility, trust for material security, joy i midst of pain, stability, genuine servitude, etc.)
- proper confrontation &/or discipline of the other person when appropriate (NEXT WEEK: but key to its effectiveness is this foundation)