

## **DEALING WITH ANGER** **(BEFORE IT DEALS WITH YOU)**

### **THE ANGER ISSUE**

- Anger hurts...
  1. Our health
  2. Our relationships
  3. Our witness
- Answers for anger
  1. Don't feed anger
  2. Don't exercise/express anger (*Proverbs 15:1 NKJ*)

### **WHEN DAVID DIALED DOWN HIS ANGER**

- David was insulted and mistreated (*1 Samuel 25:10-13 &21-22 NKJ*)
  1. Nabal's answer was demeaning - who is David and his family
  2. David was seriously angry - this got to him
- Abigail's wisdom (*1 Samuel 25:28-33 NKJ*)
  1. She reminded David of who he was - not a man known for evil
  2. She reminded David of God's involvement and God's plan for his future
  3. She played the movie forward for David
- David had the wisdom and humility to dial back the anger
  1. He recognized God's wisdom in Abigail
  2. He recognized that exercising his anger would turn out wrong

### **WAYS WE CAN DEAL WITH ANGER**

- Remember who we are
  1. We have a higher calling (*1 Peter 2:9 NLT*)
- Play the movie forward
  1. What will be the outcome? (*Psalms 37:8 NKJ*)
- We don't have to express/act on anger
  1. Who says venting is effective
  2. The key is not letting it out but letting it go (*Ephesians 4:26 NKJ*)