

## **ANGER ADJUSTMENTS**

### **ANGER - SOMETHING WE ALL DEAL WITH**

- Reasons for anger
  1. Fear - uncertainty not able to fix
  2. Pain - physical and emotional
  3. Frustration
- The problem with anger
  1. Unchecked it will hurt you
  2. Unchecked it will hurt others (*Ephesians 4:26 NLT*)

### **AN ANGRY MAN (2 Kings 5:9-14 NKJV)**

- He made a genuine effort
  1. Had a problem and was willing to travel to fix it
  2. A humbling position to ask for help
  3. After all that was told to go dip
- Not the answer he was looking for
  1. He was an important man but the servant came out to speak to him
  2. God's instructions added to his anger
  3. Naaman left frustrated and offended and in a rage
- He made a smart adjustment
  1. Naaman did not take his anger out on his people
  2. He was willing to listen to good counsel - from his servants
  3. He turned away from the angry route he was on and obeyed

### **ADJUSTING AWAY FROM ANGER**

- Embrace the idea that anger does not control you (*Psalms 37:8 NLT*)
  1. The scriptures do not tell us to never become angry
  2. They do tell us to stop - go in a different direction
  3. Nothing good comes from blowing up - causes harm (words)
- Don't hold onto your anger
  1. Anger is not an appreciating asset - does not get better with age
  2. Anger does not position us well for answers
- The biggest reason to adjust away from anger (*James 1:18-20 NKJV*)
  1. We are God's children - the best of His creation
  2. Because of our noble birth we are to be slow to anger
  3. The anger of man does not produce/reveal God's righteousness