

ANSWERING ANGER

AN ANSWER FOR ANGER (Ephesians 4:26 NKJ)

- Answering is different from avoiding
 1. Anger is part of the human experience
 2. We answer anger by not allowing it to rule us
 3. We answer anger by not allowing it to sit / not holding onto anger

DAVID'S ANGRY DAY

- David greatly insulted **(1 Samuel 25:10-13 NKJ)**
 1. His men offered Nabal protection and did not take anything for themselves
 2. Nabal acts as if he does not know David
 3. Nabal refuses to give anything but insults - David responds in anger
- Abigail's answer to David's anger **(1 Samuel 25:27-31 NKJ)**
 1. She takes the blame for Nabal's insult - and brings food
 2. She reminds David of who he is
 3. She reminds David of God's hand of protection on his life
 4. She reminds David of his destiny
- David stands down **(1 Samuel 25:32-35 NKJ)**
 1. He recognizes God's wisdom in Abigail
 2. He had the power to cause harm but did not give in to it

ANSWERING ANGER IN OUR LIVES

- Recognize what sets you off
 1. The things that make you angry may not be a big deal to others
- Use the quick-slow process **(James 1:19-20 NKJ)**
 1. Quick to listen - especially to godly wisdom
 2. Slow to speak - gaining control of your words helps with anger
 3. Slow to get angry
- Remember who you are
 1. This is living on a higher level
 2. We are God's people **(1 Peter 2:9-10 and 12 NKJ)**
 3. Living differently is a witness