

The Struggle is Real

ANGER: PRACTICAL HELP WITH A POWERFUL EMOTION

Anger is a _____ emotion.

Biblical example - Cain

Genesis 4:3-7 When it was time for the harvest, Cain presented some of his crops as a gift to the Lord. 4 Abel also brought a gift—the best portions of the firstborn lambs from his flock. The Lord accepted Abel and his gift, 5 but he did not accept Cain and his gift. This made Cain very angry, and he looked dejected. 6 “Why are you so angry?” the Lord asked Cain. “Why do you look so dejected? 7 You will be accepted if you do what is right. But if you refuse to do what is right, then watch out! Sin is crouching at the door, eager to control you. But you must subdue it and be its master.”

Anger is not _____

_____ from _____

Biblical example: Joseph's brothers

Genesis 37:2-4 This is the account of Jacob and his family. When Joseph was seventeen years old, he often tended his father's flocks. He worked for his half brothers, the sons of his father's wives Bilhah and Zilpah. But Joseph reported to his father some of the bad things his brothers were doing. 3 Jacob loved Joseph more than any of his other children because Joseph had been born to him in his old age. So one day Jacob had a special gift made for Joseph—a beautiful robe. 4 But his brothers hated Joseph because their father loved him more than the rest of them. They couldn't say a kind word to him.

Tool #1: _____ Needs

- _____ what they are
- Communicate them in a clear, _____ way.
 - “I feel _____
 - when _____”

The Anger _____

A _____ THAT YOU'RE ANGRY.

B _____ TO THE PRIMARY EMOTION.

C _____ THE CAUSE.

D _____ HOW BEST TO DEAL WITH IT.

Psalm 69:29 I am suffering and in pain. Rescue me, O God, by your saving power.

Common anger fuel

- hurt
- guilt
- shame
- powerlessness
- betrayal
- insecurity
- rejection
- dashed hopes and dreams
- feeling trapped
- hopelessness
- helplessness
- unmet expectations
- resentment
- envy, jealousy
- pride
- low self-esteem
- failure
- sense of worthlessness
- loneliness
- depression
- worry,
- anxiety
- pressured, stressed out
- disappointment
- remorse
- exhaustion, fatigue
- grief