

# Love is Not Easily Angered

## Part Two

*Anger is misunderstood and misapplied.*

*I Cor 13:5*

Sunday 10:30 a.m.  
November 4th

TONIGHT AT 5:00 P.M.



“MAKE A JOYFUL NOISE  
UNTO THE LORD!”



Growing Together and praying  
together as a congregation.

# **Third Annual CONGREGATIONAL PRAYER MEETING**

Sunday – 10:30 a.m.  
November 11<sup>th</sup>



# *Hell and Why I Don't Want to Go There*

## *Part Two*



Nov 11, 5:00 p.m.

# Love is Not Easily Angered

## Part Two

*Anger is misunderstood and misapplied.*

*I Cor 13:5*

Sunday 10:30 a.m.  
November 4th

# *Love is not easily angered*



Clam up



Blow up!

# *Love is not easily angered*

## **THESIS:**

- **How do you tame anger?**

1. *Resolve*

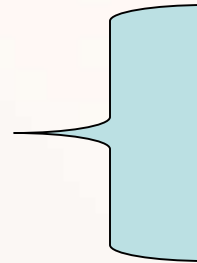
2. *Remember*

3. *Reflect*

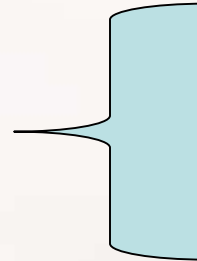
4. *Release*

5. *Re-pattern*

6. *Rely*



**Part one**



**Part two**

*Love is not easily angered*

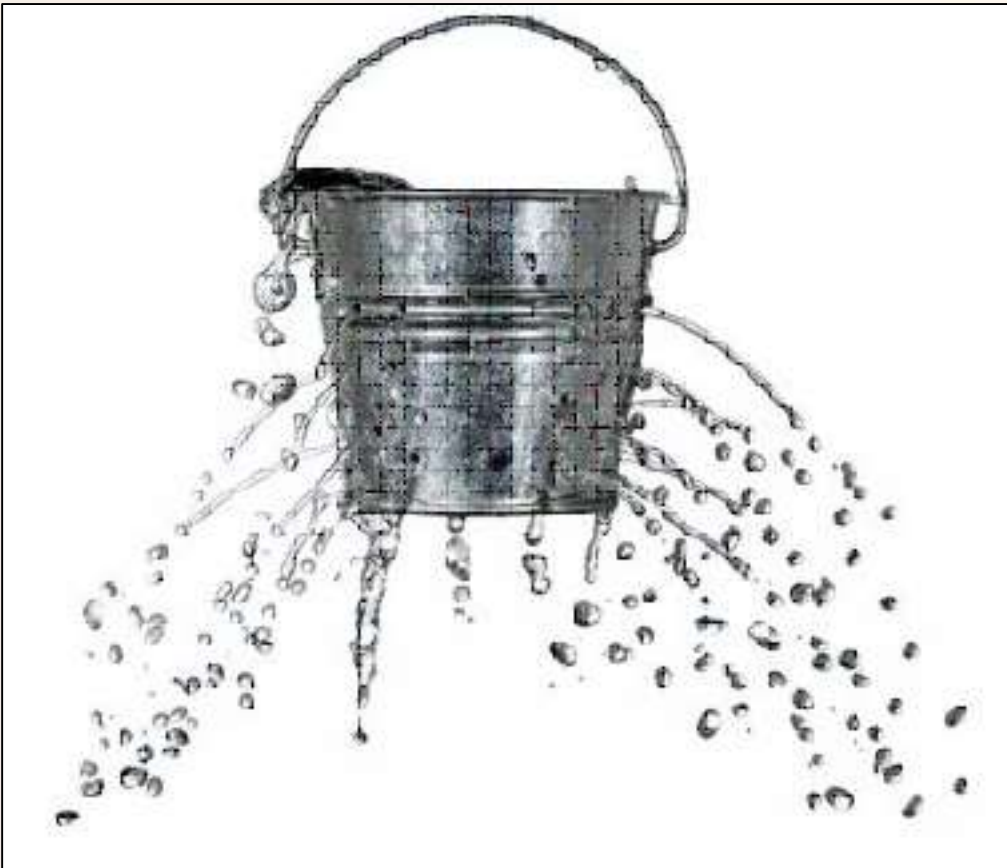
## #4. RESOLVE TO RELEASE



There is a *right*  
way to release  
your anger!

*Love is not easily angered*

## **#4. RESOLVE TO *RELEASE***



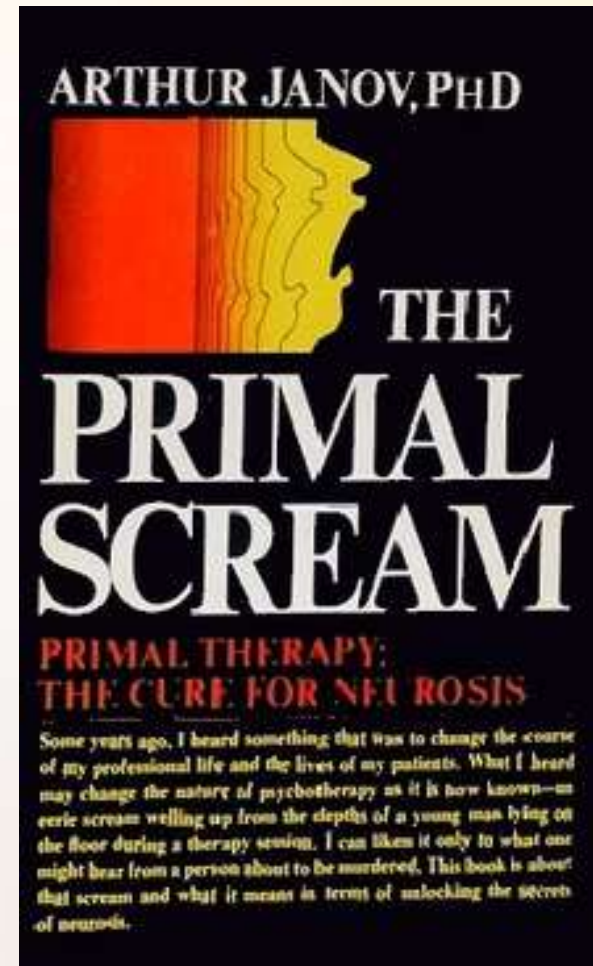
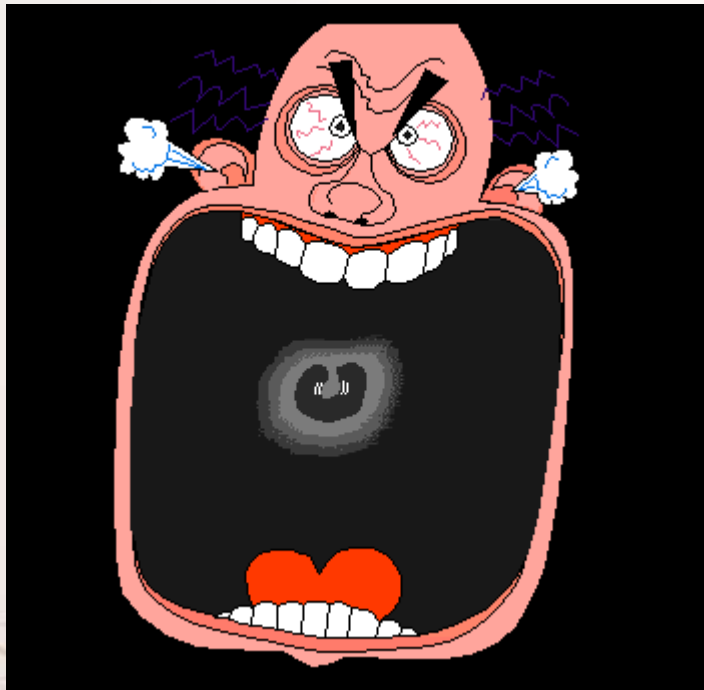
Pop Psychology is  
often wrong!

The Anger Bucket

*Love is not easily angered*

## #4. RESOLVE TO *RELEASE*

Modern Psychology  
is often wrong!



*Love is not easily angered*


## **#4. RESOLVE TO *RELEASE***

Modern Psychology  
is often wrong!



Aggression only produces more aggression!

# *Love Is Not Easily Angered*



A soft answer turns  
away wrath  
but a harsh word  
stirs up anger

Prov 15:1



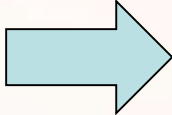
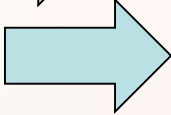
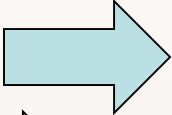
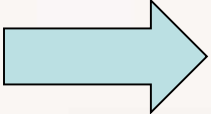
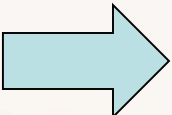
The *louder* you  
get, the *louder*  
they get!

It *escalates!*

Talk *low and slow..*  
Not *loud and fast!*

# *Love is not easily angered*

## THREE WAYS THAT DON'T WORK:

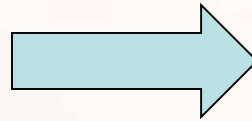
1. Don't *suppress* it  Stuff it!
2. Don't *repress* it  Deny it!
  - Leads to depression  **Frozen Rage!**
3. Don't *express* it through  Sarcasm
  -  Manipulation
  -  Pouting
  -  **Crazy Behavior!**

*Love is not easily angered*

**WHAT DOES GOD SAY? WHAT WORKS?**



*Confess  
your anger*



-Self

-God

Admit the root cause  
of your anger!



*Love is not easily angered!*

## V. RE-PATTERN YOUR MIND

- Recognize your response → learned response.
- You can learn → new patterns!



*Repress*

*Express*

*Suppress*

*Love is not easily angered!*

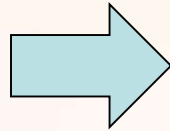
## V. RE-PATTERN YOUR MIND

**Change** the way you *think...*  
*and you will*  
**Change** the way you *live!*

*Love is not easily angered!*

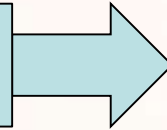
## V. RE-PATTERN YOUR MIND

Act in angry ways



Feel Angry!

Feel angry it's because



Choosing to think  
angry thoughts!

### THE WAY YOU THINK

determines the way you feel,  
and the way you feel  
determines the way you act.

Rick Warren



*Love is not easily angered!*

## IF YOU WANT TO CHANGE...

Don't focus on  
the *behavior*.

Change your thoughts

Change your  
*feelings*



*Love is not easily angered!*

## **TO BREAK BAD ANGER HABITS --**



*Mental reconditioning!*

*“Be changed, be transformed by the renewing of your mind” (Rm 12:2).*

*Love is not easily angered!*

**Keep away from what triggers your anger**



Make  
no friendship  
with a man  
given to  
**ANGER**,  
nor go with a  
**WRATHFUL** man,  
lest you learn his ways  
and **ENTANGLE**  
yourself in a **SNARE**.  
(Proverbs 22:24-25)

**Beware!**  
*Anger is  
contagious.*

# *Love is not easily angered!*

## **National Domestic Violence Fact Sheet**

- 10 million people
- (20 people per minute)
- 1 in 4 women, 1 in 7 men

“People with *hot tempers* do **foolish** things” (Prov 14:17).

“The **fool** who provokes his family to anger will eventually have nothing worthwhile left” (Prov 11:29).

“Husbands, love your wives, and **do not treat them harshly**” (Col 3:19).

LOVE IS NOT EASILY ANGERED!

## #5. RELY ON GOD'S HELP!



“Patience and encouragement comes from God” (Rom 15:5).

# LOVE IS NOT EASILY ANGERED!

## #5. RELY ON GOD'S HELP!

**Whatever is inside will come out.**



Tension and temper go together.

Pressure and anger go together.

# LOVE IS NOT EASILY ANGERED!

## #5. RELY ON GOD'S HELP!

**Whatever is inside will come out.**



If you are filled with  
God's love.. *not be  
easily angered!*

*"The fruit of the spirit is  
patience" (Gal 5:22).*

# LOVE IS NOT EASILY ANGERED!

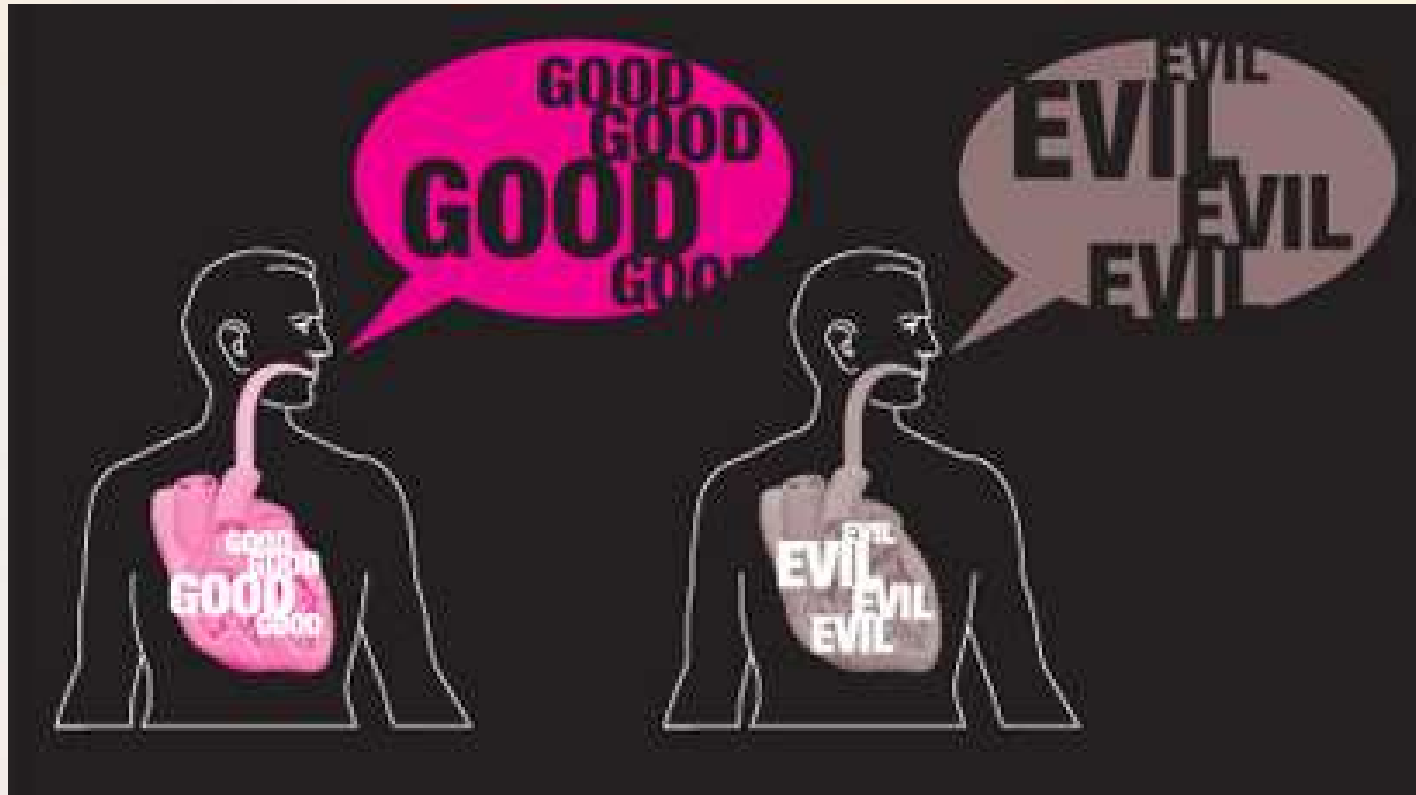
## #5. RELY ON GOD'S HELP!



*God goes right to the heart of the problem!*

*“The heart of the problem is a problem of the heart.”*

# LOVE IS NOT EASILY ANGERED!



“Out of the abundance of the heart the mouth speaks” (Lk 6:45).

# LOVE IS NOT EASILY ANGERED!



Angry people need a  
heart transplant!

"Create  
in me a  
clean heart,  
O God,  
and put a  
new and right  
spirit  
within me."  
Psalm 51:10

# LOVE IS NOT EASILY ANGERED!



Jesse and Juniper