

Day Retreat TOPIC: ANGER

Talk #2 "Control"

Ephesians 4:26 begins: "When you're angry, do not sin;"

We ALL get angry. Often we get angriest with those we love and are closest to. Anger CAN be a positive emotion if it is felt and released in ways that allow us to grow through it.

I think sometimes that we have this false idea that to feel anger is sinful and not Christ like. We will even sometimes deny that we're angry because we think it is BAD to be angry. But, GOD is still with us when we are angry – and he understands that we get angry with others... that we may even get angry with Him.

Remember, after Ephesians said, "When you're angry.." it continues: "do not sin." It is natural to BE angry, but we are to put our anger away from us --- we are not to be malicious or hurt others because of how we feel. These verses don't say "Don't get angry" or "If you ever get angry", It says WHEN you are – don't sin.

We're all going to be angry at times, but it is not FEELING anger that's a problem. The problem comes when we ACT on those feelings – that's when we get in trouble (like screaming, fighting, etc.)

So HOW do we FEEL anger, but NOT let that anger turn into ACTIONS that spills out onto others?

2 Corinthians 10:5 instructs us to take every thought captive into the obedience of Christ before it becomes a stronghold in our mind. In other words, we can CHOOSE what we are going to think and what we are going to dwell on....but it is HARD – it takes talking with God – it is a FIGHT against our flesh.

We can continue to fuel our angry emotions with wrong thoughts...or we can take a stand and, with God's help, refuse to allow our feelings to get out of control. When you feel yourself getting upset and angry, the sooner you say "No!" to those thoughts and feelings, the better. Instead of letting the anger control you, try praying something like:

"God, please help me. I know being upset and angry is not going to get me anywhere. This person hurt my feelings and that was wrong, but I'm NOT going to act on this. With Your grace and strength, I'm going to control myself, and I'm going to trust You to take care of the situation."

If you have never heard I Corinthians 10 hear it now; No temptation has overtaken you except what is common to mankind. And God is faithful; he will not let you be tempted beyond what you can bear. But when you are tempted, he will also provide a way out so that you can endure it.

Did you hear that... he will provide a way out, a way of escape from it. Psychologists say that our brain is wired in such a way that there is always a moment of pause where ...if we are aware of it... we can stop. Stop before we say something we regret. Remember on our Kairos weekend we talked about Responding instead of Reacting. This escape always gives us a way to respond instead of blow up and react.

Speaker: Recall a time when it was hard to CONTROL your feelings of anger.

Discussion Questions:

What kinds of things make you angry?

WHY does God want you to be in control of your anger?