

ANGER

Talk #3 “Words & Actions”

Well, here we are, talking about Anger and Controlling our Anger.... It just makes me think of all the times I see “Christian” folks whose actions are much different from their words. It makes me think of times that because I was angry, I acted in ways that did not match my words— did not match who I said I was as a Christian.

Sticks and stones may break my bones, but words will never harm me. What a stupid childhood saying! It isn't true. A lot of us have been hurt by words, we have built really nice walls due to the words that have been said – or yelled – at us.

Words are powerful. We should figure out how to use our words well, and for good, not for harm.

Like was mentioned in the last talk, on our Kairos weekend there was a talk that discussed the difference between reacting and responding.

1 Thessalonians 5:15 says: *Make sure that nobody pays back wrong for wrong, but always strives to be kind to each other and to everyone else.*

To get angry and pay back wrong for wrong - THAT would be a REACTION.

A RESPONSE would be to be kind to everyone—even those who are not kind to us.

Then our actions are matching our words as followers of Christ.

How can we learn to respond instead of react?

Well, we can't learn it on the spur of the moment; it needs help to be built into our character and into our mind. The more we get into God's Word, the more we spend time with the Lord each day in fellowship and prayer, the more prepared we'll will be to respond. We must build those spiritual muscles so they are there for us when we need them.

When you feel your reactions starting to rise, when you sense your emotions are starting to take over, when you know that you're not exactly in control of your reactions, send up a quick prayer:

“Lord, please help me here. This is a tough one for me. I want to respond rather than react, but I need your help.”

Can you imagine the impact we would have in our workplace, or dorm, or home if, as Christians, we were responding more than reacting out of anger?

Let's ask God to help us to become responders, to give us the grace and strength to get past our reactions from anger and to respond in a biblical way? I know I want to be that kind of person.

Speaker:

Recall a situation where you were able to (or not able to) respond when you were angry instead of reacting

Discussion Questions:

Re-cap what the difference between a reaction and a response.

Where have you reacted and what happened? What happened in those times you have responded?

Can you imagine what life at in here would be like if more of us responded instead of reacting? Discuss that if just you responded and how that would help others.