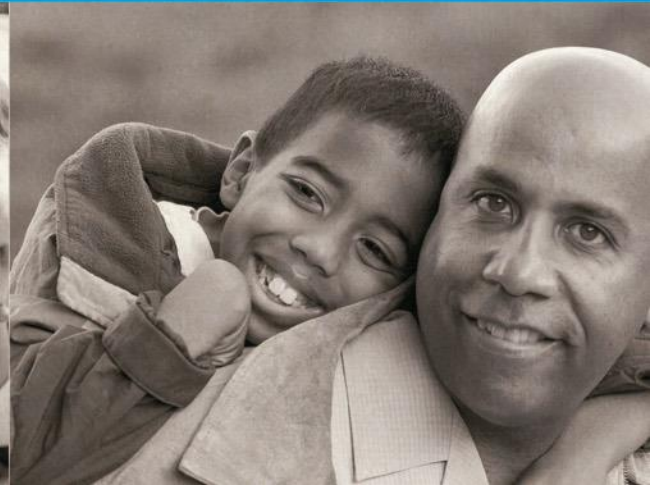


WELCOME TO CHURCH



WE'RE
GLAD
YOU'RE
HERE



HOME

IMPROVEMENT



ANGER MANAGEMENT IN THE HOME



*He who troubles his own
house will inherit the wind,
NKJV*

***The man who brings trouble
on his family will have nothing
in the end***



Prov 11:29

1. I Must Admit My Anger

Stop denying your anger

ANGER
MANAGEMENT
IN THE HOME



Therefore, putting away lying, "Let each one of you speak truth with his neighbor," for we are members of one another. **Be angry, and do not sin**: do not let the sun go down on your wrath, nor give place to the devil.

NKJV



Eph. 4:25-27

1. I Must Admit My Anger

Stop Denying Your anger

Anger is NOT a Sin

But Lying about it is!

ANGER
MANAGEMENT
IN THE HOME



1. I Must Admit My Anger

Stop Denying Your anger

#1 Cause of Depression

ANGER
MANAGEMENT
IN THE HOME



2. I Must Understand My Anger

ANGER
MANAGEMENT
IN THE HOME



*Those who control their anger
have great understanding; those
with a hasty temper will make
mistakes.*

NLT



Prov 14:29

2. I Must Understand My Anger

How do you express your anger?

Like a Skunk?

Like a Turtle?

Like a Pit Bull?

Like a Cobra?

ANGER
MANAGEMENT
IN THE HOME



2. I Must Understand My Anger

Four Phases of an Argument

- Recognition
- Reaction
- Resolution
- Reconciliation

ANGER
MANAGEMENT
IN THE HOME



*I thought about my ways,
And turned my feet to Your
testimonies.*

NKJV



Ps 119:59

2. I Must Understand My Anger

- When Get Angry When We feel Unaccepted
 - Unappreciated
 - Unsupported
 - Unprotected
 - Uncertain

ANGER
MANAGEMENT
IN THE HOME



3. I Must Immediately Deal with My Anger

Don't Procrastinate

ANGER
MANAGEMENT
IN THE HOME



Therefore, putting away lying, "Let each one of you speak truth with his neighbor," for we are members of one another. Be angry, and do not sin": do *not let the sun go down on your wrath,* nor give place to the devil.

NKJV



Eph. 4:25-27

3. I Must Immediately Deal with My Anger

- Don't Procrastinate
- Unresolved conflict keeps growing
- "Let go and Let God"

ANGER
MANAGEMENT
IN THE HOME



4. I Must Learn to Control My Anger

ANGER
MANAGEMENT
IN THE HOME



*A man's discretion makes
him slow to anger,
And it is his glory to
overlook a transgression.*

NAS



Prov 19:11

4. I Must Learn to Control My Anger

4 ways
To
Control
Anger

- I Need to Realize the Cost

ANGER
MANAGEMENT
IN THE HOME



*A hot-tempered person
starts fights and gets into all
kinds of sin.*

NLT



Prov 29:22

4. I Must Learn to Control My Anger

4 ways
To
Control
Anger

- Realize the Cost
- Reflect before Reacting

ANGER
MANAGEMENT
IN THE HOME



*So then, my beloved brethren,
let every man be swift to hear,
slow to speak, slow to wrath;
NKJV*



Jas 1:19



4. I Must Learn to Control My Anger

4 ways
To
Control
Anger

- Realize the Cost
- Reflect before Reacting
- Release anger appropriately

ANGER
MANAGEMENT
IN THE HOME



Don't use foul or abusive language. Let everything you say be good and helpful, so that your words will be an encouragement to those who hear them. NLT



Eph 4:29

4. I Must Learn to Control My Anger

- Release anger appropriately
- Be Brief

ANGER
MANAGEMENT
IN THE HOME



*A man of knowledge uses words
with restraint,
and a man of understanding is
even-tempered.*
(NIV)



Prov 17:27

4. I Must Learn to Control My Anger

- Release anger appropriately
 - Be Brief
 - Be Specific

ANGER
MANAGEMENT
IN THE HOME



4. I Must Learn to Control My Anger

- Release anger appropriately
 - Be Brief
 - Be Specific
 - Be Humble

ANGER
MANAGEMENT
IN THE HOME



*By pride comes
nothing but strife*
NKJV



Prov 13:10

Never

- Compare
- Condemn
- Command
- Challenge
- Condescend
- Contradict
- Confuse

ANGER
MANAGEMENT
IN THE HOME



4. I Must Learn to Control My Anger

4 ways
To
Control
Anger

- Realize the Cost
- Reflect before Reacting
- Release anger appropriately
- Rely on Christ's Help

ANGER
MANAGEMENT
IN THE HOME



*Your attitude should be the
same as that of Christ Jesus:*
(NIV)



Phil 2:5

*I can do all things through
Christ who strengthens me.*
NKJV



Phil 4:13

*And my God shall supply all
your need according to His
riches in glory by Christ Jesus.*

NKJV



Phil 4:19

1. I Must Admit My Anger
2. Understand My Anger
3. Deal with Anger Immediately
4. Learn to Control My Anger

ANGER MANAGEMENT IN THE HOME



ANGER MANAGEMENT IN THE HOME



"In your anger do not sin" (Eph, 4:26)

HOME

IMPROVEMENT

