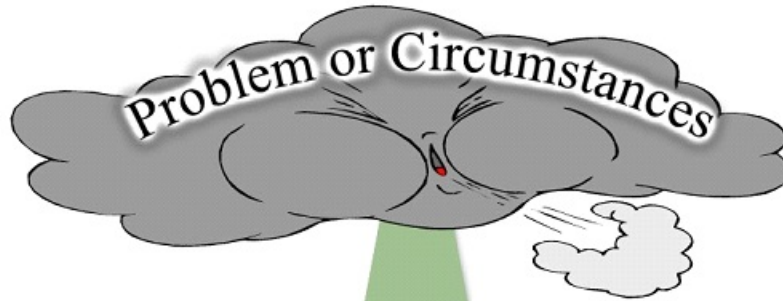


# Anger Dynamics

*A Sinful Response*



Internalization  
"Bottle Up"



Ventilation  
"Blow Up"



*A Heart Ruled by "Self"*

**Destructive Expressions of Anger**

**Destructive Expressions of Anger**

### Increased Problems

- physical symptoms
- self harm
- hatred, bitterness

### Increased Problems

- broken relationships
- broken objects
- hatred, vengeance



# DEPRESSION

Energy is exhausted, but without solutions.  
Leads to despair!

# Anger Dynamics

*A Godly Response*



Leds To

Constructive  
Expressions of Anger



*A Heart Controlled by  
the Holy Spirit*

God wants us to find solutions to our problems.

*- 1Co 10:13*

1. Pray for God's help, then expect victory (1Jn 5:14-15)
2. Remember that God is in control so look for His good purpose in the situation (Ro 8:28,29).
3. Represent Jesus Christ, even in irritating situations (Tit 2:3-10).
4. Consider whether you contributed to the problem (Mt 7:3-5). If so, ask forgiveness and correct the wrong (Lk 3:1-14).
5. Give your "rights" and desires to God (Jas 4:1-8).
6. Follow Biblical rules of communication to promote harmony (Eph 4:1-32).
7. Practice a Christlike response to replace the ungodly response (Col 3:5-15).

*Pray for Your Enemy*

**THINK!**

**FORGIVE**

*Be Patient*

**Be Humble**

*Control Your Tongue*

**Love Anyway!**