

Why are we so Angry?

By:

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Ephesians 4:26 Be angry and do not sin; Do not let the sun go down on your anger.

Proverbs 3:3 Do not let kindness and truth leave you; Bind them around your neck, Write them on the tablet of your heart.

Proverbs 22:24 Do not associate with a man given to anger; or go with a hot-tempered man.

Proverbs 29:22 An angry man stirs up strife, and a hot-tempered man abounds in transgression.

James 1:19 & 20 This you know, my beloved brethren. But let everyone be quick to hear, slow to speak and slow to anger; 20 for the anger of a man does not achieve the righteousness of God.

Definition of Anger –

1 a strong feeling of displeasure and usually of antagonism 2 rage.

Wrath, a mean and intense emotional state induced by displeasure.

What does anger do?

- Produces fear in others
- Stirs up strife
- Stirs up contention
- Stirs up hatred in others
- It is an attempt to control
- It intimidates
- Destroys relationships

What motivates us to continue in anger?

- It often times works in controlling others
- We feel justified in our anger
- It may be what was modeled to us and it is all we know
- Rage can be like an addiction, we enjoy the false feeling of power and control

How do we change?

- Pray and ask God to help you
- We must first admit that it is wrong
- Use the hurt in others to motivate you
- Acknowledge that it is damaging to relationships
- Use scripture
- Cry out to God to help you change
- Seek help from others to help you change
- Seek professional help
- Go to an anger management workshop
- Utilize medication from a psychiatrist

How can we help?

- The Minirth Clinic provides counseling and psychiatric services
- UBH Denton and UBH El Paso provides inpatient care and PHP, IOP services from a Christian perspective in the Minirth Christian Program
- Dr. Minirth is author of over 80 books

What are some relationship dynamics of anger?

- Increased conflict and tension
- High levels of anxiety
- Guilt and shame
- Depression
- Poor communication
- Your loved ones will not respect you in fact they will begin to hate you
- It creates an atmosphere of misery in the home
- Others are afraid to approach you on any topic
- People stop talking to you and they certainly will not open up to you
- It breaks trust

- It creates an unsafe environment in the home
- Your family sees you as a hypocrite
- Conflict turns to violence
- People are abused, emotionally and physically
- There is no joy or laughter in the home
- A root of bitterness springs up

What do I do if this describes me?

- Humble yourself before God and your family
- Ask them for forgiveness and submit to professional treatment
- Let them know this will take time to change but that you are determined to change
- Get at least 5 accountability partners from your church
- Join a support group
- Confess to your pastor and ask for accountability

Conclusion:

If this is you, get help! Be persistent, don't give up. Realize that you will fail but don't give up when you do. Be encouraged, God loves you and is on your side. He is not done with you.

Hebrews 12:15 See to it that no one comes short of the grace of God; that no root of bitterness springing up causes trouble, and by its many be defiled.