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Episode#9036

Anger

The Emotional Roller Coaster Series

Anger adds fuel to the Emotional Roller Coaster like no other emotion on the track. When you add anger you definitely add intensity to the ride. Where unchecked anger abounds you're on a dangerous path and you just may lose more than you gain.

Emotions

Anger Boundaries

Gift and Goal of Anger

Over the Top Anger

Emotions

a strong feeling like anger, love, joy etc.

When anger is properly expressed and heard it removes obstacles and sets things right in relationships and in life.

Anger

a strong emotion; a feeling that is oriented toward some real or supposed grievance.

When the emotion of anger is _____ expressed and heard the chances of the Emotional Roller Coaster ride ruling your day are greatly reduced.

Jesus understands what we grow through and how we feel about it.

Hebrews 4:15 KJV

“For we have not an high priest which cannot be touched with the feeling of our infirmities; but was in all points tempted like as we are, yet without sin.”

Anger Boundaries

Ephesians 4:26, NLT

“And don’t sin by letting anger gain control over you. Don’t let the sun go down while you are still angry.”

James 1:20 NLT

Human anger does not produce the righteousness God desires.

Examples of Scriptural Anger

Scriptural boundary is violated
Personal boundary is violated
Business boundary is violated

The Bible teaches that we should put _____ on anger. It is a myth that Christians should _____ be angry.

Gift and Goal of Anger

Matthew 21:12-14 NLT

Jesus entered the Temple and began to drive out the merchants and their customers. He knocked over the tables of the money changers and the stalls of those selling doves. He said, "The Scripture declares 'My Temple will be called a place of prayer', but you have turned it into a 'den of thieves!'

Biblical anger is a gift that is meant to help us correct a situation and/or remove an obstacle. When we are angry we need to be aware of the intended goal and work toward the goal. Ex. Money Changers

Biblical anger is a _____. When I am angry I need to be aware of and work toward the intended _____.

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Over the Top Anger

Proverbs 22:24 NLT

Don't befriend angry people or associate with hot-tempered people,

Proverbs 29:22 NLT

An angry person starts fights; a hot-tempered person commits all kinds of sin.

If you are closely related to someone with over the top anger seek pastoral and professional help. It's important that you keep yourself and any children involved safe.

When a person practices over the top anger as a lifestyle it is best if I keep a safe _____. Of course I can still love and pray for the person.

Emotions
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Coming Up Next: Drama & Trauma

Prayer

Dear Jesus,

Thank you for your unconditional love and blessings in my life. I come to you boldly as your Word declares and ask for help in setting boundaries on my anger. Father give me strength when I tempted to explode in anger. Please show me the way of escape so that I can respond in love when I am tempted to say too much in anger.

In Jesus Name.

Amen

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