

# A More Vibrant Life

## Part 3- Anger

9/6/2020

### Why this is important?

“Survival, though necessary, does not constitute all that it means to be fully human.”

-Councilor Mickey Day

Trigger warning!

No justifying and no finger pointing

Seek personal responsibility and God’s redemptive work

### What anger teaches us:

Anger: A signal that my expectations have not been met

Anger words: *mad, frustrated, disappointed, upset, annoyed, confused*

Anger emoticons:



Anger in the body:

- Increased heart rate and blood pressure
- Breathing faster
- Muscle Tension
- Long term: Heart disease, chronic pain, lung damage and weakened immunity

Anger in Behavior:

- Yelling and storming around
- Passive-aggressive comments
- Becoming silent and withdrawing

## Unhealthy Anger

Passive Aggressive	Violent Aggressive
Withdrawn Pretending Sits on hands Reactive Punitive Destructive	Overwhelming Pretentious Hands as fists Reactive Punitive Destructive

Proverbs 14:29-30

Proverbs 15:1-2, 13-15, 18

Proverbs 16:32

Proverbs 19:11

Proverbs 19:19

Proverbs 24:28-29

Un-healthy anger: Short-sighted and exclusive energy that destroys

### Living a more vibrant life with anger:

**Healthy anger:** Wise and loving energy that builds a better future.

**1. Admit it**

**2. Take space**

**3. Reflect/Pray**

What expectation of mine wasn't met?

Is my expectation reasonable and healthy?

What am I assuming about the other person (intent and expectations)?

What role does my past play in this?

How do Father/Son/Spirit relate to this?

Now, what do I really want?  
How will I share what I want and how I feel?

#### **4. Take Action/Relate**

Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It does not dishonor others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. Love does not delight in evil but rejoices with the truth. It always protects, always trusts, always hopes, always perseveres. Love never fails. 1 Corinthians 13:4-8

What do I need from God in the area of my Anger?