



## Series – **Home Improvement**

This series of talks is about applying God's principles into our home life. We'll discover practical ways of how to apply God's Word in making wise choices, handling anger, finances, conflict, and raising children. We will also discover the value of family, the meaning of love, and the power of forgiveness in the home.

### Pt 4 – **Taming the tiger before it Bites**

#### *“Dealing with Anger in the Home”*

**Proverbs 11:29** (tlb) *The fool who provokes his family to anger and resentment will finally have nothing left.*

#### **...We must admit when we are angry**

**Ephesians 4:25-26** (tlb) *Stop lying to each other; tell the truth... when we lie to each other we are hurting ourselves. If you are angry, don't sin by nursing your grudge.*

#### **...How to deal with our anger**

The Bible gives us four very practical ways of how to control our anger.

##### **1. Realizing the cost our anger causes.**

**Proverbs 29:22** (tlb) *A hot tempered man starts fights and gets into all kinds of trouble.*

**Proverbs 14:17** (gnb) *People with hot tempers do foolish things.*

##### **2. Reflect before reacting in anger.**

**James 1:19** (nlt) *... You must all be quick to listen, slow to speak, and slow to get angry.*

##### **3. Releasing our anger appropriately.**

**Ephesians 4:29** (gnb) *Do not use harmful words in talking. Use only helpful words, the kind that build up and provide what is needed.*

Use words that build up not tear down. Be helpful, not harmful.

## 4. We must rely on Christ's help.

**Romans 15:5** (tlb) *May God who gives patience help you to live in complete harmony with each other, each with the attitude of Christ toward the others.*

### How does Jesus Christ help me heal my anger?

- He deals with the root causes.
- He heals the hurts.
- He relieves the frustrations.
- He releases the fears in our life.

When Jesus fills us with His love it pushes everything else out.

### ...Take home point

**People will cause us to become angry, but we choose if we will respond or react – there is a difference!**