



Taming the Tiger before it Bites

*Dealing with Anger
in the Home*

Scripture

Proverbs 11:29

The fool who provokes his family to anger and resentment will finally have nothing left.



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We must admit when we are angry

Ephesians 4:25-26

*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.*



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How to deal with our anger

1. Realizing the cost our anger causes.

Proverbs 29:22

A hot tempered man starts fights and gets into all kinds of trouble.

Proverbs 14:17

People with hot tempers do foolish things.

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How to deal with our anger

2. Reflect before reacting in anger.

James 1:19

... You must all be quick to listen, slow to speak, and slow to get angry.



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How to deal with our anger

3. Releasing our anger appropriately.

Ephesians 4:29

Do not use harmful words in talking. Use only helpful words, the kind that build up and provide what is needed.



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How to deal with our anger

4. We must rely on Christ's help.

Romans 15:5

May God who gives patience help you to live in complete harmony with each other, each with the attitude of Christ toward the others.

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How does Jesus help us heal our anger?

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



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Take Home Point...

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



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