



6

How to manage our anger

You shall not murder

Exodus 20:13

Let us make mankind in our image, in our likeness,
so that they may rule over the fish in the sea
and the birds in the sky over the livestock
and all the wild animals,
and over all creatures that move along the ground.
So God created mankind in his **own image**,
in the **image of God**, he created them;
male and female he created them.

Genesis 1:27

Then the LORD God formed a man from the dust of the ground and breathed into his nostrils **the breath of life,** and the man became a **living being.**

Genesis 2:7

For you created my inmost being
you knit me together in my mother's womb
I praise you because I am fearfully and wonderfully made
Your works are wonderful.

Psalm 139:13

The unlawful killing,
or more precisely,
the intentional killing
of an innocent human being.

How to Manage our Anger

Cain and Abel

Genesis 4: 1-5

6th Commandment

HIGHLIGHTS

that murdering others is wrong-

AS WELL AS

there is value and importance to **every** human life.

How to Manage our Anger

You have heard that it was said to the people long ago
“You shall not murder” and anyone who murders will be subject to judgment. But I tell you that anyone who is angry with a brother or sister will be subject to judgement.

Again, anyone who says to a brother or sister, 'Raca' (an Aramaic term of contempt) is answerable to the court.

And anyone who says "You fool" will be in danger of the fire of hell.

Matthew 5:21-22

**How do we determine
whether our anger is righteous or
unrighteous?**

By the fruit that it bears in our lives.

How to Manage our Anger

Understanding our Anger

Unrighteous anger is usually covering a hurt.

If you look under the hurt you find expectation,

If you look under expectation, you find a need.

Source unknown

How to Manage our Anger

Understanding our Anger

What is the hurt I am experiencing?

What was I expecting/hoping for?

What is the need that needs to be met?

How to Manage our Anger

Different Types of Human Anger

Mercurial

Mute

Martyr

Manipulator

How to Manage our Anger

'Anyone can be angry – that is easy.
But to be angry with the right person
to the right degree
at the right time
for the right purposes
and in the right way
THAT is not easy!

How to Manage our Anger

Speak when you are angry and you will make the
best speech you will ever regret. J John

Everyone should be quick to listen, slow to speak
and slower to become angry
James 1:19

How to Manage our Anger

How can we deal with our Anger?

Acknowledge it

Matthew 5:23-24

Ephesians 4:26

Romans 12:18

How to Manage our Anger

How can we deal with our Anger?

Forgiveness

Forgive us **our** sins

as we forgive those who sin **against us**

How to Manage our Anger

How can we deal with our Anger?

Live the Way of Love

Love is patient
love is kind
it does not envy
it does not boast
it is not proud
it does not dishonour 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 in the truth
it always protects,
always hopes
always perseveres

love
joy
peace
patience
kindness
goodness
gentleness
faithfulness
self-control

How to Manage our Anger