

Single & Single-Again TUES NITES Meal, Message & Mixer

Let's Have Some Fun.....It Doesn't Have To Be Scary!

Jane Stolz' video teaching, handout, and audio Mp3 file of this message will be online to share with others at www.christiansinglesindenver.com

Anger is a strong feeling of intense displeasure, hostility, or indignation that results from a real or imagined threat, insult, frustration, or injustice toward yourself or others important to you.

There are three categories of anger.

- 1.) **Rage:** an explosive, uncontrolled expression of anger.
- 2.) **Resentment:** unexpressed anger. When people try to deny their hurts and frustrations, resentment is the result. This type of anger will destroy them from the inside out.
- 3.) **Indignation:** righteous anger about injustice, oppression, or an unholy situation. God's anger falls into this category.

Causes of Anger

- **Not getting our way:** Some people grow angry when they lose control of a situation.
- **Feeling rejected:** Being excluded, overlooked, or mistreated can stir up hostility.
- **Loss:** Losing what we cherish, or simply fearing that loss, can make us angry.
- **Disappointment:** Unmet expectations can lead to anger.
- **Injustice:** When we see people mistreated, we can become indignant on their behalf.
- **Feeling inadequate:** Comparing our life to the lives of others may upset us.

Anger doesn't have to be a problem. There is a difference of having an anger problem and getting angry.

Basic principle – The battle to get well always begins in the **M** _____. Always begins with our **T** _____.

Jesus said you will know the truth and the truth will set you free. Truth will always bring **F** _____. Always! Regardless of what the truth is of what you're seeking.

When we understand what the truth is about something, especially something that we've been Running from, Hiding from, Blaming others for, Justifying and Rationalizing - when we find out what the truth is, somehow that moves us into freedom.

If Christ is teaching that believing and knowing the **T** _____ will always bring about **F** _____, then isn't the opposite true, that if we are believing **L** _____, that's going to keep us in **B** _____?

If we want to get well, we have to be committed and desperate to finding out what the truth is. Why? Because truth is going to lead us through a passage of acceptance, grief and freedom. The problem is, we want freedom without the middle part.

Single & Single-Again TUES NITES Meal, Message & Mixer

Let's Have Some Fun.....It Doesn't Have To Be Scary!

Jane Stolz' video teaching, handout, and audio Mp3 file of this message will be online to share with others at www.christiansinglesindenver.com

Lies we have been taught about anger:

Definition of Anger – A normal healthy God given appropriate emotional response to sin and injustice.

ANGER * BITTERNESS * HOSTILITY

Anger (Hostility/Bitterness) Mentally – Can cloud or distort our way of thinking and our ability to see clearly.

Five-fold Test for Anger: Ask yourself these questions to see if you are harboring unrighteous anger:

- **Is my anger directed toward another person?** Try to identify the individual.
- **Is it without a justifiable cause?** If your anger is selfish, you need to repent, forgive that person, and move on.
- **Am I seeking vengeance?** If you have a desire to “get even,” or harm the other person in some way for a misdeed, you are not operating according to Scripture.
- **Am I cherishing anger?** You might resist surrendering your frustration to the Lord. Maybe on some level, you *want* to be upset. Unless you release it to God, however, you will be unable to experience the freedom He longs to give you.
- **Do I have an unforgiving spirit?** Perhaps you feel that you simply can't lay down your anger. But with the Lord's help, I'm confident you can.

So what do we do with this stuff?

Iceberg – Primary and Secondary Emotions

In order to win the war with anger, we have to understand that the battle always begins in the mind. And with that what we think or we believe impacts our emotions and our actions.

We have to think “Rightly”

Knowing the truth isn't always pain free but it always leads to freedom!

Single & Single-Again TUES NITES Meal, Message & Mixer

Let's Have Some Fun.....It Doesn't Have To Be Scary!

Jane Stolz' video teaching, handout, and audio Mp3 file of this message will be online to share with others at www.christiansinglesindenver.com

Top Ten Things To Do With Our Anger:

- Get away – take a break and think Psalm 4:4
- Get honest with God about your Anger and Pain Psalm 109
- Grieve – Tears are a way to diffuse the ticking time bomb
- If possible and if safe go to the offender/offended and confront or own up
- Listen and begin to ask questions
- Confess your role in the breakdown
- Need to Forgive
- Set limits and/or boundaries
- Write/Journal
- Fun – We need to have FUN!

Our world is full of injustice, hurt, and rejection. People cut us off on the highway, betray our confidence, and harm those we love. It's impossible for us to avoid all the causes of anger. However, you and I can choose to respond to this powerful emotion in a way that will honor the Lord. When the Holy Spirit enables you to extend forgiveness to others, you will enjoy the supernatural peace and joy God desires for all His children.

Single & Single-Again TUES NITES Meal, Message & Mixer

Let's Have Some Fun.....It Doesn't Have To Be Scary!

Jane Stolz' video teaching, handout, and audio Mp3 file of this message will be online to share with others at www.christiansinglesindenver.com

Discussion Questions!

What did you find most interesting tonight about Anger? Why?

When doing the exercise of the Iceberg did it make sense why people can stay stuck when they don't know the driving forces of their anger?

Did you personally experience some challenges during this exercise tonight? How as a group could we help or support you?

Even though dealing with Anger isn't necessarily fun, did you discover some misconceptions you've been thinking about Anger that might make it easier now to deal with?

How do you think you can respond tonight with the Top 10 Things to do with our Anger? Which one would be the Hardest for you? Easiest?

Are you going to go and buy some Silly String?

HELPFUL TIPS for

Great Table Discussions

Each table should have a designated Table Host.

1. Use God's ear-to-mouth ratio:

Listen two times more than you speak. 1 or 2 people should not dominate the time, and EVERYONE should contribute during the discussion.

2. Smile and be friendly.

Avoid excessive complaining about people or personal problems.

3. God's grace rules the day

Recognize that everyone will not always agree – be gracious and give grace to one another. People are at different places in their spiritual walk and in their life journey.

4. Moving the discussion along.

Table host/facilitators are to move the discussion along. They have permission to limit any negative comments, to invite people to answer a question, to ask someone for their perspective, to limit the amount of time some people speak, and to move on to the next question.

Single & Single-Again TUES NITES Meal, Message & Mixer

Let's Have Some Fun.....It Doesn't Have To Be Scary!

Jane Stolz' video teaching, handout, and audio Mp3 file of this message will be online to share with others at www.christiansinglesindenver.com