



THE ANGER VOLCANO

What makes a volcano dangerous is not what is on the outside but what is on the inside of it.

Anger is always a secondary emotion. Often the first emotion one feels but it is secondary. We need to look inside our heart to see what is going on, i.e. "follow the buoy."

HURTS

- when we are hurt it produces anger
 - unresolved hurts

EXPECTATIONS

- anger is in response to disappointment
- unhealthy & unrealistic expectations

NEEDS

- anger is in response to a hole in my heart
 - unmet needs

When we are angry we want to try and control these needs, hurts and expectations. We need to let God have control and meet these areas.

Indirect Expressions of Anger

- ❖ **Stubbornness** – *determination to resist no matter what*
 - ❖ **Impatient** – *irritated*
 - ❖ **Critical & judgmental** – *difficult to be edifying*
- ❖ **Sarcasm** – *presented as “humorous” but is really what you feel*
- ❖ **Argumentative** – *tendency to turn conversations to arguments*
 - ❖ **Complaining** – *“not fair”, everyone is out to get you*
- ❖ **Passive aggressive** – *let someone else act out your anger*

Resolving Anger

Psalm 4:4 – *“In your anger do not sin; when you are on your beds, search your hearts and be silent.”*

ASK JESUS: *Where is this anger coming from?*

- 1) CONFESS** – *admit & own what is not true; agree with God about what is true. I.e. what the true source of your anger is.*
- 2) CANCEL** – *ask God to take back any legal ground that the enemy has been given permission to occupy (repo man). (Ephesians 4:26-27)*
- 3) FORGIVE** – *take responsibility for the loss and release the debt they owe you. (Ephesians 4:32)*