



ANGER

"My dear brothers and sisters, take note of this: Everyone should be quick to listen, slow to speak, and slow to become angry, because human anger does not produce the righteousness that God desires."

James 1.19-20

Anger is a common issue that affects everyone, regardless of age, culture, or background. Unresolved anger can destroy marriages, break down families, and weaken communities.

What is anger?

Anger is an emotional response to frustration or hostility. According to Webster, it's "a hostile feeling of displeasure resulting from injury, mistreatment, or opposition." Anger is triggered by unmet needs or expectations, which leads to emotional action.

Causes of anger?

Past Hurts & Guilt: Accumulated pain and guilt from past experiences can trigger anger when new situations remind us of those hurts.

Rejection: Especially in childhood, rejection can cause deep bitterness.

Self-Worth: Favoritism damages self-worth and breeds resentment.

False Accusations: These damage reputations and stir up anger.

Frustration: When expectations are unmet, anger can arise.

Offenses: Taking up others' offenses can lead to deep-seated bitterness.

What are some of the physical reactions to anger:

- Hard breathing/rapid heartbeat
- Flushing of face, neck, and hands
- Dry mouth
- Muscle tension
- Clenched fists
- Shouting/clenching of teeth
- Stomach upset
- Anxiety
- Pacing back and forth
- Ulcers, hypertension
- Tension headaches
- Eating & stomach disorder



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Consequences of Uncontrolled Anger

Foolish Actions: Anger leads to foolish behavior, often followed by regret.

Proverbs 14:17 warns that a quick-tempered person acts foolishly.

Paying the Price: Proverbs 19:19 states that quick anger comes with consequences, and protecting someone from them only worsens the behavior.

Shame and Guilt: Anger often results in feelings of shame, guilt, and conflict.

Is Getting Angry a Sin?

Anger itself is not a sin, but letting it control you is. Ephesians 4:26 advises not to let anger lead to sin or become a pattern of behavior that fosters bitterness and hatred.

Other Effects of Anger

- **Lack of Understanding:** Proverbs 14:29 notes that a quick-tempered person lacks wisdom and makes poor decisions.
- **Leads to Sin:** Proverbs 29:22 warns that anger causes strife and sin.
- **Contagious:** Proverbs 22:24-25 advises avoiding quick-tempered people, as their anger can spread to others.
- **Hinders Prayer:** 1 Timothy 2:8 states that anger hinders effective prayer.

How to Overcome Anger

- **Control Your Character:** Exercise self-control and turn away from anger (Psalms 37:8).
- **Decide Not to React:** Make a conscious decision to avoid letting anger control you.
- **Surrender to God:** Let go of the need to defend yourself and allow God to handle justice (Romans 12:19-21).



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Declare and Repeat:

Repent

Heavenly Father, I come before You in the Name of Jesus Christ. I admit that I've allowed anger to take root in my heart, leading to rage. I acknowledge that I've strayed from the path of love, and I repent for letting offense and anger consume me. Please forgive me, and I ask for the cleansing power of Jesus' Blood over my life today. I commit to following You and Your ways from this moment forward. Wash me in the precious Blood of Jesus, Lord, and renew a clean heart and right spirit within me.

Rebuke

In the name of Jesus, I break my agreement with anger. I release all anger into Your hands, Lord Jesus, and I renounce any connection to it. I rebuke and cast out anger, rage, bitterness, hostility, and frustration and I invite the agape love of God to fill my life and heal my heart. Thank You for setting me free from the pit of anger Father! I ask all these things in the Name of Jesus Christ. Amen and Amen!"

Restore

Lord, thank you for your love and security. Thank you for setting me free from anger. Holy Spirit teach me to walk in peace, create in me a clean heart, help me to renew my mind daily, and always walk in love. Amen.