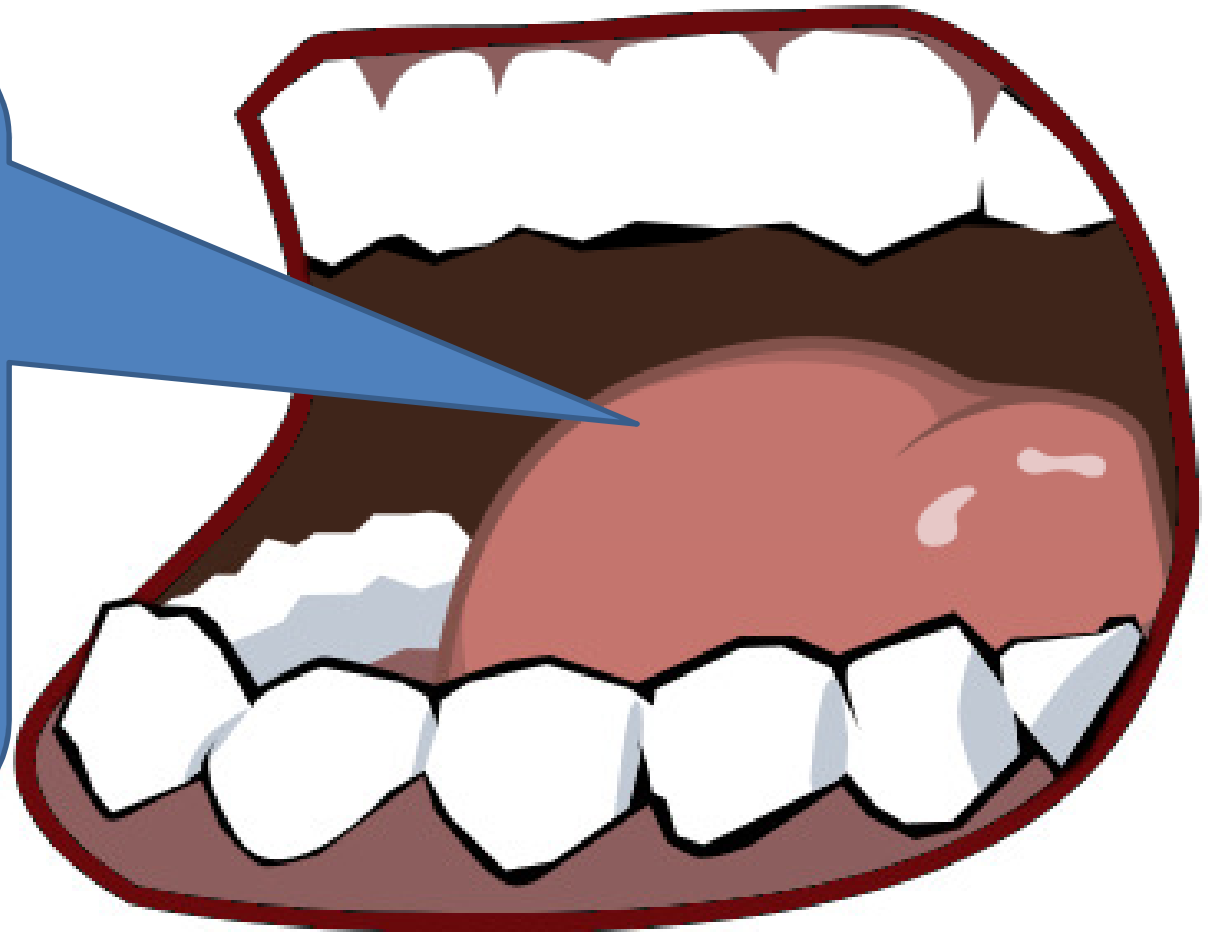


The Weight of Our Words: Measuring the Impact of What We Say

Defusing Anger: Patience Applied

The Angry Heart

- CONTENTIOUS WORDS
- LYING
- STRIFE
- MURMURING
- CRUEL WORDS
- REBELLIOUS WORDS
- DEFILING WORDS



Anger

Bitterness, Hatred, Rebellion

Learning to Apply Patience

- How can we prevent anger from running our lives and ruining our relationships?
- We need to replace an angry spirit with a patient spirit.
- The New Testament uses two primary words for patience. One carries the thought of not returning harm to those who have harmed us, even though it is within our power to do so.
- The other word reflects the ability to maintain a good attitude even under pressure.

Learning to Apply Patience

- The problem is that both dimensions of patience contradict our natural reactions. When we're offended, hurt, or reprovved, we want to retaliate.
- Before we go any further we must understand that anger is a valid God given emotion. God is sinless, yet the Bible tells us that He possess the capacity to get angry.
 - Exodus 4:14
 - Numbers 25:3
- Anger is a “signal emotion” that alerts us to injustice, ungodliness, and unrighteousness.

Learning to Apply Patience

- Even though God intended anger to be a righteous response to something that's wrong, we all have felt anger that is far from righteous. Our task as believers is to separate anger from the sins that accompany it.
- Three New Testament instructions can help us to respond properly to anger. All three of them deal with the application of patience.
- **Be Slow to Wrath**—James 1:19
- **Be Angry and Sin Not**—Ephesians 4:26
- **Deal with Anger Before Sundown**—Ephesians 4:26

Be Slow to Wrath

- James 1:19—the word “slow” literally means to hesitate or delay. The essence of this wise advice is to be patient.
- Restraining anger means hesitating long enough to carefully evaluate a situation.
- The following five steps can help us hesitate, evaluate, and control our anger:
- *Remember God’s statements to angry people.*
 - Genesis 4:6-7—Why are you angry?
 - Jonah 4:4—Do you have good reason to be angry?

Be Slow to Wrath

- *Check to see if you have sufficient facts to justify your anger*
- *Try to understand the situation from other points of view*
- *Pinpoint the specific cause of your anger*
- *Verbalize the sense of oncoming anger*
- Proverbs 16:32

Be Angry and Sin Not

- Ephesians 4:26
- This command draws a clear distinction between anger and sin. Anger in and of itself is not sin. Just as we can be tempted without sinning, we can become angry with following up with a sinful response.
- Lingering anger turns into the self-destructive sins of bitterness and hatred. Speech sins like lying, slander, murmuring, threatening, cursing, taking God name in vain, and contentious words are all products of anger handled improperly.
- Murder, envy, strife, and revenge are common sins of an angry heart.
- Psalm 141:3—“if you can’t say anything nice don’t say anything at all.”

Deal With Anger Before Sundown

- Ephesians 4:26
- God wants us to deal with each day fresh, not with unresolved anger and guilt from the day before.
- Psalm 37:8
- Ephesians 4:31

5 Stages of Anger

- The intensity of our emotion will usually progress through five stages.
- Fret—we will mull the problem over in our minds
- Envy
- Anger—this is the slow burn
- Wrath—this is the explosion
- Evil—the plot to carry our revenge
- Read pages 110-111 from Stowell's book

Source of Anger	Application of Patience
Stress from an unorganized life or a life that is overcommitted to many low-priority involvements	Organize. Quit low-priority involvements and practice saying “No” once a day
Slothful patterns that leave important matters undone or unfinished	Work hard on priority matters
Personal Guilt	Walk in the forgiveness you already have in Jesus Christ.
Righteousness and justice violated	Commit judgment to God (Romans 12:17-21) and turn the energy of your anger into a constructive resolution
Symbolic Anger—transferring anger from past events to present events	Recognize the sin of bitterness in your own heart. (Hebrews 12:15)

Source of Anger	Application of Patience
Residual Anger—unresolved situations from previously repeated incidents	Deal with the recurring problem at a neutral time with nondefensive communication. Seek 3 rd party.
Unfilled Expectations	Jesus Christ has already meet your needs for unconditional love and acceptance.
Rights Violated	Appeal to proper authorities: government, parents, boss, church
Imposed crises that are out of your control	Fall back on the sufficiency of God's grace. Embrace his strength being manifest through our weakness
Thwarted plans and dreams for self-advancement	Evaluate the true value of your desires from the perspective of eternity.

Redirecting Our Attention

- *Forgiveness*—genuine forgiveness is more than simply giving someone a break after he or she has offended you.
 - Romans 12:17-21
 - Ephesians 4:31-32
- *Honest Reactions*—we must redirect our energy by honestly communicating with the one who has hurt us.
- Show wisdom in choosing a time and place to talk.
- Carefully choose words that communicate an open and nondefensive attitude.
- Have the humility to admit your part in the problem.
- State your perception of the situation without projecting blame.
- Commit yourself not to permit the conversation to deteriorate into a revival of anger.

Conclusion

- Redirecting our focus and our energy gives birth to patience in our hearts. Patience rejects angry words and replaces them with words that:
- Reflects a forgiving spirit
- Are constructive
- Lead to resolution
- Are nonjudgmental
- Are sensitively timed
- Are sensitive to the needs of others, even the needs of our offenders.
- Edify and ministry grace unto the hearers.