

ANGER ISSUES

The prayer strategy is to identify the root of anger, its accompanying emotions, and the underlying beliefs associated with it. We interrogate behaviors or emotions to discover a belief, and then interrogate that belief to uncover the lie. We allow God to speak truth into that place and transform the mind, feelings and behavior. Look for legal ground from sin committed by or against the person and apply forgiveness.

What God says about anger:

- Psalm 37:8 - It tends only to evil.
- Eph 4:26 - In your anger do not sin, do not let it rest in you.
- Matt 5:22 - Anyone who is angry is liable to judgment.
- James 1:19-20 - It does not produce the righteousness of God.
- Eph 4:31 - Bitterness, wrath, clamor, slander, and malice are forms of anger.

Anger is an emotion.

- It is a response to what you believe to be true.
- It is an expressive emotion.
- It often expresses a companion emotion (fear, injustice, grief, rejection, etc.)

Prayer for clarity: Recall an anger incident (most recent, frequent, damaging, or dangerous).

Identify predominant anger style:

- Flash Point: sudden eruption, without warning, uncontrollable.
- Pressure Cooker: constant pressure, false escape valve, possible explosion.
- Crock Pot: normal condition, coping strategies, rare boil-over, disease.

Identify companion emotion(s):

- Triggering emotions lead to anger.
- Echo emotions follow anger.
- Companion emotion may hold the key to the belief.

Identify triggers for anger:

- Physical issues; hunger, chemicals, circumstances, sleep, hormones, etc.
- Emotional issues; see companion emotions.
- Spiritual issues; influence, oppression, possession.

What do you believe to be true that causes you to respond this way?

How did you come to believe this to be true?

Who needs to be forgiven? What are the offenses?

- Self
- Others

What does God say about what you believe to be true?

What is the redeemed character of your emotional response? (Passion, compassion, mercy, faith, motivation)