



How to Overcome Anger

Anger is an emotion that can cause a lot of harm and get people into a lot of trouble, but anger in and of itself isn't bad. In fact, experiencing righteous anger towards injustice can be a positive catalyst for change. God experiences anger and his wrath and anger are talked about in the Bible. We may be very familiar with Numbers 14:18 which says:

"The Lord is slow to anger, abounding in love and forgiving sin and rebellion." But, we may not be as familiar with scriptures such as Psalm 7:11 which says: "God is a righteous judge who displays his wrath every day."

Just like any emotion, anger is a feeling that can be used for good or evil. The problem with anger comes when it's not dealt with in a healthy way or results in sinful actions and behavior. When the severity of anger begins to interfere with your relationships or work performance, it's time to seek out healthy strategies for how to handle the way you react to anger. It's your reactions that need to be kept in check.



Often times when we picture a person with an anger issue, we imagine someone screaming and yelling, arms flailing in the air as they explode. When envisioning a chair hurled across a room or punches thrown. We don't always think of the more subtle forms of anger issues, but the truth is that a person can be angry and have issues without being prone to outbursts. These individuals don't always know how to acknowledge or identify what they're feeling or how to express it. So, it can remain bottled up inside and manifest in different, more subtle ways that are equally as harmful.

When anger is frequent and prolonged, it's a problem. Studies show that it causes stress hormones to release in the body, which weakens the immune system and destroys neurons in the brain. Because anger also fires up the body's "fight or flight" response, which studies show causes a burst of energy

that tightens blood vessels and causes blood pressure to soar, it's also tied to increased risk of heart disease and heart attack.

Signs of Anger Issues

If you've been told that you have anger issues or you feel guilty because you're allowing anger to impact how you respond to people or treat them, you may be wondering if you really do have anger issues. Here are some signs of anger issues: you get aggressive, become passive-aggressive-shut him or her out, you harm others, you stay angry for days refusing to forgive the person, you get angry quickly and often-at the drop of a hat, you blame others for your anger.

How to Deal with Anger God's Way

So, if you've identified that you have anger issues, how do you deal with it God's way?

1. **Restrain It**-Proverbs 29:11 tells us that "Fools vent their anger, but the wise quietly hold it back." This scripture does not mean that the wise bury their anger or do not deal with it, but it means that they control their anger and how they express it. When you restrain your anger, you keep it within limits.
2. **Re-evaluate It**-James 1:19-20 says, "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." God's way of dealing with anger is to be slow to anger. There are some things that you need to let roll off of your shoulders and not internalize or act on. When you re-evaluate a person's words or action, you often find that there's no need to get angry as that person really did not intend to hurt you or was merely acting out of their own biases, which is not a reflection of you.
3. **Release It**-Colossians 3:8 says, "But now you must also rid yourselves of all such things as these: anger, rage, malice, slander, and filthy language from your lips." When you deal with anger God's way, you feel it, vent it in a safe way (possibly complaining to an innocent third party) where no one is harmed, and then release it. You get rid of it from your body, heart, and mind.
4. **Seek Therapy, especially Christian Therapy**-When you work with a Christian Counselor for anger management, therapy often involves a number of modalities along with a biblical perspective. A counselor will help you unpack your anger and get to the source of it along with helping you identify the right strategies to cope with anger that will work for you. It involves understanding your anger and where it comes from, which can often be quite difficult for individuals, especially if they're not used to looking inwardly and assessing themselves. It also involves helping individuals find healthy ways to express anger and release it.

It's important to seek help to get to the root of your anger and experience true and lasting freedom in Christ.

If you desire prayer, contact us through our website and submit your prayer request. We would love to pray for you and believe God with you for whatever you are desiring spiritually for your life.

God Bless!