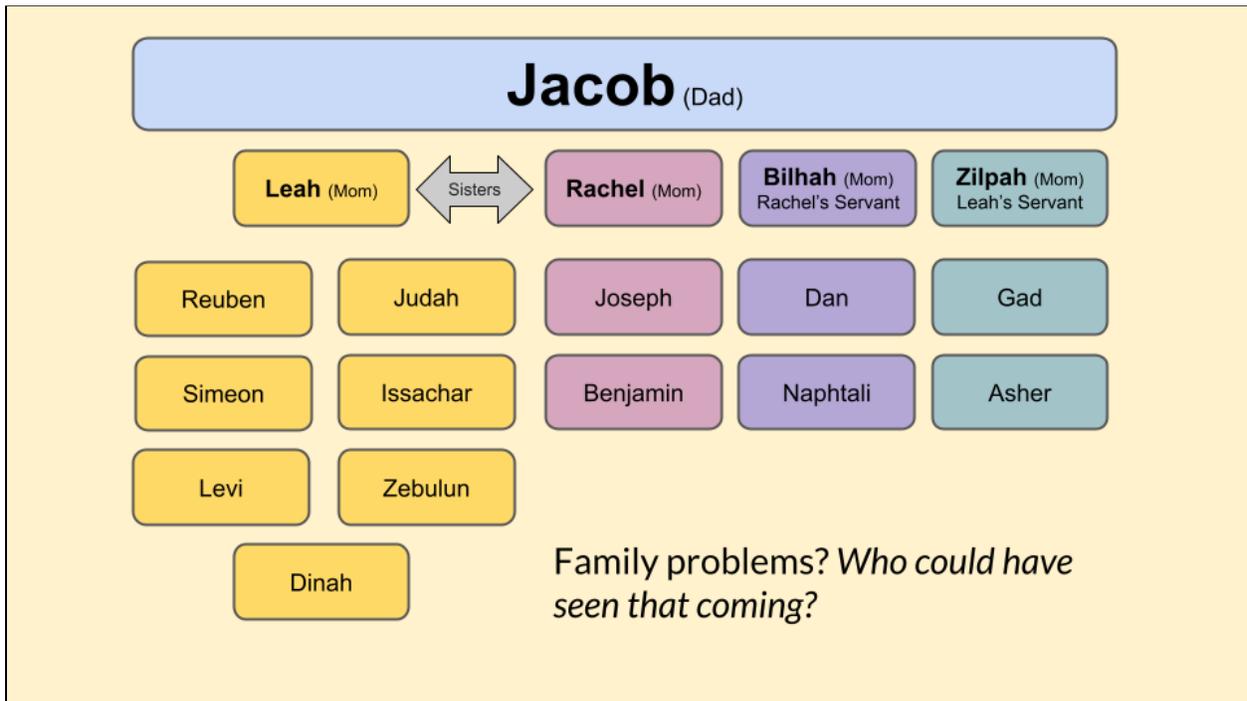


ANGER MANAGEMENT

Part 1: Repair broken relationships

Matthew 5:23-24

“So if you are offering your gift at the altar and there remember that your brother has something against you, leave your gift there before the altar and go. First be reconciled to your brother, and then come and offer your gift.”



The anger journey of Joseph's brothers (Genesis 37-50)	The forgiveness journey of Joseph
1. Jealous 5. Deceitful 2. Angry 6. Guilty 3. Murderous 7. Fearful 4. Traitorous 8. Forgiven	1. Betrayed 5. Released 2. Enslaved 6. Promoted 3. Accused 7. Reunited 4. Imprisoned 8. Reconciled

Part 2: Resolve conflicts quickly

Matthew 5:25-26

“Come to terms quickly with your accuser while you are going with him to court, lest your accuser hand you over to the judge, and the judge to the guard, and you be put in prison. Truly, I say to you, you will never get out until you have paid the last penny.”

Ephesians 4:25-27

“Therefore, having put away falsehood, let each one of you speak the truth with his neighbor, for we are members one of another. Be angry and do not sin; do not let the sun go down on your anger, and give no opportunity to the devil.”

Two concepts:

1. Speak the truth. It takes courage to do that, especially when we've offended someone or someone has offended us.
2. Do not let the sun go down on your anger. Deal with it: not in anger and not impulsively, but in a timely fashion. Unresolved conflicts with family, friends, neighbors, and coworkers do not improve with age.

Romans 12:18

“If possible, so far as it depends on you, live peaceably with all.”

Luke 17:3-4

“Pay attention to yourselves! If your brother sins, rebuke him, and if he repents, forgive him, and if he sins against you seven times in the day, and turns to you seven times, saying, ‘I repent,’ you must forgive him.”

Colossians 3:12-14

“Put on then, as God's chosen ones, holy and beloved, compassionate hearts, kindness, humility, meekness, and patience, bearing with one another and, if one has a complaint against another, forgiving each other; as the Lord has forgiven you, so you also must forgive. And above all these put on love, which binds everything together in perfect harmony.”

James 1:19-20

“Know this, my beloved brothers: let every person be quick to hear, slow to speak, slow to anger; for the anger of man does not produce the righteousness of God.”