



HOUR OF POWER

Reverend Dr. Major A Stewart

A photograph of a man and a woman standing back-to-back, looking away from each other. The woman is on the left, wearing a blue and white patterned scarf and a blue top. The man is on the right, wearing a red sweater. The background is a blurred outdoor setting with trees. The text "WHAT TO DO WHEN YOU GET ANGRY!" is overlaid on the bottom half of the image in a large, bold, black font with a red outline.

**WHAT TO DO WHEN
YOU GET ANGRY!**



HOUR OF POWER

Reverend Dr. Major A Stewart

March 19, 2024

WHAT TO DO WHEN YOU GET ANGRY !

We live in an angry world where we often see anger revealing itself through rage.

There is road rage, cell phone rage, checkout line rage, and “I’ve lost my wife in Wal-Mart” rage. Have you ever suffered from one of these forms of rage? Regardless of the reason for our anger, in a few seconds we can say and do very hurtful things that can destroy a relationship that has taken years to build. We should be very careful about destroying relationships because of what truth in Proverbs 18:19?



Cont. to next page...



HOUR OF POWER

Reverend Dr. Major A Stewart

March 19, 2024



That means it is harder to patch up a broken relationship than to capture a fortified city, and arguments separate friends like a gate locked with iron bars. Nothing hurts or destroys more relationships than anger. In this lesson, we will look at three things: the categories of anger, the causes of anger, and the cure for anger, beginning with ...

Cont. to next page...



HOUR OF POWER

Reverend Dr. Major A Stewart

March 19, 2024

The Categories of Anger

There are two kinds of anger. In the first kind, we let our anger loose, and in the second we hold on to it. Ephesians 4:31 tells us to get rid of all bitterness and what two kinds of anger? The word translated rage (thumos, thoo-mos'), or "wrath," means "hot anger" or "anger let loose." I call this kind of person "Harry Hothead." You may know him or even be him. Harry defends himself by saying, "I just blew my stack;" "I got ticked off;" "I just told him off;" "I've got a short fuse;" or "I just lost my temper." How does Proverbs 29:22 describe us if we are like "Harry Hothead"?



Cont. to next page...



HOUR OF POWER

Reverend Dr. Major A Stewart

March 19, 2024



The first category of anger, rage or wrath, is a very dangerous thing because when we lose our tempers, we can also lose our jobs, our best friends, or worse, our spouses. The anger we call rage has destroyed more relationships and families than anything else.

It is estimated more than 80% of all counseling involves dealing with anger. The Bible commands us to get rid of all ... rage. That means "don't lose your temper!" So, the first category of anger is rage, or "wrath."

Cont. to next page...



HOUR OF POWER

Reverend Dr. Major A Stewart

March 19, 2024

The second category is simply anger. The Bible says, get rid of all ... anger. The word translated anger (orge, or-gay') suggests a more controlled anger, frequently with a view to taking revenge, while rage (thumos) is a more agitated outburst of emotions. Orge is more lasting in its nature. Most men exhibit rage or wrath; they blow up and get over it. On the other hand, most women demonstrate anger (orge). They don't blow up immediately; they come to a slow boil on the inside. I call this kind of person "Peggy Pouter." She doesn't blow up; she clams up. She gives her husband the silent treatment. "Peggy Pouter" may not say one angry word but will burn the house down while her husband is asleep in bed. Orge anger smolders just below the surface. What does God say about both kinds of anger in Ephesians 4:26b?



Cont. to next page...



HOUR OF POWER

Reverend Dr. Major A Stewart

March 19, 2024

Phyllis Diller's paraphrase of this verse is "Never go to bed angry. Stay up and fight." However, that's not exactly what Paul means. We are not to let our anger simmer; we must deal with it before the sun goes down. Allowing our anger to smolder gives the devil a foothold that will develop into bitterness, hate, and malice. Now that we have looked at the categories of anger—rage and anger, we need to consider ...



Cont. to next page...



HOUR OF POWER

Reverend Dr. Major A Stewart

March 19, 2024



The Causes of Anger

Anger is like one of the red lights on the dashboards of our cars; it is a warning something is wrong. Therefore, to control our anger, we must always ask ourselves, “What has caused me to get angry?” There are three basic causes of anger.

1. Hurt causes us to get angry. When we hit our thumbs with a hammer, we don’t naturally say, “Praise the Lord,” or softly say, “Oh, my, that hurt.” No! We throw the hammer, do a little angry dance and say a few choice words we wouldn’t say at church and shouldn’t say anywhere else.

Cont. to next page...



HOUR OF POWER

Reverend Dr. Major A Stewart

March 19, 2024

2. Insecurity causes us to get angry. A good self-image is essential to attacking our anger. Being easily angered by what people say is a sure sign of an insecurity problem. That's why we have what command in Ecclesiastes 7:21? We shouldn't depend on the opinions of others for our self-esteem. There will be times in life when people say critical, negative, hurtful things about us. The more insecure we are, the more angry we will be about these kinds of remarks.



Cont. to next page...

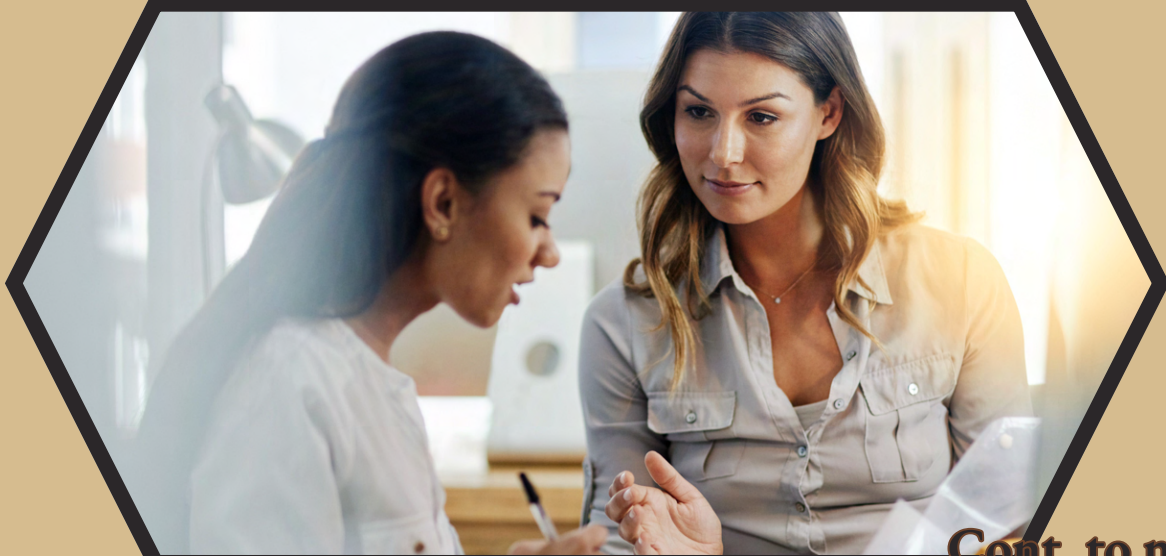


HOUR OF POWER

Reverend Dr. Major A Stewart

March 19, 2024

3. Frustration causes us to get angry. Failing to accomplish an objective can frustrate us to the point of anger. Frustration is basically lack of patience. What does Proverbs 14:29 tell us about a lack of patience? This means we should cultivate understanding. We should try to understand people and situations, and even read the instructions before starting a project rather than getting frustrated and angry. Three causes of anger are hurt, insecurity, and frustration. Having looked at the categories and causes of anger, let's now consider ...



Cont. to next page...



HOUR OF POWER

Reverend Dr. Major A Stewart

March 19, 2024

The Cure for Anger

To attack our anger, we must first understand anger is a choice. Have you ever been in a heated argument with your spouse? You are using a loud, agitated voice, but the phone rings, and you answer the phone in a calm, sweet voice, "Hello." We can control our anger if we do three things.



Cont. to next page...



HOUR OF POWER

Reverend Dr. Major A Stewart

March 19, 2024



1. Constrain our words. Most of the time we express our anger by what we say. That's why Proverbs 12:18 gives us what principle?

Someone has said, "The quickest way to cut your own throat is with a sharp tongue." Reckless words can hurt worse than physical blows.

Cont. to next page...



HOUR OF POWER

Reverend Dr. Major A Stewart

March 19, 2024



2. Consider the consequences. We should ask ourselves: "Is it worth hurting someone else?" Or, "What kind of example is this to my children?" Also, we should consider our Christian testimony. Furthermore, we should ask ourselves: "Do I want to act foolish?" That's what we do when we lose our tempers. How does Proverbs 29:11 verify this?

Cont. to next page...



HOUR OF POWER

Reverend Dr. Major A Stewart

March 19, 2024



That means we're dumb if we lose our tempers. While we are on this subject, let me offer a word of advice—don't try to reason with someone who is angry. We can't reason with a fool, and when a person is angry, he or she is acting like a fool. That's why Proverbs 23:9 gives us what command?

The Bible also warns us: Refrain from anger and turn from wrath; do not fret—it leads only to evil (Psa. 37:8). Always consider the consequences of anger.

Cont. to next page...



HOUR OF POWER

Reverend Dr. Major A Stewart

March 19, 2024

3. Control our responses. Angry responses don't solve problems; they make them worse! When we get angry, our mouths and reactions go faster than our minds. Anger is temporary insanity; so stop and think before responding. Have you ever said or done something in anger, and then five minutes later asked yourself, "Why in the world would I do something so foolish?" That's why James 1:19b gives us what principle?

Anger is a choice; we get angry because we choose to, not because we have to. We must stop blaming people or events for our anger. It's not our parents', our spouses', our kids', or our bosses' fault. It's not the circumstance or the event that is causing our anger. It's our reactions that cause anger.

Cont. to next page...



HOUR OF POWER

Reverend Dr. Major A Stewart

March 19, 2024

**BEGIN ATTACKING YOUR ANGER BY
PRAYING:**

**“LORD, HELP ME ATTACK MY ANGER,
BEGINNING RIGHT NOW. LORD, HELP ME TO
CONSTRAIN MY WORDS, CONSIDER THE
CONSEQUENCES, AND CONTROL MY
RESPONSES.**

IN JESUS’ NAME, AMEN.”

**WHICH OF THESE AREAS NEEDS THE MOST
ATTENTION IN YOUR LIFE, AND WHAT WILL
YOU DO ABOUT IT BEGINNING TODAY?**

*Rev Dr Major A Stewart Pastor
Greater Mount Sinai Baptist Church*

