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# ARTIOS

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## Christian Anger Management

Christians must learn to control their wrath and never allow it to inflict pain in another soul.

Jerry D. Brown



I am a peaceful man, one who looks for peace in any situation. In fact, after nearly 50 years, I still am amazed at the gross lack of anger control in so many others. Through the years I wondered if that would change. I wondered if I would one day accept anger and become angry like others seem so easily to do. Well, it still hasn't happened and I doubt that it ever will!

Anger is nasty no matter how you look at it. It ruins relationships more quickly than any other act I know. It is the focus of wife abuse, child abuse, friend abuse and co-worker abuse. Why, if anger were non-existent, most forms of abuse would disappear. Angry people often think they are mighty, but they are just too weak to do things the right way. They think that their point is greater than the other. They think they must have their way and none other. Angry people are biased only in their favor. You can't talk any sense into an angry person. Anger has its own mind and it must be controlled. A supernatural Christian can deal with anger, either with it coming from another or it coming from self. It takes a mightier spirit than anger to conquer the problem, but the Christian has been given that mightier spirit.



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In our societies today, ANGER is one of the greatest PROBLEMS with which we have to deal. Notice that I emphasized the word PROBLEM. One of the first steps in correcting the nastiness of anger is to recognize that it is a problem. People with this kind of problem have been known to shrug it off, saying that others are too sensitive, or saying that they really didn't mean to be that way. No matter. After the anger outburst, the damage is done. In this Artios Letter, I would like to address angry Christians.

Proverbs 16:32 *He that is slow to anger is better than the mighty; and he that ruleth his spirit than he that*

*taketh a city.*

Let's face it. If you aren't controlling your anger, you have a problem. You don't have permission to be an angry person, you are problematic and must recognize your problem. Anger is greater than you are and it will take you down if you don't get rid of it. Getting rid of anger means that you COMPLETELY get rid of it. Anger causes you to move too fast and make too many mistakes. Slow down and become mighty. An angry person does not rule his spirit. The spirit in this verse refers to the soul and this soul is like a caged animal always looking for a way out. A Christian should force the soul to track with God's Word, never ONCE allowing it out without permission. Rule your soul so that it NEVER forces its way out and onto another person.

Proverbs 19:11 The discretion [intelligence] of a man deferreth [puts away] his **anger**; and *it is* his glory [an ornament of beauty] to pass over [to alienate] a transgression [a revolt].

Discretion means 'intelligence.' An intelligent man pushes anger out of his life. His ability to do so is a glory or an ornament to him and he does this to avoid transgressions or

*(Continued on page 2)*

# Christian Anger Management

*(Continued from page 1)*

revolts. Anger is not an intelligent act.

I consider myself a blessed man. I was raised with deeply loving parents. I don't ever remember them fighting. The only time I saw them get mad was if one of us boys, five in number, were bad. But, their madness was not the kind of anger I'm addressing. I'm addressing wrathful anger; anger that springs up from within one's soul and painfully jumps on another. It jars another's soul and shakes it at its foundation. We all know the afflictions of this sort and we all hate it. I do not have that kind of anger within me. It just isn't there.

What kind of person are you? Do you have rivers of anger that break the surface and leap at another's heart and soul? If you do, do you realize the damage it does once it connects with that other person? I think not. For if you did, you would NEVER allow it to spring forth. You would stomp it down with an even greater energy and conviction and you would NEVER allow it to read it's ugly and nasty head.

Ecclesiastes 7:8-9 Better *is* the end of a thing than the beginning thereof: *and* the patient in spirit *is* better than the proud in spirit. Be not hasty in thy spirit to be angry: for **anger** resteth in the bosom of fools.

It's all about self-control. While some are resigned to the amazing lie that they can't control their minds, exactly the opposite is true. Each and every person CAN control his

own mind! God designed man as a sort of programmable creature. That's right! You are programmable. You were made with some programs, and the rest get programmed throughout life. If you go a certain way and decide to run with any given sort of people or circumstances, that is the way you become. Cats have to clean themselves, Salmon run upriver, Dogs love fire hydrants and to hide their bones, Eagles have to build their nests high in the trees, but man **CHOOSES** to be angry. Man has far less ready-from-the-factory programs than the animals. He has

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been given the privilege to make choices, and a lifestyle choice of anger is absolutely foolish. A godly man will maintain patience, realizing its importance. He will erase haste from his life so that it does not evidence itself in foolishness.

I have had it with the damages caused by angry people. I'm mad about it. I see so many people hurt from anger and I just can't believe that it is so out of control in our societies today. People's anger problems will NEVER come under control unless the people with the anger problems control them. Instead of mighty people, anger turns on them, turning them into silly, foolish and stupid slaves –

slaves of an anger passion. Isn't it about time for it to stop? If you have never seen life from a peaceful perspective, you probably think I'm crazy. Well, I'm not. I'm a good person, and in my ministry, a gift to others. No, I'm not crazy. I was just blessed with a peaceful life from the start. Maybe you were not. Maybe you didn't have a dad or a mom or a brother or sister with whom to develop a bit of self control. Over the years, I have fought to maintain my peaceful frame of mind, and quite a fight it has been. But, considering my lot in life and all of its obstacles, I think I have done a pretty good job. I still hate anger though. I will never like it. In fact, I consider it a dire enemy. When around the nastiness of anger, I have to keep my guard up constantly because I don't trust anger or it's enslaving source.

I know only two who are allowed the freedom of real anger, God and Jesus Christ. I know one who steals that right and misuses anger - satan. Men can say they also have a right to it, but seldom have I ever come across another able to control it usefully.

Mark 3:5 And when he [Jesus] had looked round about on them with **anger**, being grieved for the hardness of their hearts, he saith unto the man, Stretch forth thine hand. And he stretched *it* out: and his hand was restored whole as the other.

Why did Jesus look on them with anger? He did so because of the

*(Continued on page 3)*

# Christian Anger Management

*(Continued from page 2)*

hardness of their hearts. Hardhearted people are tough to deal with. Anger breeds hardheartedness. I was thinking that if a few good Christians rose up to confront the nasty anger spirit that others throw out so freely, the anger-free-for-all we so often see in marriages, friendships, at work and so forth might come under some form of control. I've witnessed quite a few divorces over the last few years. In nearly all of these, the wife expected far too much out of her man and turned her wrath on him. The woman left the marriage in search of another man to whip, and the man left whipped, taking years to recover. I've seen kids turn on their parents in their wrath, treating mom and dad like the enemy. The kids end up ruined, on drugs, alcohol or sex with no one to turn to for even their parents can't stand the sight of them once it all is over with. I've seen angry bosses subject their loyal subjects to their wrath, all in the name of business. They soon end up being hated by all because of their lack of control. If you ever rise up to confront this nasty anger monster, keep in mind that when you confront it, you are going to have to face it head on. The person manifesting anger really believes that he is right. No matter. He is dead wrong for striking out against another, especially another Christian. You are right for standing on God's Word and striking back.

A manifestation of anger is an attack against another's soul. I know I already said this, but I'm saying again because I want you to understand that you are in a battle.

If you don't learn to fight back, you've lost before you ever started. If you are a peaceful person, you are going to have to fight to maintain peacefulness. Why? Because all the forces of darkness and evil hate the peacefulness that a Christ-filled individual represents and they will do all kinds of silly, foolish and stupid things to thwart your efforts, including using anger against you. Don't fall for it. See through it and stand against it. If you ever want to walk the supernatural Christian walk, you have to get this straight.

Ephesians 4:31 Let all

*Anger, wrath, malice, blasphemy, filthy communications are all decaying contaminates and they swiftly rot true Christianity.*

bitterness, and wrath, and **anger**, and clamour, and evil speaking, be put away from you, with all malice:

These passions in verse 31 are methods of satan's attacks. If you are being attacked, learn to fight back. Don't just sit there and take it. And if the attack is too great, get some help from a Christian who understands this. Go to him and say "I have an anger problem" or "I am dealing with a individual who has an anger problem." Learn to speak the Word. If the person doesn't change, then adopt a certain on-guard strategy. Whenever he is present, realize that he could attack. Be prepared in heart, mind, soul and body. Generally, the forms of anger

you deal with are mental and spiritual, but seldom physical. As a side note, if you are associating with someone who gets angry **PHYSICALLY**, you should have departed from this sorry soul long ago. Some people are too deep into their problems to desire help. Strange to believe, but true. Generally, you will have to deal with anger from someone else's lips. You know when this happens when his or her words feel like a wound, a pain, and a mess in your own soul. The first time he does this to you, take note. The second time, take leave if he doesn't respond to your biblical confrontation. Don't put up with it. It's not worth it. If that person loves you and you have something that he or she needs, they will come for it. If not, then it is outside of your control anyway and you don't need to sit around stewing about it. If you need something that he has, find another **NON-angry** source.

Colossians 3:8 But now ye also put off all these; **anger**, wrath, malice, blasphemy, filthy communication out of your mouth.

Most Christians don't know of or believe that true Christianity is 100% supernatural. I mean that it is 100% spiritual in nature and that any natural additives by man contaminate it. Your spiritual success as a Christian is governed by this wonderful fact. If you are only 3 % successful, then you are only 3 % supernatural. If you are 1.5% successful, then you are only 1.5 % supernatural. Anger, wrath, malice, blasphemy, filthy

*(Continued on page 4)*

# Christian Anger Management

*(Continued from page 3)*

communications are all decaying contaminates and they swiftly rot true Christianity.

Colossians 3:21 Fathers, provoke not your children to **anger**, lest they be discouraged.

Angry people love to provoke others and you know when you cross paths with one of these fools. You find yourself provoked. Don't stand for it. Fight back with a pre-determined strategy. If you don't have one, then come up with one according to God's Word. I'll give you one in a minute. If you don't, you'll be left on the roadside, wounded and bleeding, waiting for some Good Samaritan to come by to help and heal you. Which way do you want it—wounded and bleeding or mighty and peaceful? It would be better for you to have only one or two wonderful Christians in your life than caldrons of angry souls.

No matter how hard you try, you won't get away from angry people. You are going to have to deal with them, perhaps daily. Here's how I confront the anger when or soon after it strikes at me. I use a special form of communication called assertive communication. I remain neither aggressive nor passive, but **ASSERTIVE**. I accept the fact that I have a 50/50 chance of being accepted or rejected once I present my case. Once I open my mouth to confront, I lay my life to this rule and I don't care the outcome. Why? Because I have **NO** control over the other person at all. Then I use the "I feel, It seems, I'd like" form of stating my position.

**I FEEL: I tell him how I feel** – louse, hurt, mad, sick inside, scared, and so forth. I accept full responsibility for how I feel. These are *my* feelings.

**IT SEEMS: I then tell him what his outburst of foolishness seemed like to me** – It seems that you manifested way too much anger towards me. It may not seem that way to him, but I am not speaking for him, only to him about what it seemed like to me.

**I'D LIKE: Then I apply the 3<sup>rd</sup> rule, the "I'd like" rule.** I tell him

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or her what behavior I'd prefer, knowing full well that I might be rejected. For instance, I'd like you to stop using such hateful words when you talk to me, or I'd like you to show more thankfulness for the good things that I bring into your life. I express what I'd really like to see in that situation.

If you follow these three rules, you will 1.) Not be forcing the other person into a corner and he will tend to not come out fighting, 2.) You will be telling the truth, exposing him or her to your perceptions, something that only you really know about, and 3.) You will be telling him exactly what you expect from him the next time he is tempted to burst forth in anger.

Colossians 3:12-16 Put on therefore, as the elect of

God, holy and beloved, bowels of mercies, kindness, humbleness of mind, meekness, longsuffering; Forbearing one another, and forgiving one another, if any man have a quarrel against any: even as Christ forgave you, so also *do ye*. And above all these things *put on* charity, which is the bond of perfectness. And let the **peace of God** rule in your hearts, to the which also ye are called in one body; and be ye thankful. Let the word of Christ dwell in you richly in all wisdom; teaching and admonishing one another in psalms and hymns and spiritual songs, singing with grace in your hearts to the Lord.

No. I'm not crazy. I'm just sick and tired of all the anger examples I see daily. I see friends driven apart, I see families torn apart, I see work projects ruined, I see vacations marred, and the list goes on and on. I see broken hearts, enslaved spirits, ruined lives and no semblance of Christ in any of these anger moments. It's time for it to stop. Wives respect and honor your husbands and stop venting your wrath on them. Husbands love your wives like Christ loved the church. Kids, respect your parents and accept the fact that you need them and that you don't know it all yet. Bosses, stop hurting those under you. You have no right to damage another's life. If you have an anger problem, rest assured that you have hurt a few people in your time and if

*(Continued on page 5)*

# Christian Anger Management

*(Continued from page 4)*

any are still around, go and fix the problem. Stop ignoring the fact, that, as a Christian, you are an enemy of the Christian way of life. If you are a victim of anger, adopt a strategy to allow you to fight back and WIN. Never again bow down to another's anger. Let him know that his actions are ungodly, foolish, stupid and destructive – and that you will have nothing to do with it. You can love the person but hate the anger and stand against it every time it rears its ugly, satanic head.

God bless you,

Jerry D. Brown

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