



Held Hostage by the Incubation of Anger

Free Yourself to Love: Chapter 8

ICON KEY

 Question/Discuss

 Read The Bible

 Read FYTL

 Watch the Video




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One of the primary reasons many of us don't forgive is that we're too angry. p. 140

 Great quote by Frederick Buechner, "Of the Seven Deadly Sins, anger..." p. 141


 *Do you carefully validate your facts before blasting someone? Give an example.*

 *Do you frequently check for the possibility of displaced anger (ie. you're angry at your boss, so you kick your dog)? How can you begin to check for this regularly and make it a habit?*

 Key passage on anger: note devil's foothold defined. pp. 141-142



Eph. 4:26, 27


 Anger—an emotion—moves into "sin" when a time limit is lacking. p. 143




Eph. 4:26




[Q] *Do you freely confess when your anger results in sin—when it harms your relationship with another? Why or why not?*

 Danger of Anger After Sunset: go to bed angry, wake up less in love.
p. 143

[Q] *Do you procrastinate when dealing with anger? How do you do this? Remember, anger not dealt with, after many sunsets, results in emotional divorce.*

 Unforgiveness often be camouflaged behind anger. List of camouflages.
pp. 145-46


 Swallowed anger—susceptibility to serious illnesses (i.e. heart disease).
p. 146

[Q] *Can you remember any speeches you regret? Words spoken in anger are words always regretted. Describe one of these speeches.*


 Prov. 10:19

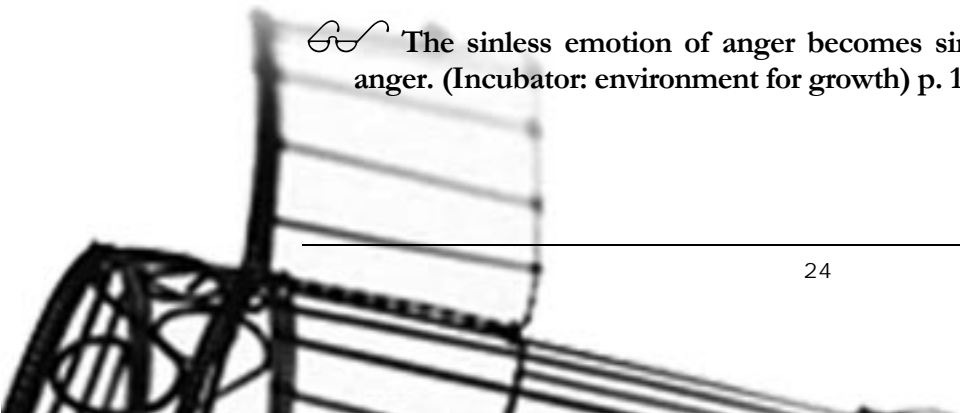
[Q] *Do you tend to withdraw into silence when angry with someone? What would be a healthier response to your anger?*

 Prov. 22:24, 25 - Is your soul ensnared by associating with angry people?

 Observation: many Christians are in denial of the anger in their hearts.
p. 147


[Q] *Are you comfortable with telling God how angry you are? Tell Him something that angered you today.*

 The sinless emotion of anger becomes sin through the incubation of anger. (Incubator: environment for growth) p. 147,148






[Q] *Do you often dredge up past issues during present-tense anger? Remember to keep short accounts.*

 Environment for growth of anger: grudge books, revenge fantasies, pride, self-pity, anger with no time limit and denial of anger existing. p. 148

[Q] *Can you express your expectations honestly without sulking? Give an example of doing this.*

 Examine the connection between anger and lack of faith: trusting God with disappointment helps the anger begin to subside. p. 148,149




Ps. 4:4, 5

 PhD Insight on Anger—Owning One’s Anger Towards God. (read story) p. 150,151



“Let every man be swift to hear, slow to speak, slow to wrath; for the wrath of man does not produce the righteousness of God.”
James 1:19, 20

 Argumentative statements are stimulated by unaddressed anger. p. 151



Matt. 12:34

 Lashing out, angry words indicate an “ailing (sick) heart.” p. 152

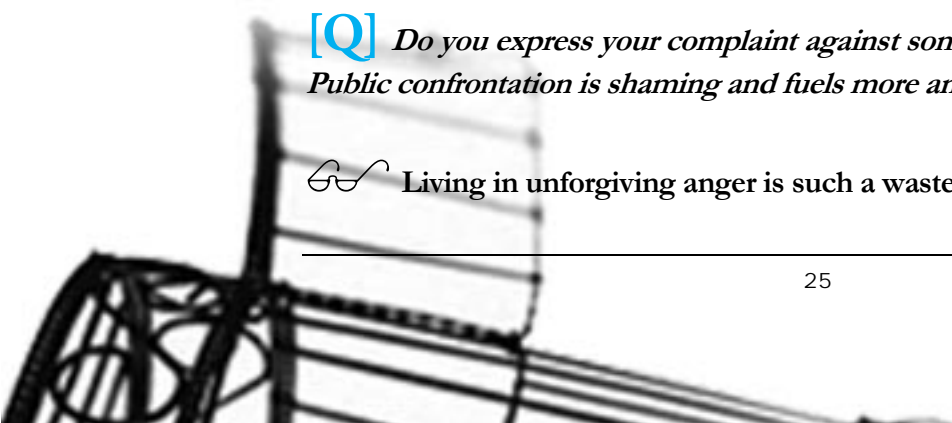


Job 16:3

[Q] *Can you express your hurt/complaint in a calm tone of voice? Why or why not?*

[Q] *Do you express your complaint against someone to him or her privately? Public confrontation is shaming and fuels more anger.*

 Living in unforgiving anger is such a waste of life. p. 153





[Q] *Do you value maintaining relationships more than winning arguments? How do you know this is true?*

 Four stages of Learning to Forgive (Stanford Forgiveness Project).
pp. 153, 154

 Amos 1:10, 11 - The Abortion of Love in Any Relationship—"anger aborts love, forgiveness aborts anger."

[Q] *When you are angry, do you resist resorting to threats? Is this part of your parenting technique? If you are tempted to make threats, how can you begin to change this habit?*

Note: Anyone struggling with the incubation of anger would benefit from going through each question on pages 156, 157 and journaling your response.

