



OVERCOME ANGER

Anger is an emotion we all experience that can surface when we are displeased with a situation or a person. The problem occurs when we want to control the outcome. Anger can be detrimental to ourselves and our relationships with others if we do not manage it. Rather than resolve or improve a difficult situation, anger can make it worse, which may be where the expression, “adding fuel to the fire” originated.

In this video, Dr. Josh Anderson provides some tools to keep anger from “blowing up” and making situations, issues, and relationships even worse.

First: Watch the *Overcome Anger* video featuring Dr. Josh Anderson, Director of Grand Canyon Theological Seminary.

***Please note:** We use the first person throughout our study guides. We do this with the hope that it will enable you to overcome your personal struggle (in this case with anger) and to grow in your personal relationship with God.

Dive Deeper

How does Pastor Josh use the analogy of anger to be a “fire” and what is the “lighter fluid” likened to?

A hot-tempered man stirs up strife, but he who is slow to anger quiets contention (Prov 15:18 ESV).

Pastor Josh quotes Proverbs 15:18a. However, when looking at the entire verse, an important contrast becomes evident.

Additional Thoughts:

What examples from your own life have you experienced or witnessed that revealed how anger made conflicts escalate?

Additional Thoughts:

Be angry and do not sin; do not let the sun go down on your anger (Eph 4:26 ESV).

Do you think anger is an emotion we are not supposed to have?

What is the principle that Pastor Josh gives us from Ephesians 4:26?

Tools to Overcome Anger

1. Figure out the source of why we get angry.

Is it something someone else is doing or perhaps something you did not deal with that is now overflowing to cause you to blow up? Anger can mask the true source of your feelings. Other emotions may be involved based on a prior experience causing bad feelings to erupt within you.

Why do you think it is important to understand why you get angry?

2. Submit it to God.

Before anger becomes unmanageable and you try to control your anger, remember God is the One with ultimate control and ability to deliver you from sin.

Let us then with confidence draw near to the throne of grace, that we may receive mercy and find grace to help in time of need (Heb 4:16 ESV).

What is a practical way you can submit the issue and the anger it causes you to experience to God?

Additional Thoughts:

3. Solve the issue.

Don't deal with the person or direct your anger at a person. Focus on solving the issue. Focusing on the person is not dealing with the issue that needs resolution.

Why is it more important to put your attention on the issue at hand and not the people involved?

4. Step Away.

Sometimes it is important to step away in order to calm down, gather your thoughts, and pray to avoid an outburst that would make the situation worse. Thinking about a proper response rather than blurting out words from a heated moment of anger can greatly reduce conflict.

A soft answer turns away wrath, but a harsh word stirs up anger (Prov 15:1 ESV).

If you step away, what steps do you use to calm down?

5. Find support.

Sometimes, if your anger is deeply rooted and these tools do not resolve your issue, you might need to find support. There are various groups, ministries, and/or counseling that can provide

About Dr. Josh Anderson

Dr. Josh Anderson is the Director of Grand Canyon Theological Seminary. He is also a pastor, speaker, professor, and leader. His heart is for the lost and the brokenhearted. At his core, Pastor Josh is a follower of Jesus Christ who seeks to love God, serve others, make disciples, and prepare strongly grounded biblical leaders to teach within the local church and throughout the world.

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With God's help, we are actively transforming lives with the Love, Truth, and Hope of Jesus.

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