

**THEME: SEVEN DEADLY PASSIONS – ANGER**

**TOPIC: BREAKING FREE FROM ANGER.**

**TEXT: EPHESIANS 4:26-27; JAMES 1:19; PROVERBS 15:1; 14:29; COLOSSIANS 3:8; ROMANS 12-19-21; Psalm 37:8**

## **INTRODUCTION**

As part of our study of Anger as a deadly passion. We first looked at “What is Anger?” Then we considered the different kinds of Anger, considering the subject of “God’s Anger and Good Anger”. After which we then explored the facts about “The manifestation of deadly anger”. The kind of anger that destroys. Today we conclude the topic of Anger by exploring what we need to do for us to ‘Break free from the power of Anger’.

## **HOW TO BREAK FREE FROM ANGER.**

Several steps may be recommended for breaking free from anger. However, we will consider only four here:

### **1. Learn to give and receive forgiveness**

*Forbearing one another, and forgiving one another, if any man have a quarrel against any: even as Christ forgave you, so also do ye. **Colossians 3:13***

Forgiveness is a bridge that takes you from condemnation to commendation. It is the same bridge upon which your colleagues, neighbours, friends, spouse and any other person who is likely to offend you will have to travel one day.

Your inability to give or receive forgiveness therefore not only belittles, bottles and stops your life, but it stops that of other people.

### **2. Abstain from appearances of evil**

You know yourself and what is likely to provoke you to anger. Abstain from such places, people or things.

*Abstain from all appearance of evil. **1 Thessalonians 5:22***

You might say that you live with the person who constantly provokes you. Maybe you need to evaluate what they are doing to have caused such intense provocation and see if it is worth the kind of emotional deposit you make into the matter.

### **3. Exhale**

Just like carbon dioxide, exhale it. The interesting thing about breathing is that we breathe in oxygen and breathe out carbon dioxide. Once it comes out of you, carbon dioxide cannot go back into your body system because you do not inhale carbon dioxide.

In the same vein, whatever you exhale must not be picked up again. It means you have let go. Letting go is necessary for letting God.

#### 4. Forget

The immediate question which comes up in your mind is how can I forget what people have done to me? And yet, the answer is simple.

What does God do to our sins after He has forgiven us? Of course He sends our sin to a place of no retrieval, to a place of no remembrance **Micah 7:18-19; Hebrews 8:12**.

You cannot constantly bring in front of you what you want to exist in the past.

The ability to forgive is a sign of maturity. It is a proof that you are now walking and acting in the life of God that is in you.

#### CONCLUSION

We can handle anger biblically by returning good for evil ([Romans 12:21](#)). This is key to converting our anger into love. As our actions flow from our hearts, so also our hearts can be altered by our actions. That is, we can change our feelings toward another by changing how we choose to act toward that person.

We can handle anger biblically by communicating to solve the problem.

Finally, we must act to solve our part of the problem ([Romans 12:18](#)). We cannot control how others act or respond, but we can make the changes that need to be made on our part. Overcoming a temper is not accomplished overnight. But through prayer, Bible study, and reliance upon God's Holy Spirit, ungodly anger can be overcome. We may have allowed anger to become entrenched in our lives by habitual practice, but we can also practice responding correctly until that, too, becomes a habit and God is glorified in our response.