

# SET FREE TO BE WHAT GOD MADE ME

## Managing Anger

- I. Anger as an emotion
  - Anger is a very powerful emotion
  - Can be addictive
  - Destructive to source and recipient
  - Anger is not a primary emotion.
  
- II. What is a Primary Emotion
  - There are many primary emotions. It is your initial emotional response to your life experience. You feel them instinctively.
  - Love is a positive primary emotion. Affection, attraction, fondness, etc, are variants of love.
  - Hurt is a primary emotion
  - Fear is a primary emotion
  - Sadness is a primary emotion
  - Joy is a primary emotion
  
- III. Anger as secondary emotion
  - Secondary emotions are what you feel after you have processed (thought about) your primary emotion. It is an emotional response to a primary emotion you have already processed.
  - A secondary emotion related to fear would be anxiety, or stress, or shyness
  - A secondary emotion related to joy would be ecstasy, pleasure, or amusement.
  - Secondary emotions are *decisions* you have locked in your mind regarding the way you will respond when you feel your primary emotion.
  - Trust is a secondary emotion, related to love
  - Shame is a secondary emotion, related to guilt
  - Anger is a secondary emotion, related to hurt, pain
  
- IV. Unhealthy Ways of dealing with Anger
  - Repression
  - Venting

Note: To deal with anger, you need to deal with the primary emotion associated with anger. To superficially deal with anger through repression or punishment is counterproductive because it merely suppresses the emotion, and doesn't address its root cause. At best it only yields temporary results, and at worst it leads to resentment and passive-aggressive behavior.

## V. Dealing with Anger as a Destructive Secondary Emotions

Anger may be the result of a hurtful event in your life. If it is, then anything that triggers that hurtful event will cause an angry response.

Healing comes when you forgive, grieve or lament the hurtful and destructive events in your life, resulting in a different narrative regarding what happened to you, who you are, who you want to be.

Forgiveness allows you to re-interpret the painful and hurtful events in your life as having design and purpose. God did not cause those hurtful events. However, if surrendered it to Him, He can use those events for your spiritual growth. You are no longer a victim. You have a choice. You can choose to forgive.

Changing your narrative through forgiveness, and accepting hurtful events in the light of God's love has the power to transform your life and set you free from anger.

### ***Mind Renewal: Romans 12:1-2***

***Therefore, I urge you, brothers, in view of God's mercy, to offer your bodies as living sacrifices, holy and pleasing to God—this is your spiritual act of worship. Do not conform any longer to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will.***

### ***Trust: Proverbs 3:5-8***

***Trust in the LORD with all your heart and lean not on your own understanding; In all your ways acknowledge him, and he will make your paths straight. Do not be wise in your own eyes; fear the LORD and shun evil. This will bring health to your body and nourishment to your bones.***

### ***Design: Romans 8:28-29***

***And we know that in all things God works for the good of those who love him, who have been called according to his purpose. For those God foreknew he also predestined to be conformed to the image of his Son, that he might be the firstborn among many brothers and sisters.***

## VI. Forgiveness is necessary for emotional healing

- Forgiveness originates with God Ephesians 4:31-32
- It is not forgetting
- It is a choice, not a feeling
- You forgive for your sake, to set yourself free
- What you do not forgive will have power over you
- Forgiveness is between you and God, and not with the offender
- Forgiveness is agreeing to live with the consequences of another person's sin

