

ANGER MANAGEMENT IN THE FAMILY

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Anger according to Webster's dictionary is "a violent, revengeful passion or emotion, excited by a real or supposed injury to oneself or others; a certain outward manifestation of violence and want of self-control." Anger is a state of dissatisfaction in a man's life for what has been done to him or said that is not pleasant.

People express anger in various forms. For some, they will withdraw to themselves in bitterness of heart, for some they will explode violently in words and actions. Some will throw it off their mind after they have expressed it. But for others, they will keep it in mind; keep malice with who ever is involved, and keep a bitter record in their minds.

Anger has destroyed a lot of homes and marriages. It has poisoned a lot of minds and weakened love in the heart of many. Not many people can put up with a man or woman that is given to anger. There is a limit to which people can bear things. This calls for proper management of your temper in order to preserve your love life and home.

Prov 27:4

*4 Anger is cruel and fury overwhelming, but who can stand before jealousy?
NIV*

Prov 19:19

*19 A hot-tempered man must pay the penalty; if you rescue him, you will have to do it again.
NIV*

Eph 4:26-27

*26 "In your anger do not sin": Do not let the sun go down while you are still angry, 27 and do not give the devil a foothold.
NIV*

Eccl 7:9

*9 Do not be quickly provoked in your spirit, for anger resides in the lap of fools.
NIV*

Col 3:8

*8 But now you must rid yourselves of all such things as these: anger, rage, malice, slander, and filthy language from your lips.
NIV*

James 1:19-20

19 *My dear brothers, take note of this: Everyone should be quick to listen, slow to speak and slow to become angry, 20 for man's anger does not bring about the righteous life that God desires.*

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THINGS YOU MUST KNOW ABOUT ANGER

1. Anger is a fact and part of life.
2. Anger is an unexpected or unused energy.
3. Anger is like dynamite, which is always ignited by negative thoughts towards the object of anger before explosion.
4. Anger is an expression of inner thoughts.
5. Thoughts give birth to anger, thoughts keep the anger growing, and thoughts turn the anger to bitterness and hate.
6. Anger opens the door for evil words and actions, which do damage to lives and relationships.
7. Anger breaks the hedge of protection God puts around his people if it is not controlled and quenched on time. And when the hedge is broken, the enemy comes into that home and life, to do some damage.
8. Words are the most effective dynamites for anger.

Prov 15:1-2

1 A gentle answer turns away wrath, but a harsh word stirs up anger. 2 The tongue of the wise commends knowledge, but the mouth of the fool gushes folly.

NIV

9. Uncontrolled anger is always very destructive and regrettable.
10. Suppressed anger breeds killer diseases like high blood pressure, stroke, migraine, ulcer, arthritis, heart diseases and cancer.
11. There are positive effects of controlled and well-managed anger.
12. The anger of man does not work the righteousness of God (James 1:20).

KNOW YOUR TEMPERAMENT

1. Know your temperament – understand how you release or express your anger, so you can find out how to overcome it.
2. Identify things that commonly ignite your anger out of proportion, and put some checks and balances.
3. Your marriage and home are the testing ground to prove your ability to control your anger.
4. The time of child bearing and rearing will certainly put pressure on your anger. So get prepared for it.

HOW TO POSITIVELY MANAGE YOUR ANGER

1. Do not hide your anger from yourself.
2. Avoid suppression of anger for good health.
3. Express your anger constructively and not explosively or violently.
4. Apply some physical or practical control tactics to exhaust your anger.

5. Learn to keep calm no matter the extent of provocation. Be fair, be friendly, and be firm.
6. Be willing to seem foolish and do not insist on your right all the time in marriage for the interest of stability and peace in the home.
7. Be quick to hear, slow to speak and slow to getting angry. Exercise self-control. (James 1:19)
8. Keep thoughts that will make you angry from your mind. Don't give your mind to any thought that will stir anger or fuel anger.
9. Bear in mind that you too do offend or cause offence.
10. Be willing to forgive no matter the offence or how many times you have previously forgiven your offender.
11. Be determined never to go violent when angry no matter what.
12. Finally, let Jesus be your Saviour and Lord for He only can help you to manage your anger.
13. Never forget that the Holy Spirit is always there to help you overcome at the moment of weakness. Always ask His help.
14. Don't let your ego rule you. Never think of the negative thing your spouse or people may say if you do not react in anger. It pays to be calm.
15. Just overlook every offence.

Prov 19:11

11 A man's wisdom gives him patience; it is to his glory to overlook an offense.

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HELP YOUR SPOUSE TO OVERCOME

1. You are supposed to be a helping hand to your spouse in time of need or trouble. Therefore, it is necessary that you do everything within your power to assist your spouse to overcome his anger problem.
2. Avoid provoking your spouse.
3. Keep away from those things that stir up anger in your partner.
4. Don't raise issues for discussion that you know will make your spouse worked up when you know he or she is not in the right mood.
5. Pray for your spouse regularly.
6. Be patient with your spouse as you help him or her overcome. Bear in mind that within this time you will be hurt again and again till victory is won.
7. Leave your spouse alone for some time to cool off when angry.

Remember this:

- It is natural to get angry, but anger must be controlled otherwise, it will become destructive.
- Never go to bed with anger still in your heart. Learn to forgive and put out of your mind any offence committed against you by anyone, especially your spouse.
- Anger opens the door for the devil to come into your relationship and family.

- Give attention to understanding your temperament and that of your spouse, and relate with the knowledge gained.
- Always remember that it is the thoughts that you think about the things said or done that stirs anger. It is the same thoughts that increase or kill the anger. So, manage your thoughts in times of offence and provocation.
- Ask the help of the Holy Spirit and allow Him to help you.
- Help your spouse overcome anger by forbearing, forgiving and being patient with him or her.