



©Andrew H. Selle, P.O. Box 63, Essex Jct., VT 05453

For reprint requests, please contact C.C.M. at  
christiancounseling@earthlink.net www.ccmVT.org

## HOW TO HANDLE ANGER

The two tools below approach anger from both sides: 1. When one or both parties believe the conversation is heading toward destructive speech. 2. When one party feels anger such that he is danger of personally sinning by destructive speech. **MAKE A COMMITMENT** to use these tools. The reason for this commitment: to prevent hurtful and destructive speech (Proverbs 12:18; Ephesians 4:29). **MEMORIZE THESE PLANS!**

### 1. COMMITMENT TO PREVENT DESTRUCTIVE COMMUNICATION

**COMMITMENT:** In any conversation, if either of you says, "I need a time-out," BOTH of you stop talking immediately, no questions asked, and don't resume the conversation until both of you are agreed. Note: It is okay if you need to get some space (e.g., go to a private room, take a walk, etc.). You will have to resolve the problem at some point, but you should not attempt to do so in a volatile situation.

---

### 2. COMMITMENT TO HOLD MYSELF BACK FROM GIVING DESTRUCTIVE COMMUNICATION

**WHEN YOU ARE ANGRY** use this "way of escape" (1 Cor 10:13)

#### 1. FREEZE!

Keep your mouth closed, and STOP in your tracks.

#### 2. LEAVE!

Get away from the situation immediately, if you need to do so in order to maintain self-control. STAY out of the situation until your anger level has subsided.

#### 3. PRAY!

When you are alone praying, talk with God about the following things:

##### 1. PRAY!

● SUBMIT all your desires to the searchlight of Scripture. Are they good and biblical things that you want? Are you putting too high a priority on those things to the neglect of other more important matters? Submit them to God for his re-ordering of your heart.

- PRAY for godly desires, to your Father in heaven who delights to give good things to his loved ones. Luke 11:1-13; 1 Peter 2:9-10.

## 2. SURRENDER

- SURRENDER EACH DESIRE TO GOD. Now that you have prayed for these things, let go of them. You may not allow those desires to control your life as idols. And you can live without those things if necessary, because you have Christ. Your future is out of your control, but it is in God's control.

## 3. LOVE

- LOVE GOD AND OTHERS, NO MATTER HOW YOU FEEL:

Ask God for wisdom to find the answer to the question, 'How does God want me to love right now—Him first, and then my neighbor?' Now take the first steps in this direction. Step out in faith, doing what is right without "giving way to fear" (1 Peter 3:6).

Love God and other people, according to your particular calling right now (Galatians 5:6; 1 John 4:18). '...Perfect love casts out fear.' Fear is self-protective; love is self-giving. Love takes personal risks in order to love people according to their greatest good (1 Corinthians 13).

Love, without demanding in return.

## A SUGGESTED PRAYER

Dear Lord, I earnestly **pray** for my deep desires, knowing you love to give your children good things. *"He who did not spare his own Son, but graciously gave him up for us all, how will he not also, along with him, graciously give us all things"* (Romans 8:32). Since I have the Lord Jesus Christ, I need nothing else. Yet you call me to pray to you as my Father. Therefore, this is what I desire....

Now, I leave those desires in your hands and **surrender** them all to you. You are my Lord and I live for you alone. I need nothing else. I now turn away from living for this idol of \_\_\_\_\_ [my desires, wanting others to do my will, to give me respect, to give me love, etc.]. Please forgive me for my idolatry. I turn to you and I worship you. I surrender into your hands this good thing that I want, which you can give back to me as you see fit.

Now please enable me to **love**—you first, and then other people—in the ways you are calling me to do so. [Psalm 42; 63; 73:23-26; 86:11-13; 1 Thessalonians 1:9,10]

Praise and thank God for his mercy and forgiveness shown to you through his Son (Romans 8:32) and all his good gifts (James 1:16-18).

Show your love to God by loving people today in practical ways; plan how to do this today.

Whenever you feel angry, irritated, fearful, worried, etc., go through this repentance and faith process, above.