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Don't Hack Me Off

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Do you ever find it difficult to control your emotions? Anger can quickly show itself before a person has time to maintain control. Many times, anger is destructive - creating hurt and broken relationships.

There are typically 5 *WAYS TO DEAL WITH ANGER*. They are:

1. Suppression of Anger
2. Open Aggression
3. Passive Aggression
4. Assertive Anger. (The Biblical Example of self-controlled confrontation)
5. Drop Anger All Together

There are countless stories of relationships that have soured by anger. Whether it's a misunderstanding or an intentional act, time has a way of making these situations far less important when there's a little distance down life's highway. What was a huge item in the moment, can fade into history and is hardly recognizable as an event.

Pride often creeps in to the personal argument of who needs to apologize to whom. It becomes comical that both sides can be 100% convinced they are absolutely and unequivocally innocent of all wrong.

But the Bible doesn't offer a lot of wiggle room in this area of how to handle anger. The fix is not such a simple recipe to execute. But here are some ideas of how to resolve anger

that has brought about damaged relationships.

SOLUTIONS TO ANGER

- 1. Don't hang out with angry people.** Try to distance yourself from angry people and the company you keep. Proverbs 22:24-25.
- 2. Deal with it.** Don't store it up. Deal with it right away. Ephesians 4:26.
- 3. Check Your Volume.** Speak in a kind manner. Soft answers good. Harsh words build anger & wrath. Take a walk. Proverbs 15:1.
- 4. Make the First Move.** Keep a short reconcile list. WHOEVER REALIZES THE BREAK IN THE RELATIONSHIP ... Go make it right . Matthew 5:23-24. Matthew 18:15
- 5. Come with the solution and not an opinion.** Don't blame. It's not about telling your point of view. Seek to help. Avoid Pride.
- 6. Don't go to motive until you've gone face to face.** Avoid guessing the motive of someone's action. You could misread it.
- 7. Eyeball to Eyeball meeting.** "A Come to Jesus Meeting."
- 8. Pray for those that persecute you.** Let Christ rule your life. Matthew 5:44.
- 9. Be Slow To Anger.** Proverbs 16:32. Be sure to make it a habit to be slow to anger.

Many times, you will find the Fruit of the Spirit to be a great guide when dealing with anger issues. These are found in Galatians 5:22; "But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, 23 gentleness, self- control; against such things there is no law."

It has been said, that God may not rewire you and your anger issues will disappear. However, you might find that He will provide you a longer fuse.

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