

# HOW TO UTILIZE YOUR ANGER WISELY

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(Ephesians 4:26-27)

Your anger is a sign of passion. You do not become angry over things you do not care about. You do not become angry over people who do not matter. You do not become angry over things that do not bother you.

You become angry over the things and people that **MEAN** something to you. God allows us to be angry because He understands the emotion behind it. Your anger may produce a negative reaction but it is **ALWAYS** based on a positive emotion...**CARING!**

YOU WILL ALWAYS BECOME ANGRY OVER  
WHAT YOU CARE ABOUT.

There will be many things to trigger your anger. When things begin to upset you it is imperative that you **MANAGE YOUR ANGER WISELY**. If you do not manage your anger wisely you will make foolish decisions. People are in prison today because they did not manage their anger wisely.

Misguided anger is deadly. Misguided anger is dangerous. You must channel your anger by using it as **MOTIVATION** instead of a weapon. When you use your anger as a weapon **THAT SAME WEAPON** will be used against you.

## WHAT HAPPENS WHEN YOU DO NOT CONTROL YOUR ANGER?

Ephesians 4:27

When you do not control your anger, the devil will control you. When you have not learned how to manage your anger the devil will use your **OWN** rage to destroy you. Verse 27 says, "Do not give the devil a way to defeat

you.” When your anger is out of control you will not think clearly. You will not pursue wise counsel.

You will make foolish decisions. You will make premature assumptions and commit regretful actions. **THE DEVIL WILL ALWAYS MANIPULATE WHAT YOU ARE UNWILLING TO CONTROL.** People who do not manage their anger wisely become the devil’s puppet. The enemy will use your aggression to bring you into troubling situations. He will use your passion to bring you into uncompromising positions.

Managing your anger is not easy. However, it will require you to have a lot of self discipline. You cannot predict the next time you will become angry. You cannot predict the next time you will lose your temper. The only thing you can predict is this. **SOMETHING WILL TRIGGER YOUR ANGER.**

# PREPARE TO BE ANGRY

This statement may not make sense to you. However, it will prove itself to be true. You may be thinking, how can I prepare myself to be angry? The answer is simple. Take inventory on what makes you upset and **LEARN** how to ignore, reject or confront these issues in a **CONTROLLED** manner.

The main reason why people allow their anger to manage them is because they **DID NOT KNOW** what they were sensitive to. Study yourself. Ask yourself insightful questions. What do I hate? What bothers me? What disappoints me? What topics and actions trigger my temper? When you know what activates your anger you will be able to control your reactions.

YOU WILL ALWAYS BE ABLE TO CONTROL  
WHAT YOU CAN PREDICT!

## USE YOUR ANGER AS MOTIVATION!

When you use your anger as motivation you are utilizing your anger **WISELY**. For example, if you are angry over a loved one passing away due to health problems turn that anger into passion and do something constructive. Use this anger as **MOTIVATION** to exercise and to eat healthy so you will not experience the same fate. **YOUR ANGER SHOULD MOTIVATE YOU TO CHANGE WHAT BOTHERS YOU.**

The emotion of anger is not a pleasurable feeling. It is an agitating feeling. Turning that agitation into motivation will help you become disciplined in the way you handle your anger. Dr. Martin L. King Jr. taught us how to do this.

Dr. King was angry about the injustice that black people were going through in the 60's. He took that anger and turned it into motivation which **INSPIRED** him to lead marches, fight for justice and speak against inequality.

Take a lesson from Dr. King and use your **ANGER AS MOTIVATION** so you can have dominion over your anger.

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