



ARE WE TRIGGERED BY THE ANGER OF OTHERS?

Age of Rage – Part 3

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The strongest evidence of our maturity is NOT how we ACT but how we REACT.

Difficult people are ordinary people who cause hurricanes in your emotions.

- *connected to you by blood (family)*
- *connected to you by love (romance or friendship)*
- *connected to you by money (work relationship)*



1. MAKE ANGER A VISITOR NOT A RESIDENT

Don't let the sun go down with you still angry—get over it quickly... Ephesians 4.26b

- Acknowledge its presence

Denial only works for the person who is in it.

Who we are in conflict is who we are in truth.

- Remember why anger is so appealing
- It protects us from additional pain

Anger is the stop sign of relationship.

- It deflects responsibility away from us
- It disconnects from others and keeps them away from us



- ❑ Restrain your anger by redirecting your anger

A fool gives full vent to his anger, but the wise keep themselves under control. Proverbs 29.11

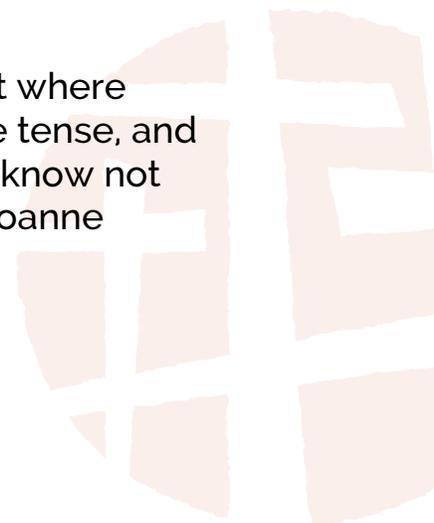
"The santaclausification of Martin Luther King." – Christianity Today

"If one does not have the courage to resist nonviolently then you run the risk of a violent emotional explosion."
– Dr. Martin Luther King, Jr.

2. THE KEYS IN DEALING WITH THOSE WHO TRIGGER US

- ❑ Never expect others to handle anger any better than you do

"...some parents just escalate conflict. There's a point where parents need to be able to say, 'This is getting a little tense, and we need to take a break.' We've got to help parents know not only how to start but how to stop conversations." - Joanne Miller and Scott Turansky, *Good and Angry*



- ❑ Choose to learn from even the most difficult people

"In the school of life, difficult people are the faculty. They teach us our most important spiritual lessons, the lessons that we would be most unlikely to learn on our own." - Dr. Mark Rosen, Thank You for Being Such a Pain

The thing that makes you most angry tells you the most about yourself.

Search me, O God, and know my heart...see if there is any offensive way in me... Psalm 139.23-24a

- ❑ Choose to love the way Jesus loved people

Let these hard to love people bring out the best in you. Matthew 5.44 (The Message)

To love someone is to seek their highest and best good.



The deeds of faithless men I hate; they will not cling to me. Men of perverse heart shall be far from me; I will have nothing to do with evil. Whoever slanders his neighbor in secret, him will I put to silence; whoever has haughty eyes and a proud heart, him will I not endure. My eyes will be on the faithful in the land, that they may dwell with me; he whose walk is blameless will minister to me. No one who practices deceit will dwell in my house; no one who speaks falsely will stand in my presence. Psalm 101.3-7

If anyone is causing divisions among you, give a first and second warning. After that, have nothing more to do with that person. Titus 3.10 (New Living Translation)

Short-tempered people must pay their own penalty. If you rescue them once, you will have to do it again. Proverbs 19.19 (New Living Translation)

3. CASE STUDY: A MAD MAN MADE MEEK

Blessed are the meek, for they will inherit the earth.
Matthew 5.5

The original word in the N.T. for meek is the Greek word: praus.

"...the person who can argue tellingly a matter of utmost importance to him yet do so without losing his temper." - Socrates



"...a physician who does whatever he has to do in order to treat the patient effectively, and yet whose treatment causes the patient the least pain possible." - Plato

Meekness is the power of your potential under the control of God.

...the man Moses was very meek, more than all men that were on the face of the earth. Numbers 12.3(Revised Standard Version)

One day, after Moses had grown up, he went out to where his own people were and watched them at their hard labor. He saw an Egyptian beating a Hebrew, one of his own people. Glancing this way and that and seeing no one, he killed the Egyptian and hid him in the sand. Exodus 2.11-12

Miriam and Aaron began to talk against Moses because of his Cushite wife, for he had married a Cushite. "Has the LORD spoken only through Moses?" they asked. "Hasn't he also spoken through us?" And the LORD heard this. Then the LORD came down... and summoned Aaron and Miriam. When both of them stepped forward, he said, "When a prophet of the LORD is among you, I reveal myself to him in visions, I speak to him in dreams. But this is not true of my servant Moses; he is faithful in all my house. With him I speak face to face, clearly and not in riddles; he sees the form of the LORD. Why then were you not afraid to speak against my servant Moses?" The anger of the LORD burned against them, and he left them. When the cloud lifted from above the Tent, there stood Miriam —leprous, like snow. So, Moses cried out to the LORD, "O God, please heal her!" Numbers 12.1-2,5-10,13

- ❑ DISCRETION - The power to choose your response

Miriam and Aaron began to talk against Moses because of his Cushite wife... Numbers 12.1

- ❑ PROTECTION - God will handle your defense

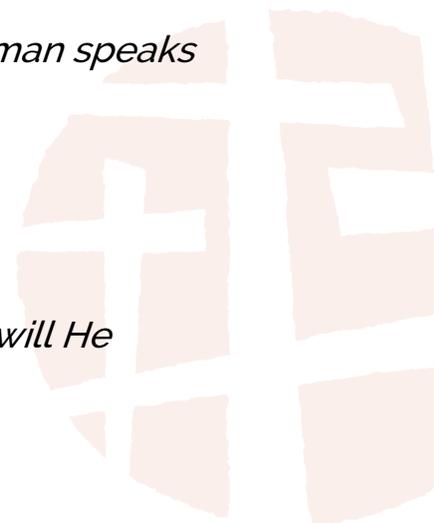
And the Lord heard this...Then the Lord came down... Numbers 12.2,5

- ❑ COMMUNICATION - A deeper experience of communion with God

But this is not true of my servant Moses; he is faithful in all my house. With him I speak face to face, clearly and not in riddles; he sees the form of the LORD. "Why then were you not afraid to speak against my servant Moses?" Numbers 12.7-8

The LORD would speak to Moses face to face, as a man speaks with his friend. Exodus 33.11

The meek will He guide in judgment: and the meek will He teach His way. Psalms 25.9



God teaches the meek what He won't teach the mighty.

☐ COMPASSION - Greatly forgiven people forgive greatly

So, Moses cried out to the LORD, "O God, please heal her!" Numbers 12.13

DISCUSSION QUESTIONS

1. In this message, we were warned about the dangers of flooding, i.e. when in a disagreement or conflict we become flooded with emotion. When we get flooded, communication is over and all progress is halted. Pastor Keith offered a couple of suggested strategies for dealing with flooding in others or in ourselves. When our children are flooded, we might say, "I'll continue this conversation when your voice is as calm as mine." When we ourselves are flooded, we might affirm the desire to work things out but say we need some time as in, "I want to work on this with you, but right now I need a break." What other ways might you address flooding constructively in yourself or others?

2. Often times as believers, we struggle with what is the most loving way of dealing with difficult people. Sometimes, we have been erroneously led to believe that loving others means putting up with bad behavior. Pastor Keith gave several Scriptures that indicate we are to set limits with those engaged

in destructive or toxic behavior. Limits are consistent with the true definition of love – to seek the highest and best good of the other. Have you ever had to set a limit with a difficult person? How did that go? What did you say? What did you learn from that encounter?

3. Meekness is God's cure for the angry disposition. It's the power of your personality and potential under the control and direction of God. Two of the keys in this transformation are protection (knowing God has our back) and communication (having an intimate, conversational relationship with God). Have you ever had an experience of having God work through you in response to a difficult person? Have you ever been able to be silent in response to accusation? Or say enough to object without defending yourself? Or have you ever been supplied words that cut to the real issue without being angry, provocative or passive aggressive?

