

Anger: A Satanic Entrance

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"Be angry, and do not sin:" do not let the sun go down on your wrath, nor give place to the devil. If you are angry, don't sin by nursing your grudge. Don't let the sun go down with you still angry-get over it quickly; for when you are angry, you give a mighty foothold to the devil. — Eph. 4:26-27

REASONS FOR ANGER

1. Things don't go the way I planned (2 Kings 5:11-12).
2. Negative comparison (2 Cor. 10:12).
3. When my rights have been violated (Rom. 12:19).
4. When my life feels out of control (Jonah 4:9).
5. Failure in my past to control anger (Prov. 22:24).

FOUR PERSONALITIES OF ANGER

1. The Maniac (1 Sam. 20:30-33).
2. The Mute (Mark 3:4-6; Prov. 27:6).

3. The Martyr (Luke 15:28).
4. The Manipulator (Luke 6:11).

FIVE STAGES OF ANGER

1. Mild Irritation
2. Indignation
3. Wrath
4. Fury
5. Rage

CLOSING SATAN'S ENTRANCE

1. Don't rehearse the offense.
2. Develop the art of quietness.

Three Practical Steps

- Be aware when tension is building.
 - Learn relaxation techniques.
 - Develop a sense of humor.
3. Drop the matter before the rage takes over.
 4. Recognize the terrible consequences of anger.
 5. Continually ask God for patience.

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