

9 WAYS TO REMOVE ANGER

James says we should be quick to listen, slow to speak, and slow to become angry and that the anger of man doesn't achieve the righteousness of God (James 1:19-20). Jesus compared anger to murder in His Sermon on the Mount (Matthew 5:21-22). Anger is a serious issue for all of us, especially believers. We must tame this beast.



READ MORE SCRIPTURE

Scripture is our source of wisdom, encouragement and knowledge. It not only helps us know God's heart and plan, it fills our mind with good things. Being less angry often involves nourishing our spirits. Time in the Bible is food for your soul. (Matthew 4:4)



CONSUME LESS NEWS

Let's be honest, most of the stuff we read and watch on the news is either irrelevant to our lives or just plain negative. Why not take one week or one month and do a "news fast" and see if your outlook on life improves. Yes, you can still check your team's scores. (Psalm 101:3)



PERFORM ANGER AUTOPSIES

After you've become angry and cooled down, try to do the "anger autopsy". What was it that set you off? Does it happen often? Do you blame others regularly? Can you avoid that situation in the future? Become a watcher of your own life's "game film" and learn as you go. (Proverbs 16:2)



IMPROVE LISTENING SKILLS

Proverbs 15:1 says that a harsh word stirs up anger, but a gentle answer turns away wrath. Grow your capacity to listen, and to listen without the intent to respond. Only with the intent to understand. So much anger is drained out of our life when we listen well. (Proverbs 18:2)



ASK MORE QUESTIONS

As a partner to listening, learn to ask more than you talk. Odds are, the person who's really set you off had a reason that had nothing to do with wrecking your day. See if you can ask gentle and caring questions until you have fully connected with their thinking. (Proverbs 18:13)



GAIN SELF-AWARENESS

Often, what makes us angry is when we encounter someone just like us. It's true. That guy who didn't use his turn signal? You do that all the time. If we can be more aware of our own issues, we tend to find more room for patience and peace in our hearts. (Matthew 7:5)



REMOVE KNOWN SIN

If you're a Christ follower, and you're engaged in a regular sin habit, you're angry. You're mad at yourself, and it's like walking around with a low-grade fever. You may need to work through some sin and get it out of your life so you can have the mind of Christ. (Philippians 4:8)



INVITE CLOSE ACCOUNTABILITY

I'm not opposed to accountability groups that meet at church or coffee shops. They are great sources of wisdom. However, don't neglect people closest to you: your wife, kids, and coworkers. Give them permission to respectfully point out when you cross the line. (Galatians 6:1)



IDENTIFY HIDDEN EXPECTATIONS

A wise guy once said, "All frustration is the result of an unmet expectation." To discover what makes you angry, sometimes you need to dig in and find out what you expected. You may find some junk in that attic that needs to be thrown out. (James 4:1)