

WHY DO PEOPLE GET ANGRY?

Proverbs 23:7 “For as he--(man) **thinketh** in his heart, so *is he.*”

Proverbs 25:28 He that *hath* no rule over **his own spirit** *is like* a city *that is* broken down, *and* without walls.

In his “Book Alternative Religion”, Author J. R Ensey quotes Psychotherapist **Jacob Needleman** on how psychology has gradually supplanted Christianity in this century.

Modern psychiatry arose out of the vision that man must change himself and not depend for help upon an imaginary God. Over half a century ago...human psyche was wrested from faltering hands of organized religion and was situated in the world of nature as a subject for scientific study...

The era of psychology was born. By the end of the Second World War many of the best minds of the new generation were magnetized by a belief in this new science of the psyche. Under the conviction that a way was now open to assuage the confusion and suffering of mankind, the study of the mind became a standard course of work in American universities...Against this juggernaut of new hope, organized religion was helpless. The concept of human nature which had guided the Judeo-Christian tradition for two thousand years had to be altered.

But Needleman then discloses that a measure of disillusionment came to the movement:

But although psychiatry in its many forms pervades our present culture, the hope it once contained has slowly ebbed away...The once magical promise of transformation of the mind through psychiatry has quietly disappeared...The psychiatrists themselves--despair over their inability to help other human beings.

J.R. Ensey puts it. “An incorrect view of a disease usually elicits an incorrect view of the remedy.

Therefore, because psychology embraces an improper view of man and the cause of his problem, it does not provide the appropriate solution. Psychology is deceptive, it constitutes an alternative religion, and its modern practitioners seem to be motivated more often by greed than grace.

There is only one remedy for the moral mistakes or failures of mankind and that is the blood of Jesus and the forgiveness that He offers us.

Back to our title: “Why do people get angry?” And are Christians any different from anyone else?

Is anger inherited?

Where does anger come from?

Is anger a form of learned behavior?

Who is responsible for it?

Back to what Solomon said: “As a man thinketh in his heart so is he.”
George Anderson: “What we do in our minds, we do in our lives.”

Our thoughts direct the course in which we take in life.

Cognitive Change—is based on the idea that thinking has a controlling effect on our actions.
What happens in the mind shows up in what is done in life-- “What we do in our minds, we do in our lives.”

EXAMPLE:

- * News concerning the past election.
- * My father response to the referee call concerning his favorite College football team--(Notre Dame).
- * Our response to wrong diagnoses from the doctor.

Therefore if a person can learn to manage their thinking process, they can develop management of their life.

Do you pay attention to what you think about everyday?
When you are thinking out-loud, how is your self talk? Negative or Positive?

1Thessaloinans 5:23 And the very God of peace sanctify you wholly; and *I pray God* your **whole spirit and soul and body** be preserved blameless unto the coming of our Lord Jesus Christ. The soul has been called the seed-bed of emotions.

Whether Christian or not, we are all emotional people. I teach Christian and none Christian men and women and all of them face the same problems, the difference is how they respond.

The question is asked by **Dr. James Dobson:** “What causes *normal, intelligent* people to act in irrational ways when facing a perceived danger or threat? Why do so many of us “go to pieces” when the chips are down?” The propensity to panic results from the breakdown of a system known as “**fight-flight-or freeze**” within the human body, which causing us to react in many different ways.

Fight-Flight-Freeze

People do the following

Fight—Physically, along with verbal insults, intimidation and even bullying.

Flight—Run from his responsibilities, deny he has a problem by placing the blame somewhere else.

Freeze—Become fearful or paralyzed by doubt

I wish I could say that Christian men and women don't do the above, but they do.

I have and do sit on District boards and national boards and I can tell you when someones opinions are challenged they can become quite enraged and will fight for what they believe is right, whether anyone else agrees with them.

The Anger Triangle

Anger is never the first thing a person feels when they get mad. Anger is a secondary emotion, stemming from a primary emotion which signals an unmet need. Anger is the by-product of all the other emotions that are taking place at the moment. These emotions are the results of one's personal needs that are not being taken care of, whether brought on by one's self or others.

My emotions are my responsibility and I must own them and see them as my problem so I can begin to find an answer to whatever issue they are pointing to.

Let answer these questions

Is anger inherited? One misconception about anger is that the way anger is expressed is inherited trait that cannot be changed. I've heard people say-- "*Inherited my anger from my father,*" *no you were influenced by your father and situation that took place at home and around your friends. Anger is learned behavior.*

Where does anger come from? It comes from within the human heart, as a by-product of our "Defense Mechanism--(A mental process, initiated typically unconsciously, to avoid conscious conflict or anxiety)'

Here is a list of Defense Mechanisms

Negative Defense Mechanism

- 1. Denial**
- 2. Regression**
- 3. Acting Out**
- 4. Dissociation**—When a person loses track of time or person
- 5. Compartmentalization**—having a different form of values depending on the person or subject at hand.
- 6. Projection**—Thoughts considered unacceptable to speak to another person.
- 7. Reaction Formation**—Passive Aggressive
- 8. Repression**
- 9. Displacement**
- 10. Intellectualization**—Is the overemphasis on thinking when confronted with an unacceptable impulse, situation or behavior without employing any emotions,
- 11. Rationalization.**
- 12. Undoing**

Mature Defense Mechanism

- 13. Sublimation**
- 14. Compensation**
- 15. Assertiveness**

Our anger is usually a by-product of stressors that are felt or experienced throughout the day and how we respond to them.

How each one of us respond in accordance with our heart—mind—soul.

If you are a spirit filled individual the “Fruit of the Spirit,” Temperance—Self Control can help you.

If I am working in the Spirit and have prayed and asked God to control my thoughts and actions—response, then I will have better control over spirit and attitudes when situations arise. Each one of us respond differently to similar situations do to our temperaments.

Is anger a from a learned behavior? Yes—Example Esau Descendents.

Eliphaz was a grandson to Esau.

Eliphaz was Amaleks father.

Edom was the home of the Amalekites.

Edom was one of the first nation to attack Israel upon leaving Egypt.

Deuteronomy 25:19 Therefore it shall be, when the LORD thy God hath given thee rest from all thine enemies round about, in the land which the LORD thy God giveth thee *for* an inheritance to possess it, *that* thou shalt blot out the remembrance of Amalek from under heaven; thou shalt not forget *it*.

God despised Amalek, as much as Amalek despised Israel

Amalekites harasses the Israelites from the book of Exodus to the book of Esther

Haman the descendent of Agag the King of the Amalekites once again portrays the spirit of his ancestors in wanting to Kill the Jews

Esau, hated Jacob, so much that he encouraged his children and their childrens, children to hate Jacobs descendents so much that this hatred lasted over 1260 years until Haman, was killed.

Hatred and revenge will not stop until someone seeks peace, and then it may still live on depending upon individuals.

Who is responsible for your anger? I am responsible for my anger.

J. Mark Jordan--”It comes down to this, you can choose your choice, but you cannot choose your consequences. When you make your choice, you—of necessity—choose the consequences that go along with the choice. (*You want to stay mad, stay mad, unforgiving stay unforgiving you are only hurting yourself*).

Gal 5:16 *This I say then*, Walk in the Spirit, and ye shall not fulfill the lust of the flesh.

Eph 4:23-26 **And be renewed in the spirit of your mind;**

And that ye put on the new man, which after God is created in righteousness and true holiness. Wherefore putting away lying, speak every man truth with his neighbour: for we are members one of another.

Be ye angry, and sin not: let not the sun go down upon your wrath:

Anger in and of its self is not sin. It's when I turn my anger loose that I sin and cause problems that I will pay for later. “Whatsoever a man soweth, that shall he also reap.

If you control your spirit, you will control your anger

