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## Why Are So Many So Angry?

*(Exposing the hidden roots of our rage)*

(SERIES: **Angry In America: 01 of 05**)  
by Dr. David Foster

"My dear brothers, take note of this: Everyone should be quick to listen, slow to speak and slow to become angry, for man's anger does not bring about the righteous life that God desires." (James 1:19-20)

"Make every effort to **live in peace with all men** and to be holy; without holiness no one will see the Lord. See to it that no one misses the grace of God and that no **bitter root grows** up to cause trouble and defile many." (Heb 12:14-15)

### The 5 Most Misleading Anger Myths

- MYTH #1: Anger is **avoidable**.
- MYTH #2: Anger is **bad**.
- MYTH #3: Anger is **always destructive**.
- MYTH #4: Anger **should never be expressed**.
- MYTH #5: Anger **can be managed**.

### How To A.D.D.R.E.S.S. Anger

#### **Accept responsibility for my responses.**

"Be completely humble and gentle; be patient, bearing with one another in love. **Make every effort to keep the unity of the Spirit through the bond of peace.** There is one body and one Spirit—just as you were called to one hope when you were called" (Ephesians 4:2-4 NIV)

#### **Deny the desire to dump.**

". . . Everyone should be quick to listen, slow to speak and slow to become angry," (James 1:19)

"**A fool gives full vent to his anger**, but a wise man keeps himself under control." (Prov 29:11)

#### **Decide to ask the right question.**

"Do not conform any longer to the pattern of this world, but be transformed by the renewing of your mind. **Then you will be able to test and approve what God's will is**—his good, pleasing and perfect will." (Rom 12:2)

#### **Resist the urge to purge.**

"The fool who provokes his family to anger and resentment will finally have nothing worthwhile left. . . ." (Prov 11:29)

#### **Express your feelings with wise words.**

"In your anger do not sin . . . ." (Eph 4:26)  
"A rebel shouts in anger; a wise man holds his temper in and cools it." (Prov 29:11)

#### **Select my inner circle carefully.**

"Do not make friends with a hot-tempered man, do not associate with one easily angered, or you may learn his ways and get yourself ensnared." (Prov 22:24-25)

"As iron sharpens iron, so one man sharpens another." (Prov 27:17)

#### **Surrender my rights to God.**

"For we do not have a high priest who is unable to sympathize with our weaknesses, but we have one who has been **tempted in every way, just as we are--yet was without sin.** Let us then approach the throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need." (Heb 4:15-16)

"But the Counselor, the Holy Spirit, whom the Father will send in my name, will teach you all things and will remind you of everything I have said to you. Peace I leave with you; my peace I give you. I do not give to you as the world gives. **Do not let your hearts be troubled and do not be afraid.**" (John 14:26-27)