

The Anger Zones

ANGER: PRACTICAL HELP WITH A POWERFUL EMOTION

_____ from Unmet _____

Tool #1: _____ Needs

- "I feel _____"
- when _____"

The Anger _____

A _____ THAT YOU'RE ANGRY.

B _____ TO THE PRIMARY EMOTION.

C _____ THE CAUSE.

D _____ HOW BEST TO DEAL WITH IT.

Psalm 69:29 I am suffering and in pain. Rescue me, O God, by your saving power.

_____ from Unmet _____

Expectations easily turn into _____.

We are prone to _____ thinking

Biblical example: Naaman, 2 Kings 5

2 Kings 5:9-13 So Naaman went with his horses and chariots and waited at the door of Elisha's house.

10 But Elisha sent a messenger out to him with this message: "Go and wash yourself seven times in the Jordan River. Then your skin will be restored, and you will be healed of your leprosy."

11 But Naaman became angry and stalked away. "I thought he would certainly come out to meet me!" he said. "I expected him to wave his hand over the leprosy and call on the name of the Lord his God and heal me! 12 Aren't the rivers of Damascus, the Abana and the Pharpar, better than any of the rivers of Israel? Why shouldn't I wash in them and be healed?" So Naaman turned and went away in a rage.

13 But his officers tried to reason with him and said, "Sir, if the prophet had told you to do something very difficult, wouldn't you have done it? So you should certainly obey him when he says simply, 'Go and wash and be cured!'"

Tool #2: _____ Frustration

- "I feel _____
- when _____.
- I wish _____."

THE DISTANCE BETWEEN YOUR EXPECTATIONS AND YOUR EXPERIENCE IS _____.