

Processing Anger

1. STOP and delay response.

Cool down and prayerfully reflect (Psalm 4:4-5).

2. Are you trying to justify yourself?

Face it. Pray for help. Admit that someone's sin doesn't justify your sin.

If you're not justifying yourself, look inside and...

3. Ask three questions:

1. Why am I angry? (Is it due to frustration, fear, or hurt/rejection?)

2. What do I want? (love/security or respect/significance?)

3. Is what I want from that person a need or a desire? (Are you depending on God or a god for your needs?) Choose to depend on God alone for your needs (Psalm 62:1).

4. Listen to the other person (James 1:19-20).

Put yourself in his/her shoes. (What did they want from you? How did you hurt them?)

5. Rethink.

Prayerfully ask the Holy Spirit to help you decide what loving that person will look like (Eph. 4:29). Since you're now entrusting your needs to God alone, can you forgive the person and let it go? Or does love call you to ask for forgiveness, and/or take the risk to go and talk it out so there are no barriers? Do you need to establish an appropriate boundary? What will loving the other look like? There is no formula. Love looks different for different people in different situations. Prayerfully ask the Holy Spirit for wisdom. When you don't know what to do you can still have room to move because you know what to be. Once you know what to do...

6. Go do it.

