

# FACTS ABOUT ANGER



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# SIX THINGS TO KNOW ABOUT ANGER

1. Anger is a gift from God as part of our emotions.
2. Anger is a secondary emotion that follows a deeper primary emotion within.
3. Anger is expressed in hundreds of ways. Yelling, sarcasm, irritation, frustration, avoiding, threatening, impatience & gossiping are typical.
4. Anger is a reaction to a perceived threat to us, our loved ones, our property, or our identity.
5. Anger is driven by inward and hidden desires not being met.
6. Anger is a morally neutral emotion. How we express it makes it good or evil.

# TWO APPROACHES TO REDUCE ANGER

SEE IT AS AN  
EMOTION ISSUE

Understand it.  
Manage it.  
Leverage techniques.  
Attitude change.

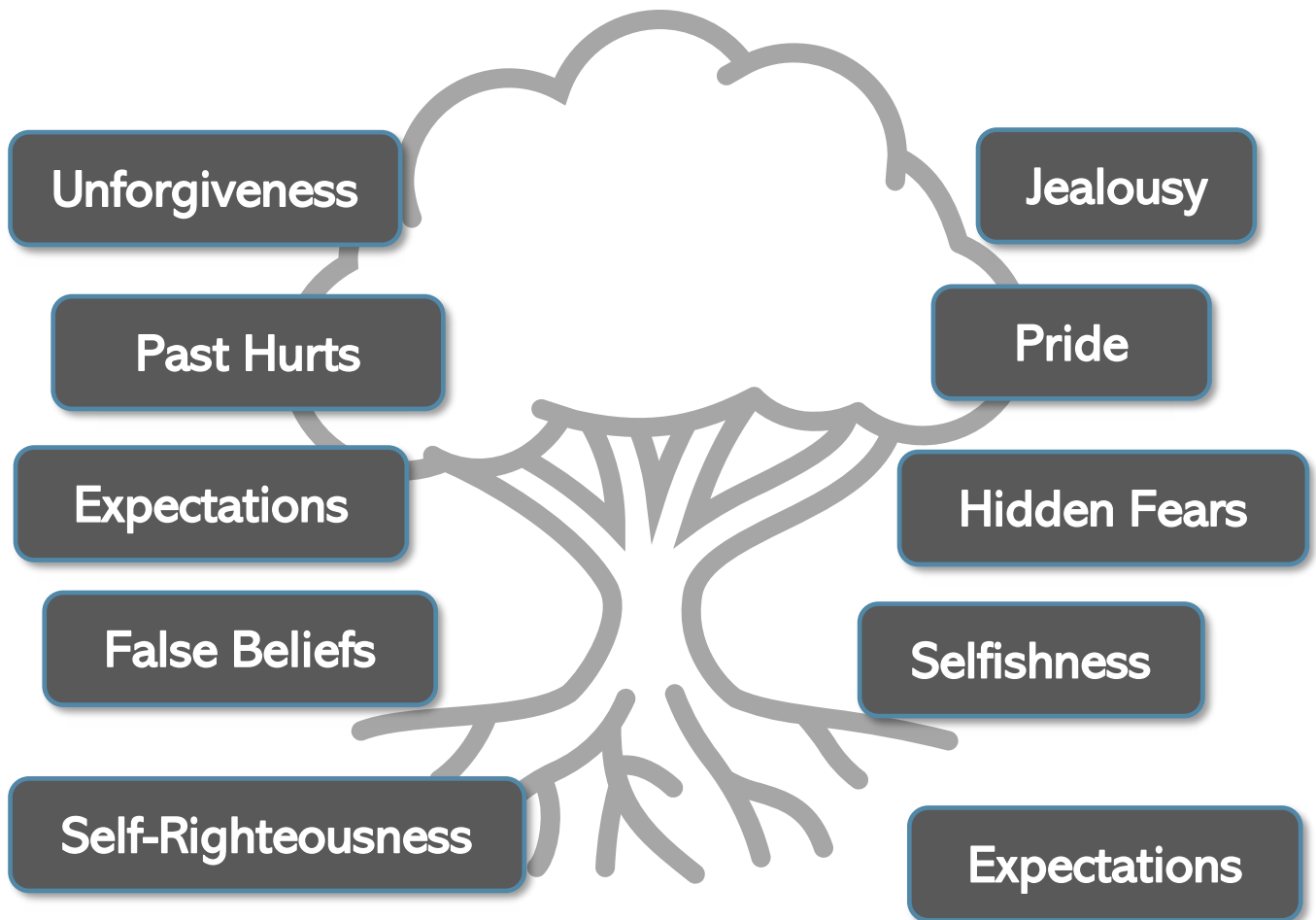


SEE IT AS A  
SPIRITUAL ISSUE

Understand it.  
Yield it.  
Leverage God's ways.  
Heart change.

WHAT CAUSES FIGHTS AND QUARRELS AMONG YOU? DON'T THEY COME FROM YOUR DESIRES THAT BATTLE WITHIN YOU? YOU DESIRE BUT DO NOT HAVE, SO YOU KILL. YOU COVET BUT YOU CANNOT GET WHAT YOU WANT, SO YOU QUARREL AND FIGHT. YOU DO NOT HAVE BECAUSE YOU DO NOT ASK GOD. WHEN YOU ASK, YOU DO NOT RECEIVE, BECAUSE YOU ASK WITH WRONG MOTIVES, THAT YOU MAY SPEND WHAT YOU GET ON YOUR PLEASURES. **James 4:1-3**

# COMMON ROOTS OF ANGER



Your life is like a tree. Anger is one of the fruits. You can find the spiritual roots and put them to death as you rely on God's word and power.

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# GREAT QUESTIONS ABOUT ANGER

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WHAT IS THE PURPOSE OF ANGER?  
IS ANGER ALWAYS A BAD?  
HOW CAN GOD'S ANGER BE GOOD?  
HOW IS ANGER SUPPOSED TO WORK?  
WHAT DANGERS LIE BEHIND MY ANGER?  
WHY WOULD GOD GIVE US THIS EMOTION?  
WHAT IS UNIQUE ABOUT MY ANGER?  
WHAT FUELS MY ANGER?  
CAN SOMEONE REALLY CHANGE THEIR ANGER?  
WHAT IS MY FAMILY TREE OF ANGER?  
HOW DO MY BELIEFS INFLUENCE MY ANGER?  
HOW DOES FEAR AND DOUBT AFFECT MY ANGER?

Let's  
Answer  
these  
Questions!

Understand this, my dear brothers and sisters;  
You must all be quick to listen, slow to speak and slow to get angry.  
Human anger does not produce the righteousness God desires.

James 1:19-20



# WHAT IS YIELD ABOUT?

A self-paced online course for the emotion of Anger

A journey to understanding your emotions and responses.

Over 25 short video lessons (3 – 10 minutes)

Lesson downloads and special worksheets.

A biblical approach to expressing anger as God intended.

A powerful way to change your heart for good.

A way to deepen your relationships.

A learning experience that grows your emotional intelligence.

A great resource for small groups and couples to study.

Visit [www.yieldanger.com](http://www.yieldanger.com) to learn more!