

Addressing anger

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Definition: Anger is an intense emotional state induced by displeasure, hurt, bitterness, shame, and/or injustice.

Proverbs 19:11 (NLT) *Sensible people control their temper; they earn respect by overlooking wrongs.*

Ecclesiastes 7:8–9 (NLT) *Finishing is better than starting. Patience is better than pride. 9 Control your temper, for anger labels you a fool.*

Ephesians 4:26–27 (NLT) *And “don’t sin by letting anger control you.” Don’t let the sun go down while you are still angry,²⁷ for anger gives a foothold to the devil.*

Indication of anger

- I feel relatively happy, and then I am struck with a sudden mood change.
- I can tend to raise my voice loudly and speak emphatically to make my point.
- I have an expressed impatience with others that often times plays out in exasperation.
- I become angry when I feel that I am being disrespected, or when my words are not taken seriously.
- I know I am angry because of the language inside my head.
- I often do not want to hear what another person has to say.
- I get angry when I do not have what I need.
- I get angry when people do not do what I say.
- I get angry when I cannot control a given situation.
- I get angry about suggestions that I have done something wrong.
- I get angry when I feel added pressure on my job, with finances, with personal responsibilities, and/or expectations.
- I easily become defensive.
- I quickly see the faults in others.
- I look for opportunities to bring up old hurtful subjects.
- I find myself speaking negatively or critically of others.
- I say I have forgiven, but I continue to process those situations in my mind.
- I feel like my life is harder than others. “I have been given a raw deal.”



4-R's Prayer

NOTES _____

Repent

Grant Forgiveness:

Lord Jesus, I forgive my dad/(stepdad) or mom/(stepmom) for the injustice(s) of _____

(List here the injustices for which you need to forgive your dad/mom and go through them one at a time. It is important to recognize how these injustices against you made you feel. It is then essential that you grant forgiveness for that consequence.)

Ask Forgiveness:

Lord, I ask you to forgive me for the sin of unforgiveness, bitterness, anger, and/or resentment toward my dad/mom related to these injustices. I ask your forgiveness for my rebellion toward my dad/mom. I now break all curses, negative thoughts, or slander I have spoken against him/her. I replace those curses now with blessings!

Bless: (Pray with conviction.)

Lord, I bless my father/mother with _____
(If no longer living, bless his/her memory as if he/she is physically in front of you. This will be for your benefit.)

Rebuke

(Pray the following prayer with conviction and in faith that God will move in a powerful way right now.)

Lord, I now renounce a life of anger, bitterness, and unforgiveness. I rebuke the spirits of rejection, abandonment, unforgiveness, resentment, anger, _____, and _____.

Replace

Lord, I replace my right to see justice in the Spirit of Christ in forgiveness. I will live in a spirit of forgiveness, forbearance, grace and mercy, and security in Jesus. I will not live in anger and resentment but instead I will live in generous forgiveness.

Recieve

Thank the Lord that He has totally forgiven you. Receive His full cleansing and rejoice. Request and receive the filling of the Holy Spirit to fill every place that was once inhabited by the sin of anger fueled by unforgiveness.

Sample Prayer: *Lord, I receive your forgiveness for the sin of anger in my life. I receive Your love for me. Fill me with Your Holy Spirit that I may live supernaturally in the freedom of forgiveness and trust in You in faith.*



The Tree-Model

Fruit:

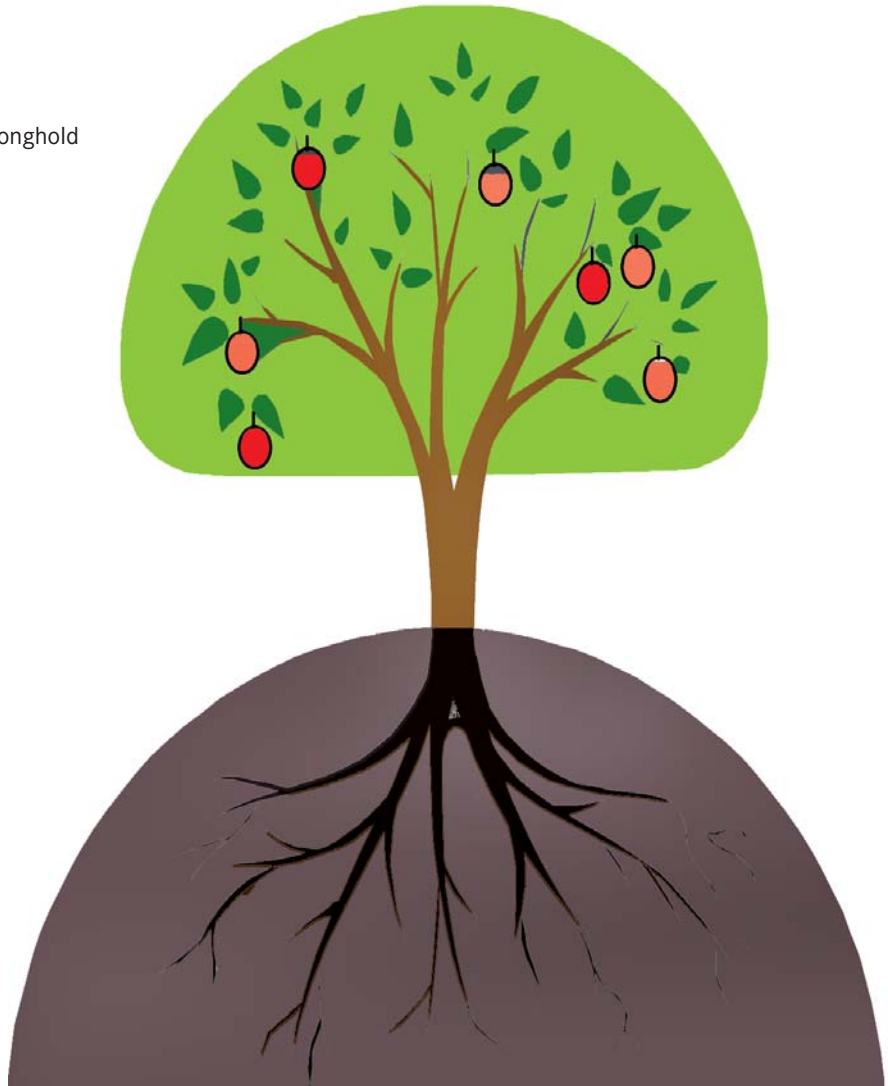
- Strongholds resulting from a core stronghold
- Recognized strongholds patterns in a person's life

Tree trunk:

- Core stronghold(s)

Roots:

- Where the strongholds `develops` in the persons life
 - injustices
 - love deficit
 - trauma
 - generational
 - soul ties
 - curses



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