



SERIES: July Series “OFF ROADING”

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Tuesday, July 6, 2021

Scripture: Psalm 37:7-9

TITLE: Anger Management

When have you lashed out in anger? In recent memory, I had a “Dad fail”. I was cooking lunch at my home, when suddenly I heard a crash around the corner. I looked, and there was my son’s foot hanging through my ceiling. He ran downstairs, and I lost it. I started yelling, “There is a hole in my ceiling! You are going to pay every cent. What were you thinking? How could you be so dumb?!”

I am so ashamed of my reaction. My son did err in judgment that day by walking around in the attic in the dark. But I need to control my reactions, not him. I apologized profusely for my response. He forgave me. But I will tell you, it is better to respond well in the first place, than trying to pick up the pieces of an anger explosion.

Here’s what King David said about anger management:

“Be still before the LORD and wait patiently for him; do not fret when people succeed in their ways when they carry out their wicked schemes. Refrain from anger and turn from wrath; do not fret—it leads only to evil. For those who are evil will be destroyed, but those who hope in the LORD will inherit the land” (Psalm 37:7-9, NIV).

Now, in this context, David is seeing evil people succeed, and it’s causing feelings of anger. Now, you may be prompted to anger for those reasons. It could be political events that make you angry. It could be the decision of your kids! There is no shortage of anger triggers. But David tells us rightly. Acting out in anger leads to evil. That day where I yelled and shamed my son, I crushed his spirit. I watched it, but I kept going. It was evil. Now, we’ve recovered. It was a learning opportunity for both of us. But I would have rather not had to mend a broken spirit.

A better alternative is to rely on God’s peace and sovereignty, because God won’t let us down. He may do things in His time, but He always delivers. So when the evil people succeed in their schemes, God’s got it; He’ll deal with them - rest. When you are hurt by a colleague, friend, or family member, God’s aware. He cares. He will deal with it. You can rest and respond well.

So here’s my challenge for you today. Recognize the triggers that make you angry. Nothing makes you react in anger, but there are prompts or triggers that do. So recognize what they are. Ask God for help to respond well when they happen. Then when the moments arise, ask God to intervene. And when you respond well, celebrate in a simple way.

Now that you know the path to anger management, go win the day.