

USING ANGER TO ATTACK PROBLEMS

PROBLEM

4. Return good for what you think is evil

Gen 50:21,

Rom 12:21

3. "Make room for God's wrath."

Gen 50:19

Rom 12:19

I will not play God

2. See God in the trial.

Gen 50:20

Rom 8:28-29

Jms 1:2-4

1. Recognize, admit, confess

- a. My wrong
- b. The wrongness of my anger
- c. Confess to:
 - God
 - Right people
 - Prov 28:28

6. Act to solve your part of the problem.

Rom 12:18

(God's kind of person)

5. Communicate to solve the problem.

a. Use the 4 Rules of communication.

Eph. 4:15, 25-32

b. Ask "6 Questions"

c. Let love defuse.

ENERGY

Six Questions to Ask Before Bringing Up a Sticky Situation!

1. Do I have the facts right? Prov. 18:13.

- a. Foolish to deal with problem without facts.
- b. May need to ask for the facts.
- c. Help me. Perhaps I'm missing something.

2. Should love hide it? 1 Pet. 4:8.

-How can you know when love should hide a problem and you should not bring it up?

- a. Is it sinful?
 - 1) Is it just a preference of yours or has God's Word been violated?
 - 2) If harmony and testimony of body of Christ not being harmed may allow Lord to continue to work on the person.
 - 3) Prov. 15:31
- b. Is it hindering growth?
 - If other person is still growing or situation not deteriorating rapidly may allow Lord to continue to work on him/her.
- c. Do you have responsibility or involvement?
 - 1) You can't deal with everybody's problems.
 - 2) You are not responsible for everybody's problems.

3. Is my timing right? Prov. 15:23b.

- a. A word spoken in right time is good and delightful.
- b. Learn some good defusing statements for difficult, sticky problems.

4. Is my attitude right? Eph. 4:15.

- a. What is my goal in bringing it up?
- b. Am I trying to help the other person, or am I just trying to get even?
- c. Have I dealt with my own past sins?
- d. Is it hindering spiritual growth?
- e. Is bringing up this issue for God's glory?

5. Are my words loving? Eph. 4:15.

- Constructive, solution oriented?

6. Have I prayed for God's help? Prov. 3:5.

- Don't lean on your own wisdom.