



God's perscriptions for life Overcoming Anger

Savage Chickens

by Doug Savage



1. How we express Anger

i. The Maniac



ii. The Mute



iii. The Martyr



iv. The Manipulator



- ❖ We all get angry
- ❖ We may express it in any of these ways at times

2. How do we handle it?

- i. Understand the causes of anger
 - a) Injustice
 - b) Humiliation
 - c) Frustration
 - d) The truth
- ii. Learn to love and accept ourselves
“Love your neighbour as yourself”

3. Seek Reconciliation

- i. Admit your anger
- ii. Deal with it immediately
- iii. Stop and think before you speak
 - ❖ “Don’t make the best speech you will ever regret”
- iv. Ask God to fill you with his Holy Spirit