

A black silhouette of a person walking from left to right, their head bowed and hands in their pockets, set against a background of a grey brick wall.

# HOW TO DEAL WITH HOW YOU FEEL

An exploration of:  
Stress, Depression, Guilt,  
Anger, Grief, and Bitterness

*Ephesian 4:26-27*

**<sup>26</sup> "In your anger do not sin":  
Do not let the sun go down while  
you are still angry, <sup>27</sup> and do not  
give the devil a foothold.**



## *Dangers to avoid*

- **Ascribing omnipotence to our emotions**



## *Dangers to avoid*

- **Ascribing omnipotence to our emotions**
- **Denying our emotions**



## *God's anger*

- **"God is a righteous judge, a God who expresses His wrath every day."**

Psalm 7:11



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- **"Then the Lord's anger burned against Moses ..."**

Exodus 4:14



## *God's anger*

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Psalms 7:11

- **"Then the Lord's anger burned against Moses ..."**

Exodus 4:14

- **"He looked around at them in anger and, deeply distressed at their stubborn hearts."**

Mark 3:5





*Our anger is sinful when*

- **... it is for the wrong reasons.**





*Our anger is sinful when*

- **... it is for the wrong reasons.**
- **... it controls us.** "Better a patient man than a warrior, a man who controls his temper than one who take a city."

Proverbs 16:32



## *Our anger is sinful when*

- **... it is for the wrong reasons.**
- **... it controls us.**
- **... it becomes the dominant feature in our lives.** "A hot-tempered man must pay the penalty; if you rescue him, you will have to do it again." Proverbs 19:19



## *Our anger is sinful when*

- **... it is for the wrong reasons.**
- **... it controls us.**
- **... it becomes the dominant feature in our lives.**
- **... it involves brooding or fretting.**

"Refrain from anger and turn from wrath; do not fret – it only leads to evil." Psalm 37:8



*Our anger is sinful when*

- **... it controls us.**
- **... it becomes the dominant feature in our lives.**
- **... it involves brooding or fretting.**
- **... it leads us to keep a running record of how we have been mistreated.** "Love keeps no record of wrongs." 1 Corinthians 13:5



*Our anger is sinful when*

- **... it becomes the dominant feature in our lives.**
- **... it involves brooding or fretting.**
- **... it leads us to keep a running record of how we have been mistreated.**
- **... we pretend we are not angry.**

"Each of you must put off falsehood and speak truthfully to his neighbor."

Ephesians 4:25



*Our anger is sinful when*

- ... it involves brooding or fretting.
- ... it leads us to keep a running record of how we have been mistreated.
- ... we pretend we are not angry.
- ... we return evil for evil or attack the people with whom we are angry.



*Our anger is sinful when*

- ... it leads us to keep a running record of how we have been mistreated.
- ... we pretend we are not angry.
- ... we return evil for evil or attack the people with whom we are angry.
- ... it drives us to attack a substitute.





## *Why do we get angry?*

- **We don't deal with our emotions healthily and honestly; we push frustration or hurt or insecurity underground.**



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## *Why do we get angry?*

- **We don't deal with our emotions healthily and honestly; we push frustration or hurt or insecurity underground.**
  - This happens through denial,
  - or immaturity,
  - or lack of emotional discipline.



## *Why do we get angry?*

- **We don't deal with our emotions healthily and honestly.**
- **We see anger modeled and we internalize it.**



## *Why do we get angry?*

- **We don't deal with our emotions healthily and honestly.**
- **We see anger modeled and we internalize it.**
- **We don't bond healthily.**



*“Shifts” identified by Dr. Cloud ...*

- ***Bonding to others***
- ***Separating from others***
- ***Sorting out good and bad***
- ***Becoming an adult***





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- **We don't deal with our emotions healthily and honestly.**
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- **We don't sort good and bad.**



## *Results of ineffectively sorting good and bad*

- **Perfectionism**
- **Judgmentalism**
- **Narcissism**
- **Anxiety and panic**
- **Guilt**
- **Sexual addiction**
- **Eating disorders**
- **Excessive rage**



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- **We see anger modeled and we internalize it.**
- **We don't bond healthily.**
- **We don't sort good and bad.**



## *HOW DO WE DEAL WITH ANGER?*

- **Do not hang out with an angry person.** "Do not make friends with a hot-tempered man, do not associate with one easily angered, or you may learn his ways and get yourself ensnared." Proverbs 22:24-25



# *HOW DO WE DEAL WITH ANGER?*

- **Do not hang out with an angry person.**
- **Accept the gift of limits.**



# *HOW DO WE DEAL WITH ANGER?*

- **Do not hang out with an angry person.**
- **Accept the gift of limits.**
- **Check your anger meter.** "A fool gives full vent to his anger, but a wise man keeps himself under control."

Proverbs 29:11





# *HOW DO WE DEAL WITH ANGER?*

- **Do not hang out with an angry person.**
- **Accept the gift of limits.**
- **Check your anger meter.**
- **Get some exercise.**



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