



The Well

an ordinary place
where extraordinary
things happen

STSA.CHURCH/THEWELL



ANGER MANAGEMENT

PART 1: IS THERE A RIGHT WAY TO GET ANGRY?

“BE ANGRY, AND DO NOT SIN.” EPHESIANS 4:26

FOUR WAYS PEOPLE EXPRESS ANGER :

- _____
- _____
- _____
- _____

“Whoever has no rule over his own spirit is like a city broken down, without walls.” Proverbs 25:28

“He who is slow to anger is better than the mighty, and he who rules his spirit than he who takes a city.” Proverbs 16:32

ONE

GO SLOWER: _____ before reacting

“He who is slow to wrath has great understanding, but he who is impulsive exalts folly.” Proverbs 14:29

“So then, my beloved brethren, let every man be swift to hear, slow to speak, slow to wrath; for the wrath of man does not produce the righteousness of God.” James 1:19-20

TWO

GO DEEPER: past words to _____

“The discretion of a man makes him slow to anger, and his glory is to overlook a transgression.” Proverbs 19:11

“There is one longing – almost as deep, almost as imperious, as the desire for food or sleep – which is seldom gratified. It is what Freud calls ‘the desire to be great.’ It is what Dewey calls ‘the desire to be important.’” Dale Carnegie

“You have heard that it was said, ‘You shall love your neighbor and hate your enemy.’ But I say to you, love your enemies, bless those who curse you, do good to those who hate you, and pray for those who spitefully use you and persecute you, that you may be sons of your Father in heaven; for He makes His sun rise on the evil and on the good, and sends rain on the just and on the unjust.”

Matthew 6:43-45

THREE

GO HIGHER: _____ for help

“But the fruit of the Spirit is love, joy, peace, longsuffering, kindness, goodness, faithfulness, gentleness, self-control.” Galatians 5:22

“If someone says, “I love God,” and hates his brother, he is a liar; for he who does not love his brother whom he has seen, how can he love God whom he has not seen? And this commandment we have from Him: that he who loves God must love his brother also.” 1 John 4:20-21

**“DO NOT BE OVERCOME BY EVIL,
BUT OVERCOME EVIL WITH GOOD.”
ROMANS 12:21**

ANGER MANAGEMENT

PART 3: BOUNDARIES

BOUNDARIES DEFINE MY AREA OF RESPONSIBILITY.

“Keep your heart with all diligence, for out of it spring the issues of life.”

Proverbs 4:23

**ANYTHING THAT AFFECTS _____
IS MY RESPONSIBILITY.**

“Flee also youthful lusts; but pursue righteousness, faith, love, peace with those who call on the Lord out of a pure heart. But avoid foolish and ignorant disputes, knowing that they generate strife.” 2 Timothy 2:22-23

AM I RESPONSIBLE FOR OTHERS? OR JUST MYSELF?

**I AM RESPONSIBLE _____ OTHERS,
NOT _____ THEM.**

“Bear one another’s BURDENS, and so fulfill the law of Christ.” Galatians 6:2

“For each one shall bear his own LOAD.” Galatians 6:5

See also Luke 10:34-35 & John 5:7-8

1. START WITH A _____ MINDSET

2. TURN EVERY _____ INTO A _____

“Now in the morning, having risen a long while before daylight, He went out and departed to a solitary place; and there He prayed. And Simon and those who were with Him searched for Him. When they found Him, they said to Him, “Everyone is looking for You.” But He said to them, “Let us go into the next towns, that I may preach there also, because for this purpose I have come forth.”

Mark 1:35-38

“We ought to obey God rather than men.” Acts 5:29

3. CONFRONT IN _____

“Moreover if your brother sins against you, go and tell him his fault between you and him alone. If he hears you, you have gained your brother.” Matthew 18:15

“Whom the Lord loves He chastens, and scourges every son whom He receives.” If you endure chastening, God deals with you as with sons; for what son is there whom a father does not chasten?” Hebrews 12:6-7

“A hot-tempered person must pay the penalty; rescue them, and you will have to do it again.” Proverbs 19:19

**OUR GOAL ISN'T A ONE-SIZE-FITS-ALL RULE.
OUR GOAL IS GRACE AND TRUTH.**

“And the Word became flesh and dwelt among us, and we beheld His glory, the glory as of the only begotten of the Father, full of GRACE and TRUTH... For the law was given through Moses; GRACE and TRUTH came through Jesus Christ.”

John 1:14, 17

ANGER MANAGEMENT

PART 4: THE NEED TO PLEASE

“THE FEAR OF MAN BRINGS A SNARE, BUT WHOEVER TRUSTS IN THE LORD SHALL BE SAFE.” PROVERBS 29:25

“Nevertheless even among the rulers many believed in Him, but because of the Pharisees they did not confess Him, lest they should be put out of the synagogue; for they loved the praise of men more than the praise of God.”
John 12:42-43

But he [Peter] said to Him, “Lord, I am ready to go with You, both to prison and to death.” Then He said, “I tell you, Peter, the rooster shall not crow this day before you will deny three times that you know Me.” Luke 22:33-34

IN WHAT AREAS AM I DRIVEN BY PLEASING PEOPLE?

“For do I now persuade men, or God? Or do I seek to please men? For if I still pleased men, I would not be a bondservant of Christ.” Galatians 1:10

DON'T MAKE PEOPLE _____.

MAKE GOD _____.

“Oh, fear the Lord, you His saints! There is no want to those who fear Him.”
Psalm 34:9

“The Lord is my shepherd; I shall not want.” Psalm 23:1

I CAN AIM TO PLEASE PEOPLE OR I CAN AIM TO PLEASE GOD, BUT I CAN'T _____ .

**“You are those who justify yourselves before men, but God knows your hearts. For what is highly esteemed among men is an abomination in the sight of God.”
Luke 16:15**

“Let Israel rejoice in their Maker; let the children of Zion be joyful in their King. Let them praise His name with the dance; let them sing praises to Him with the timbrel and harp. For the Lord takes pleasure in His people.” Psalm 149:2-4

**“We are not trying to please people but God, who tests our hearts.”
1 Thessalonians 2:4**

WE DON'T LIVE _____ THE APPROVAL OF OTHERS. WE LIVE _____ THE APPROVAL OF THE ONLY ONE THAT MATTERS.

ANGER MANAGEMENT

PART 5: TAKING THE HIGHER GROUND

“WHEN A MAN’S WAYS PLEASE THE LORD, HE MAKES EVEN HIS ENEMIES TO BE AT PEACE WITH HIM.” PROVERBS 16:7

STRATEGY: DO NOT _____

“To argue with a person who has renounced the use of reason is like administering medicine to the dead.” Thomas Payne

“Fools show their annoyance at once, but the prudent overlook an insult.” Proverbs 12:16

“Do not repay evil with evil or insult with insult. On the contrary, repay evil with blessing, because to this you were called so that you may inherit a blessing.” 1 Peter 3:9

1. REFUSE TO BE _____

“A person’s wisdom yields patience; it is to one’s glory to overlook an offense.” Proverbs 19:11

“Hatred stirs up strife, but love covers all sins.” Proverbs 10:12

2. REFUSE TO WAIT FOR AN _____

“bearing with one another, and forgiving one another, if anyone has a complaint against another; even as Christ forgave you, so you also must do.” Colossians 3:13

“Father, forgive them, for they do not know what they are doing.” Luke 23:34

3. REFUSE TO _____

“Do not speak evil of one another, brethren. He who speaks evil of a brother and judges his brother, speaks evil of the law and judges the law. But if you judge the law, you are not a doer of the law but a judge. There is one Lawgiver, who is able to save and to destroy. Who are you to judge another?”

James 4:11-12

“Let no corrupt word proceed out of your mouth, but what is good for necessary edification, that it may impart grace to the hearers...Let all bitterness, wrath, anger, clamor, and evil speaking be put away from you, with all malice.” Ephesians 4:29-31

4. REFUSE TO HAVE AN _____

“For to this you were called, because Christ also suffered for us, leaving us an example, that you should follow His steps: “Who committed no sin, nor was deceit found in His mouth”; who, when He was reviled, did not revile in return; when He suffered, He did not threaten, but committed Himself to Him who judges righteously.” 1 Peter 2:21-23

.....

***“Bless those who persecute you; bless and do not curse...
Repay no one evil for evil.
Have regard for good things in the sight of all men.
If it is possible, as much as depends on you,
live peaceably with all men...
Do not be overcome by evil, but overcome evil with good.”***

ROMANS 12:14-21

STSA MINISTRIES

BRING AN ANCIENT FAITH
TO YOUR MODERN WORLD

STSA Church was established in April 2012 with a mission to "bring an ancient faith to a modern world." We attempt to do that by presenting the depth and richness of our Orthodox Christian faith, in a way that's relevant and applicable to life in the 21st century.

STSA Ministries is being established in September 2019 with the goal of encouraging and equipping local Orthodox Church leaders with resources and tools you can use to bring an ancient faith to your modern world.

WE ARE A PLACE
WHERE PEOPLE CAN
UNITE TO WORSHIP
GOD IN THE
TRADITIONS OF THE
ORTHODOX CHURCH
AS ONE FAMILY
REGARDLESS OF
ETHNIC, CULTURAL,
OR SPIRITUAL
BACKGROUND.

The only materials you'll find on our site are ones that we personally use at STSA Church and have been using for years. Our staff and volunteers have spent years researching, testing, and refining the content and we pray that they'll be as helpful to you as they have been to us. Our goal is to continually be developing new materials so be sure to sign up for our email list to stay informed.

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