



Shepherd Care®

To Care for People Where They Live and Work

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COMMUNITY Care TOPIC

Don't Blow Your Top

What Triggers Anger?

Justifiable Reasons- when something that is legitimate in upsetting us. If the issue is not a genuine reason that we have a warning- "That whosoever is angry with his brother without a cause shall be in danger of the judgment." *Matthew 5:22*

Unjustifiable Reasons- something done that is trivial or even our own fault. Maybe it was something silly? Ask yourself if the issue is worth losing your cool.

#@*%! ... Watch our Words

Have you been to a meeting or at a family function went you heard someone blow their top? The sounds are not pretty. It is very hard to take our words back, so it is important that we watch our words. Remember that "A soft answer turneth away wrath: but grievous words stir up anger." *Proverbs 15:1*

Some good advice is to put off and throw away our angry words "...Now ye also put off all these; anger, wrath, malice, blasphemy, filthy communication out of your mouth." *Colossians 3:8*

Anger Management

We need to manage our temper or our temper will mangle us! The process to Cool Down, Cool Off, Relax, Count to ten, Count to twenty, or even Count to one hundred, is important. Another key is to take responsibility and apologize to those affected by our angry outbursts. Emotional maturity means that we have self-control and know when to "let it go." "The discretion of a man deferreth his anger; and it is his glory to pass over a transgression." *Proverbs 19:11*

What choice will you make today?

Introducing your Community Chaplain

Eric Kieselbach

(pronounced "key-sill-baa")

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"We need to manage our temper, or our temper will manage us!"

"He that is slow to anger is better than the mighty; and he that ruleth his spirit than he that taketh a city." *Proverbs 16:32*

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