

Spiritually intelligent
people know why
they get angry,
accept it and use the
anger for God's glory.

Human anger is designed by God to
motivate us to take constructive action

Gary Chapman

3b a man was there with a withered hand. ² And they watched Jesus, to see whether he would heal him on the Sabbath, so that they might accuse him. ³ And he said to the man with the withered hand, "Come here." ⁴ And he said to them, "Is it lawful on the Sabbath to do good or to do harm, to save life or to kill?" But they were silent.

Mark 3: 1-4

⁵ And he looked around at them with anger, grieved at their hardness of heart, and said to the man, “Stretch out your hand.” He stretched it out, and his hand was restored. *Mark 3: 1-5*



What are some of the issues that anger people the most in a job? Why do people often “store” their anger while at work?



Playfulness

Acceptance

Curiosity

Empathy

Giving glory to God or ourselves?

Cain Abel

Moses Joshua

David Saul

Jesus Peter

⁴ Love is patient and kind; love does not envy or boast; it is not arrogant⁵ or rude. It does not insist on its own way; it is not irritable or resentful; ⁶ it does not rejoice at wrongdoing, but rejoices with the truth. ⁷ Love bears all things, believes all things, hopes all things, endures all things.

⁸ Love never ends.

1 Corinthians 13: 4-8

“In your anger do not sin”: Do not let the sun go down while you are still angry, and do not give the devil a foothold.

Ephesians 4:26-27

Acknowledge your
anger



Restrain yourself



Locate the focus of
your anger



Consider your options



Take constructive
action

How do you express your
anger?

Are you a hedgehog or a rhino?





Frustration

Stress

Worry

Disappointment

Freedom

Release

Breathe

Laughter



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