

The Habit Wheel Anger Part 2

Whatever is begun in anger ends in shame.

Proverbs 14:29

Folly means: Foolish or unwise.

Have you ever done some foolish things in your anger?

- Said something foolish.
- Did something foolish.
- Hurt someone out of foolishness.

The only difference between those who have failed and those who have succeeded lies in the difference of their habits.

The old saying goes “We’re creatures of habit, whether good or bad.”

Some psychologists believe that up to 95% of our behavior is formed through habits.

Each time we repeat an act we add to it and strengthen it.

We first make our habits, and then our habits make us.

The original meaning of **HABIT** was garment or piece of clothing, as with garments, we wear our habits daily.

Sow an act, reap a habit, sow a habit, reap a character, sow a character, reap a destiny.

Character means: a distinctive mark of who you are and what others see.

How to Tame the Lion of Anger.

- **Admit you have an anger problem.**

Often, we justify our outburst of anger, we excuse ourselves by blaming others for our anger.

Proverbs 28:13

You not only have to stop lying to yourself about your anger, but you also have to **OWN IT**.

- **Identify the source of your anger.**

For instance, when someone criticizes you, why do you become angry or get defensive?

Possibly because of your insecurities of not feeling like you measure up.

If you can identify the source of your anger, you are more likely to understand how to deal with it.

- **Learn to calm down before you react.**

Proverbs 29:11

If you learn to control your tongue, you will control the damaging effects of your anger.

Your anger is a threat to the life of peace that God desires for you.

- **Let go of anger correctly.**

Don't repress your anger, you not only bottle it up inside you but you're not even aware of it.

Anger will always find an expression, you will either complain, blame, or criticize, but your anger will always find a release.

- **Practice forgiveness.**

Luke 23:34

If you really want to get rid of your anger, you must choose to forgive the person who has done you wrong.

Not forgiving is like drinking rat poison and the waiting for the rat to die.

To forgive is to set a prisoner free and discover that the prisoner was you.

Forgiveness is one of the most powerful and healing tools we have.