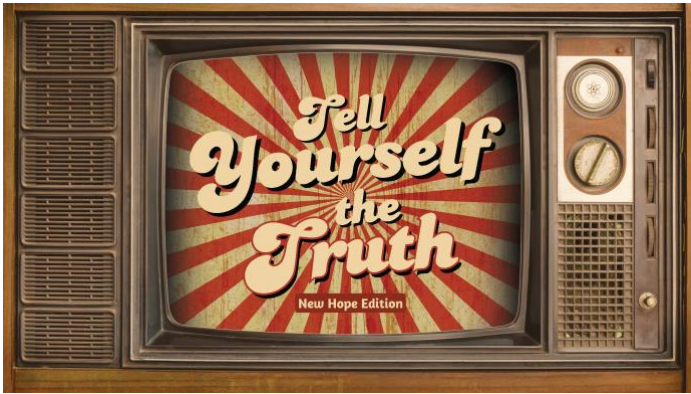


TAKE HOME SHEET



Series: Tell Yourself the Truth
Message: Don't Get Mad, Get Even.
Speaker: Rusty Coram
Date: January 26, 2025

After reviewing the message notes, look at the descriptions of the three dangerous approaches to anger (as described in The Anger Workbook by Les Carter and Frank Minirth.) As you read the descriptions, try to honestly evaluate which one you tend to identify with. Suggestion: invite God to help you as you read.

Open Aggression

This category of anger includes explosiveness, rage, intimidation, and blame. However, it is not limited to these extreme forms of expression. It can also include bickering, criticism, griping, and sarcasm. Open aggression arises from focusing so strongly on your personal needs that you are insensitive to the needs of others.

Hidden Suppression

Many people hesitate to admit their anger. When an anger-producing circumstance occurs, these people stoically put on a good front and pretend to feel no tension at all. They express mild surprise that anyone would assume they might be angry. *"Who me? Angry? No, really, everything is just fine"*.

Passive Aggression

Like open aggression, anger expressed through passive aggression involves preserving personal worth, needs, and convictions at someone else's expense. However, it differs in that it is accomplished in a quieter manner, causing less personal vulnerability.

Passive aggression is caused by a need for control with the least amount of vulnerability. This form of anger is different from suppression in that the person knows he or she is angry (in contrast to suppressed anger, which is denied). But because this person assumes it is too risky to be open, they frustrate others by subtle sabotage.

Humble Submission

God charges all followers to live in humble submission to Him in all areas of our life. Think about how He wants you to respond to the teaching this week regarding anger:

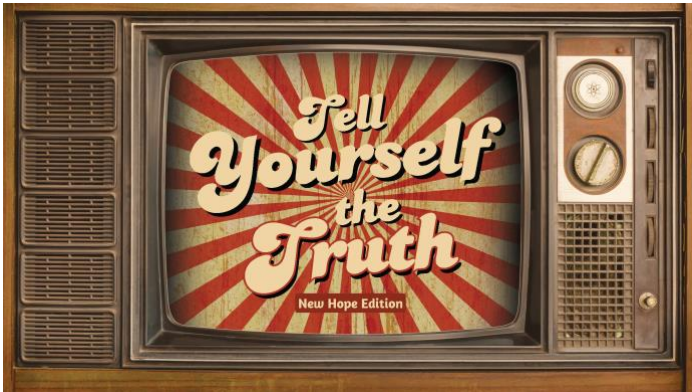
Are there some things you should be angry about – injustice, oppression, unfair treatment of others – that you typically aren't? What are some examples?

Are there people in your life that you harbor anger and resentment toward that need to be addressed and dealt with? Who and what is the issue? (If you aren't sure how to proceed, ask a trusted and wise friend.)

BIBLE TRANSLATIONS:

MSG – The Message
NIV – New International Version
NLT – New Living Translation

MESSAGE NOTES



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²⁶ In your anger do not sin. Do not let the sun go down while you are still angry, ²⁷ and do not give the devil a foothold.

Ephesians 4:26-27 (NIV)

FOUR SOURCES OF ANGER

from *The Anger Workbook* by Carter and Minirth

Where do you think...wars and quarrels come from? Do you think they just happen? Think again. They come about because you want your own way, and fight for it deep inside yourselves.
James 4:1 (MSG)

Injustice

Frustration

Humiliation

Personal Attack

Three Unhealthy Solutions and One Good One

Open Aggression

Hidden Suppression

Passive Aggression

Humble Submission

²³ Search me, O God, and know my heart; test me and know my thoughts. ²⁴ Point out anything in me that offends you, and lead me along the path of everlasting life.

Psalms 139:23-24 (NLT)

¹⁹ Dear friends, never take revenge. Leave that to the righteous anger of God. For the Scriptures say, "I will take revenge; I will pay them back," says the Lord. ²⁰ Instead, "If your enemies are hungry, feed them. If they are thirsty, give them something to drink. In doing this, you will heap burning coals of shame on their heads". ²¹ Don't let evil conquer you, but conquer evil by doing good.

Romans 12:19-21 (NLT)

Restatement: "**Don't stay mad, get healthy.**"