

Dealing with Anger and Unforgiveness

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There is a way through this difficult problem. It is not easy or there wouldn't be a problem. Knowing what to do is not enough.

It takes courage and it calls for tough decision making. Support and encouragement from others is beneficial. Some things are only forgivable with the help of God. Yet go ahead for there is much to gain.

Steps To Break Through:-

1. Admit that you are angry. Be real about it.

Admitting you are angry allows you to start dealing with the situation. Denying it blocks any possible gain.

Be aware that **this will stir up reaction**. It will cause reaction in the situation by bringing it to a head (and others may just want to smooth things over). It may shock others that you are angry. It may shock yourself in regard to any carefully cultivated image you have of yourself and that you have portrayed to others. You may have a genuine right to be angry.

2. You are now responsible for what you do with this anger.

Realize that **you** have become angry. Others may set up the situation, but they have not **made** you angry - **you** have responded this way to it, though sometimes you feel that you haven't had much choice about it.

3. Ask yourself whether this situation is the real basis of your anger, or just another situation added to previous unfinished difficulties - the straw that has broken the camel's back! We sometimes let fly at someone over a trivial matter and they wear all the accumulated anger built up in you.

4. What is needed now to bring worthwhile gain?

What needs to be done to improve the situation?

Has the other person a valid point to make to you? Be honest here.

Have you expressed yourself in a way so the others involved can understand you?

5. Forgiveness is the key to escaping anger's control of you.

Any anger and resentment that you willfully hold onto is going to be **destructive to you** and others. Anger is not necessarily wrong, but holding onto that anger is. It needs to be dealt with quickly, as quick as possible.

The Bible wisely advises *"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 [in your life through your anger]."* [Ephesians 4:26 NIV](#)

3 other ways anger can be a problem:

Blowing up - giving vent to it - and usually it gets well out of control!

Clamming up - denial or silence or non-cooperation.

Disrespect towards that person [in thought or expression]. "They have offended/ failed me, so I will not pay them any regard from now on."

"Bear with each other and forgive whatever grievances you may have against one another. Forgive as the Lord forgave you." [Colossians 3:13](#)

6. Forgiveness is NOT:-

- excusing the other person(s)
- pretending it is not really a problem, whitewashing the problem.
- agreeing to the other person's demands or manipulation
- letting people off or giving in to them or being forced into accepting responsibility for the whole problem.

Forgiveness does not have to wait until the issue is resolved. Forgiveness is a decision, an act of your will, regardless of the other person's attitude. When you forgive, it opens the door for real change, not just forced change. Forgiveness allows the relationship to potentially be rebuilt.

Forgiveness does not cancel the call for the problem to be addressed and fixed.

Without forgiveness, change in the situation is just a negotiated agreement, often conditional on each party's cooperation. This is vulnerable to rapid breakdown again.

Forgiveness does not require immediate complete trust again in the other person. However, it is important to open the door for trust to develop again

The core strategy: "Do not be overcome by evil, but overcome evil with good." Romans 12:21

7. **Forgiveness is our choice; and the power to forgive is best drawn from Christ.**

Ask Him for it, and He will be your strength and support.

8. **Anger may not diminish quickly, but be clear and persistent in the decisions you make to deal with it.**

Unforgiveness and anger can be very deeply rooted and may take time to fully eradicate. Keep praying "Lord, change my heart to be like yours." **Some people** have a deeply angry nature. If you are like this, you may need special help to work and pray this through. Ask for help.

People can change habits but only God has the power to change your heart!

9. **Confess your anger to God.** Be honest. Tell him how you are doing. Ask his help to break through that hurt and anger. Ask his forgiveness for any sin on your part. Ask Him to help so you can make progress and no longer be overloaded with it. [NB this is not avoiding your responsibility to resolve the basic problem. Even if your anger is trivial compared to the wrong against you, deal with that component that is your responsibility.]

10. **Forgiveness is taking your hands off the right to pay back the one who has hurt you and deliberately handing this over to God to judge and deal with.** This way you are now free.

'Do not say, "I'll pay you back for this wrong!" Wait for the LORD, and he will deliver you'. [Proverbs 20:22](#)

11. **Now pray for the one who has offended you, asking God to do everything He can for them.**

Consider: do you want them punished or changed?

God is able to turn enemies into friends, if you will cooperate with his way of doing business.

Jesus Christ's advice is "You have heard that it was said, 'Love your neighbour and hate your enemy. But I tell you: Love your enemies and pray for those who persecute you, that you may be sons of your Father in heaven."

[Matthew 5:43-45](#)

12. **Lastly, plan to attempt reconciliation** with the people you have had the problem with. Go to them and tell them you have been hurt by their action, that you forgive them and that you want to commence fixing the problem now. Sometimes the other party is unwilling to listen, unwilling to reconcile with you, or no longer around. At least you are free now in your own heart and can move on from here, having done all you can to resolve the situation.

Forgiveness brings you freedom!

In Summary:-

1. *Be real*
2. *Own your part, before God and yourself*
3. *Be prepared to deal with the situation*
4. *Choose to forgive, in God's strength*
5. *Ask God to forgive you for any sin on your part*
6. *Pray for the other person to receive every blessing and grace of God.*
7. *Attempt reconciliation, as far as you can take it, at present.*