

# Satisfy

WOMEN'S EVENT

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THE  
JESUS  
MANIFESTO

## Overcoming Anger

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**Dallas Willard:** To succeed in keeping the law one must aim at something other and something more. One must aim to become the kind of person from whom the deeds of the law naturally flow. The apple tree naturally and easily produces apples because of its inner nature. This is the most crucial thing to remember if we would understand Jesus' picture of the kingdom heart given in the Sermon on the Mount... Actions do not emerge from nothing. They faithfully reveal what is in the heart....

**C.S. Lewis:** "The command 'be ye perfect' is not idealistic gas. Nor is it a command to do the impossible. He is going to make us into creatures that can obey that command."

### Matthew 5:21-26 NLT

*21 "You have heard that our ancestors were told, 'You must not murder. If you commit murder, you are subject to judgment.' 22 But I say, if you are even angry with someone, you are subject to judgment! If you call someone an idiot, you are in danger of being brought before the court. And if you curse someone, you are in danger of the fires of hell.*

*23 "So if you are presenting a sacrifice at the altar in the Temple and you suddenly remember that someone has something against you, 24 leave your sacrifice there at the altar. Go and be reconciled to that person. Then come and offer your sacrifice to God.*

*25 "When you are on the way to court with your adversary, settle your differences quickly. Otherwise, your accuser may hand you over to the judge, who will hand you over to an officer, and you will be thrown into prison. 26 And if that happens, you surely won't be free again until you have paid the last penny.*

**False Narrative:** Anger is acceptable, as long as I am not physically violent.

**Jesus Narrative:** Anger and murder come from the same place in our hearts.

**What is Anger?** Unmet \_\_\_\_\_ (+ fear)

1. Visceral anger – \_\_\_\_\_
2. Meditative anger – \_\_\_\_\_

**Jill Bolte Taylor:** “It takes less than ninety seconds for limbic system programs to be triggered, surge throughout the body, and then be completely flushed out of our systems. If you stay angry after ninety seconds, it’s because you’ve chosen to stay angry.”

### **Why is Anger Deadly?**

Stages of Anger & Contempt:

1. Unmet expectations (our will is violated leading to anger)
2. Wounded Ego (we take the offense personally)
3. Self-righteous victim (we disproportionately re-tell the story)
4. Contempt (we disdain and degrade the other party)
5. Verbal Violence (out of the overflow of the heart, our mouth speaks)
6. Hell on Earth (we act out in malice)

### **How Do I Overcome Anger?**

1. Challenge the story you are \_\_\_\_\_.

**Andrew Lester:** “How do people change?... [C]hange occurs only when a person’s stories are reconfigured, reframed, or reauthored... The only way to change is to change our narrative... We have the capacity to develop new images—that is, new narratives—to replace those that produce undesirable ‘scripts’ (stories) which make us vulnerable to anger.”

2. Deal with the person \_\_\_\_\_ without \_\_\_\_\_.  
“Am I procrastinating in addressing a difficult conversation?”
3. Practice \_\_\_\_\_ prayer.

## **Spiritual Practice: Meditative Prayer**

### **Physiological benefits of prayerful communion with God:**

- 12 minutes of meditative prayer for 8 straight weeks, changes the wiring of your brain significantly enough to register on a brain scan.
- Improves social interaction by making us more compassionate and responsive to the needs of others.
- Reduces stress – a key component in angry outbursts – by lowering blood pressure.
- Strengthens the part of the brain that helps us override our emotional and irrational urges, enhancing our sense of peace and well-being.

### **How do we do this?**

The goal of meditative prayer is to remove distractions and allow space for us to sit in stillness with Jesus, that we may become attentive to him so he may speak to and transform our hearts.

- a) Assume a comfortable position (sit with good posture, feet on the floor, eyes close, palms open indicating receptivity to God)
- b) Start with deep breathing (take a smooth, slow breath in and count each inhale and exhale, from one to ten and then back down to one; i.e. inhale - 1, exhale -2, inhale - 3, and so on)
- c) Rehearse a short scriptural idea  
*“The LORD is my shepherd. I have everything I need.”*  
*“Great is your faithfulness.”*  
*“I am loved.”*  
*“Be still and know that I am God.”*

### **Other tips:**

- Start with 3 minutes and work your way up; use a timer (utilize apps like Insight Timer).
- When you get distracted (and recognize it!), don’t berate yourself! Rather thank Jesus for the reminder that you can return to him again and again.
- Use visualization (imagine Jesus sitting in the chair next to you or going for a walk together).