

Series: People Problems

Sermon: He's So Angry! How to Help a Hot Tempered Person.

Bible Verses: Proverb 19:19

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People who are hot-tempered leave a wake of _____ in their path. How do we handle them in a way that _____, is God honoring, and hopefully makes our lives _____?

If I rescue a hot-tempered person, I'll _____ do it _____.

Hot-tempered people must "pay the penalty" or _____ for their temper.

If I rescue them, they will _____ instead of relying on their own responsible behavior.

Some signs that you might be owning the angry person's feelings or consequences:

The angry person is _____ angry after years * You made his/her problem, your problem * You made excuses for the angry person * You have low self-esteem * You have difficulty recognizing or expressing _____ emotions * You feel _____ in crisis moments * You feel uneasy when things are going really well.

God's gives his children discipline. _____ in their life.

TAKE IT HOME:

Step 1: Have a conversation. "When you get angry, I feel _____. I apologize for <anything I have done wrong>. In the future, when you get angry and lash out, here's what I _____ do... Here's what I _____ do..." Clarify that you will not rescue them from the consequences of their anger.

Step 2: Affirm them and demonstrate kindness whenever possible, in _____.

Step 3: Offer help and assistance to overcome _____ to be hot-tempered.

Step 4: _____ when the person faces consequences for their anger. But _____ rescue them.

Step 5: Maintain your own patience and _____. Find a GG with people who care about you.

LEARN MORE!

Read the book, "Boundaries" by Dr. Henry Cloud and Dr. John Townsend. \$10.61 on Amazon.

Read the book, "How to Have That Difficult Conversation" by Dr. Henry Cloud and Dr. John Townsend. \$9.27 on Amazon.

Listen/Watch Truth Revolution: "Pain: Response & Effect" God Wants Pain for You?

<http://truthrevolution.tv/audioarchives/pain-response-effect/>

Listen/Watch the sermon, "Stop, Reflect, Connect" about confronting people's issues:

http://www.revo.church/th_sermon/stop-reflect-connect/

Growth Group prep (to learn about Growth Groups visit www.revo.church/growth-groups)

- Which of the practical advices above do you think is most difficult for you?
- Why is it so easy to take ownership of other people's consequences and emotions?
- What temptation do you think you're likely to fall into once you have that conversation?