

JAMES A BROTHER
Of JESUS

I, James, am writing this letter. I serve God and the
Lord Jesus Christ.

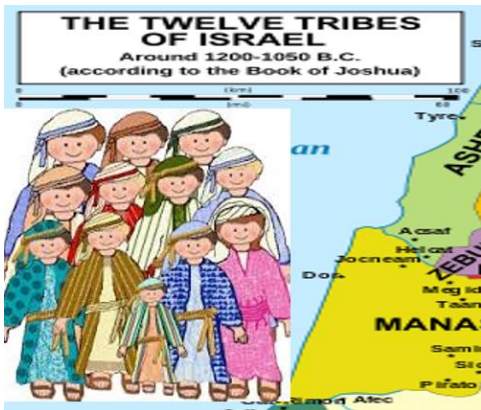
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JAMES A BROTHER of JESUS

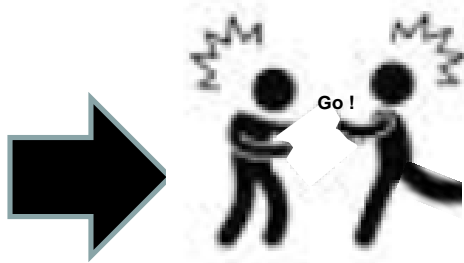
We looked at James history as a brother of Jesus and leader in the church



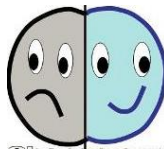
We considered the 12 tribes and 10 lost tribes



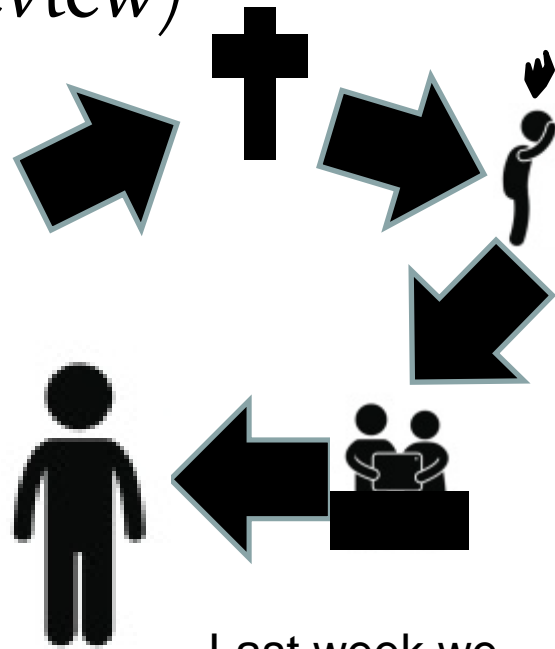
(past weeks review)



We looked belief that is not double-minded



we looked wisdom from God that is not IQ or schooling ...and learned that the fear[respect] of the LORD is the beginning of knowledge



Last week we considered humility and pride and the fact that life is not easy but we do it with faith in God



We asked.... **Do the people in our community believe we live with Integrity for Jesus sake!**

Anger and Words

Can you love a person and be
angry at the same time?

What happens if we try to do
this?

Angry Birds...

Anger and Words



You can see the video online at <http://skitguys.com/blog/post/how-to-control-your-anger>

Anger and Words

There are a number of anger styles aren't there?

Here are a few...

Explosive Anger :

Irritation grows until it can't be contained and we EXPLODE.



Self-Abusive Anger :

Turn angry feelings inwards

Avoidance Anger :

Buried aggression. Smile on the face, fire in the gut

Sarcastic Anger :

Cutting comments, camouflaged in wit

Passive aggressive Anger :

Anger isn't hidden but is expressed in an underhanded 'sneaky' way



Habitual irritation Anger :

Resentment seeps through and a default of snide, nasty eruption of anger occurs.

Anger and Words

A case study...

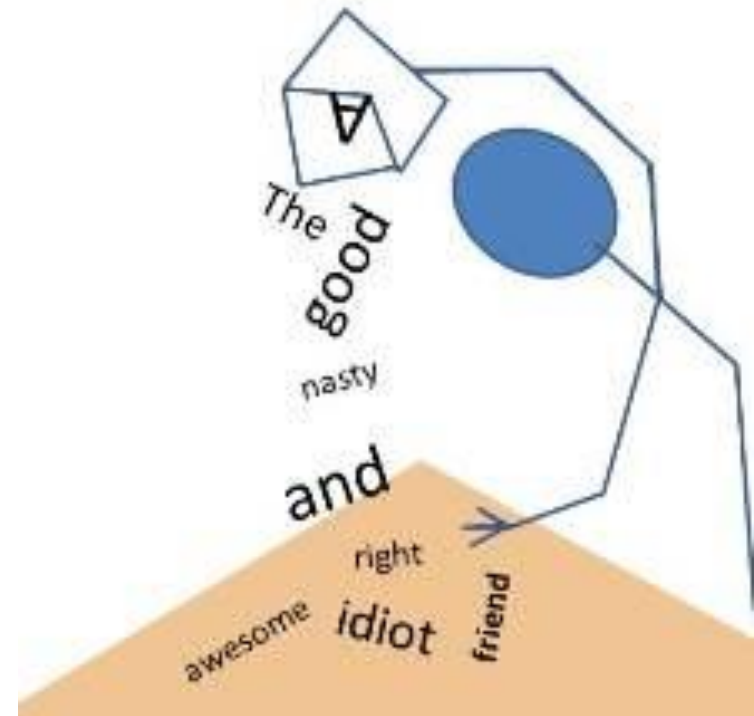


There is normal and abnormal anger in people isn't there?

What does the bible say about anger?

JAMES A BROTHER Of JESUS

My dear brothers and sisters,
take note of this: Everyone
should be quick to listen, slow to
speak and slow to become
angry, because human anger
does not produce the
righteousness that God desires.



JAMES A BROTHER Of JESUS



Everyone should be quick to
listen, ...

Active listening is a two-way process that involves listening and responding in an empathic way, combined with the right questioning and summarizing techniques.

It involves the receiver (the listener) with the sender (the speaker). The receiver in active listening process is as active as the sender.

Everyone should
be quick to listen,

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Remember ... 5 Don'ts of Listening

things that can cause the anger reaction during communication:

A Silent listening

N Interruptions and not allowing the speaker to complete his or her thought

G Critical response and teaching – a response that expresses a form of criticism resulting from a natural tendency to judge, approve, or disapprove of a message received

E Advising. It should be given when requested.

Before offering advice , make sure:

- that other person really wants to hear your suggestions
- the other person is ready to accept it
- your advice is correct
- that receiver won't blame you if advice doesn't work

R Changing the subject or moving in a new direction during conversation

Everyone should
be quick to listen,
slow to speak

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Questioning
in active listening skills is more about the quality of the question.

Only one question should be asked at a time and, if necessary, unclear responses should be played back to check understanding. If there is something you do not understand, then ask your partner to rephrase, restate, or repeat the statement.

Open questions are general not specific.

They provide room for people to decide how they should be answered and encourage them to talk freely.

Open questions help to create an atmosphere of calm, for example:

- What do you feel about that?
- Tell me, why do you think that happened?
- Tell me, how did you handle that situation?

Probe questions seek specific information on what has happened and why. They can:

- show interest and encouragement: “I see, and then what?”
- seek further information by asking “Why?” or “Why not?” or “What do you mean?”
- reflect views: “Have I got the right impression, do you feel that..?”

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Summarize

Rephrasing what the person has said in your own words without adding any justification or interpretation.

Summarizing develops a connection and builds intimacy in your relationship allowing others to know we understand or allow them to restate what they think we do misunderstand.

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Empathizing

Empathizing identifies with speaker's emotions and opinions.

“I understand your problem and how you feel about it, I am interested in what you are saying and I am not judging you.”

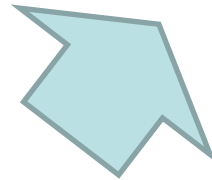
Remember: Acceptance does not mean agreement; it does not mean the listener has to agree. It simply means showing personal acceptance and concern for the others viewpoint.

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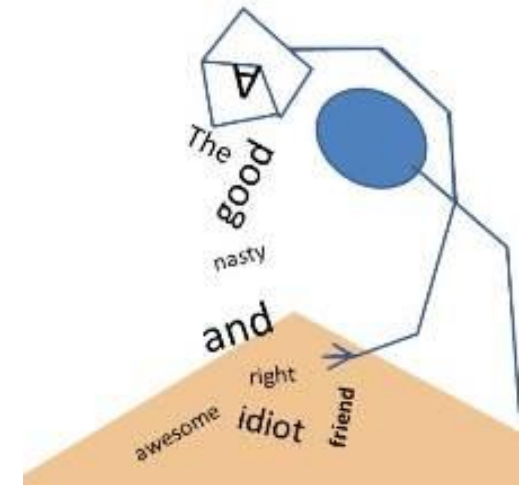
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JAMES 3

Ephesians 4:25-27

²⁵ Therefore each of you must put off
falsehood and speak truthfully to your
neighbor, for we are all members of one
body. 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.



What must we not do when angry?



Anger and Words

So what do we do with

Explosive Anger : Irritation that grows until it can't be contained and then we EXPLODE.

PRAY!

Wait it out!

Intense Anger normally lasts less than two seconds, and afterwards you have to decide to stay that angry.

Mentally recite a verse, or count to 10. Then see if the urge to explode has got less effective.

Own your emotions.

Rephrasing our feelings can help feel more in control. "I'm really upset by my behavior" is better than than %#*&@!.



Anger and Words

So what do we do with



Self-Abusive Anger : Turning angry feelings inwards

PRAY!

This often happens because our self-esteem took a beating at some time and we decided that sometimes it's just safer and easier to be mad at ourselves than at someone else

- **Question yourself.** Every time you feel the urge to assume blame, start by asking yourself, "Who told me I was responsible for this?" Then ask, "Do I really believe that?" Instead of accepting all responsibility, thank yourself for recognizing the pattern in the first place. Ask God to help you deal with the real issues.
- **Work on your self-worth.** Make a list of your positive qualities. Developing a genuine sense of worthiness is a critical step in overcoming self-blame. God loves us, we need to respect that. Read biblical resources on self-worth.

Anger and Words



So what do we do with

PRAY!

Avoidance Anger : Buried aggression. Smile on the face, fire in the gut

The primary function of anger is to signal that something is amiss and encourage resolution.

By ignoring that warning sign, you may end up engaging in self-destructive behaviors (overeating, excessive shopping).

You're also basically giving the green light to other people's bad behavior or denying them the opportunity to make amends. How can they apologize if they don't know you've been hurt?

- **Challenge your core beliefs.** Ask yourself, "Is it really fine for XYZ to do ABC?" If you're honest, the answer to these questions is probably "You know what? It's not fine." knowing something is wrong is the first step to setting it right.
- **Step outside yourself.** Imagine that a friend is the one being abused, overworked, or neglected. What would be the appropriate way for her to respond? Make a list of actions she might take, then ask yourself why it is OK for her, but not you, to react that way.
- **Embrace healthy confrontation.** Someone ticked you off? Tell the person—in a positive, constructive way

Anger and Words



So what do we do with

Sarcastic Anger : Cutting comments, camouflaged in wit **PRAY!**

Even though couched in wit, your cutting comments can damage your relationships. Although some people insist that mockery is a form of intellectual humor, the very word sarcasm is related to the Greek word *sarkazein*, meaning "to tear flesh like dogs." Ouch.

- **Give it to them straight.** Find words to express how you feel head-on.
- **Be firm and clear.** This is especially true with young children, to whom a gentle "Jumping on the furniture is not acceptable" sends a much clearer message than the snarky "Don't worry—we just happen to have \$2,000 set aside for a new sofa."
- **Speak up before you get bitter.** Exercising assertiveness prior to arriving at your breaking point will help prevent a sarcastic streak from popping out.

Anger and Words

So what do we do with

Passive aggressive Anger : Anger isn't hidden but is expressed in an underhanded 'sneaky' way

PRAY!



- **Assertiveness is fine**; aggression (passive or otherwise) is not.
- **Advocate for yourself**. Instead of "forgetting" to turn in your report at work or showing up late to meetings, gather your courage and tell your boss that your workload has gotten too heavy or that you're having an issue with a coworker. It won't be easy, but neither is looking for another job.
- **Take control**. If you turn to passive aggression when you're uncomfortable with what's expected of you, it's important to do something to take control of your situation. Unable to get that assignment finished? Tell someone about it soon after receiving it, rather than not turning it in. Maybe there is help!

Anger and Words

So what do we do with

Habitual irritation Resentment seeps through and a default
Anger : of snide, nasty eruption of anger occurs.

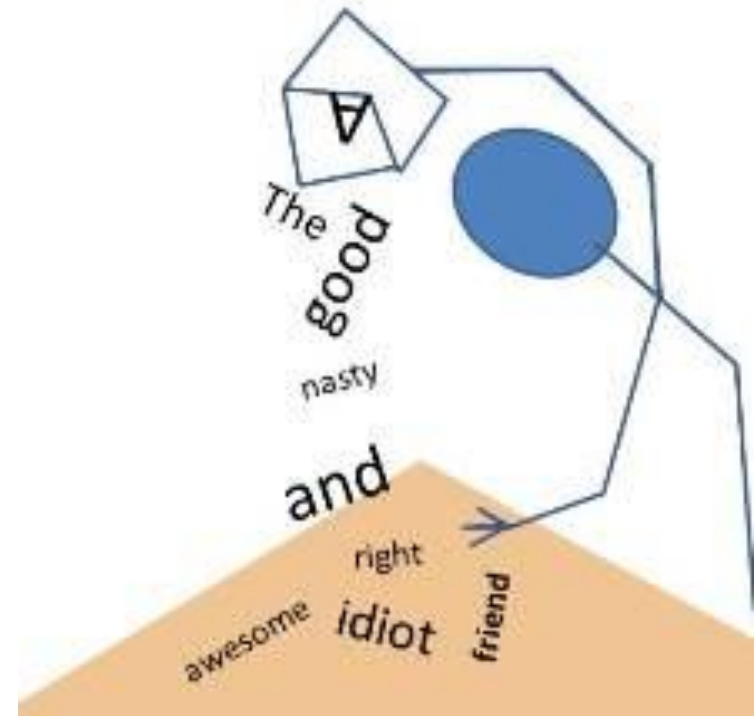
PRAY!

- **Get to the heart of it.** What are you really mad about? If you dig deep, you'll realize it probably isn't about what you think it's about. Deal with that!
- **Tune in to anger clues.** Become aware of the actions and feelings associated with your irritation. When you're enraged, do you ball your hands into fists? Pace around the room? Grumble, or grit your teeth? As you identify and experience each physiological response, make a mindful effort to do something—anything—else.
- **Visualize peace.** Try this technique to stop rising anger before it overtakes you. Imagine your breath as a wave, a surge of color, or even a breeze. Watch it come in and out; optimally each breath will be deep and quiet. Hear yourself speaking calmly and softly to yourself and to others. Your anger reflex should diminish another degree each time you do this imaging. Say a verse to yourself. Pray!

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take note of this: Everyone
should be quick to listen, slow to
speak and slow to become
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*PRAY!
Control and count your words,
Do not allow anger to build quickly!*



Some examples of biblical anger...by God

Psalms 7:11

God judges fairly.

He shows his **anger** every day

2 Kings 17:18 Therefore the LORD was very **angry** with Israel and removed them out of his sight. None was left but the tribe of Judah only.

Mark 3 Then Jesus asked them, "Which is lawful on the Sabbath: to do good or to do evil, to save life or to kill?" But they remained silent. He looked around at them in **anger** and, deeply distressed at their stubborn hearts, said to the man, "Stretch out your hand." He stretched it out, and his hand was completely restored.

John 2

So Jesus went up to Jerusalem. In the temple courtyard he found people who were selling cattle, sheep and doves. Others were sitting at tables exchanging money.

So Jesus made a whip out of ropes. He chased all the sheep and cattle from the temple area. He scattered the coins of the people exchanging money. And he turned over their tables. He told those who were selling doves, "Get these out of here! How dare you turn my Father's house into a market!"

*There is a time for everything.
There's a time for everything that is done
on earth. Eccl 3*

But the Helper, the Holy Spirit, whom the Father will send in My name, He will teach you all things, and bring to your remembrance all things that I said to you.

Peace I leave with you, My peace I give to you; not as the world gives do I give to you. Let not your heart be troubled, neither let it be afraid.

~ Jesus