

ANGER

SELF-CONTROL



IFE ADETONA

ABOUT THE BOOK

Anger is a bad trait that many people find difficult to tame. This is bad for all aspects of human life.

For this reason, this book is written to help people overcome the bad virtue of anger. The book explains the concept of anger, why people get angry and how to deal with anger properly.

The book is an eye-opener that will guide you in dealing with anger.



ABOUT THE AUTHOR

Ife Adetona is an anointed preacher of the gospel. He is the President of the Sons and Daughters of Zion [SADOZ] Global Harvest Ministries. SADOZ is an interdenominational and discipleship ministry which has seen thousands of people baptized in the Holy Ghost with the evidence of speaking in tongues and helped people develop a friend to friend relationship with the Person of the Holy Spirit. SADOZ's daily discipleship and devotional manual called Daily Communion reaches and blesses tens of thousands of people daily to the glory of God.

The author is also the president of the Koinonia Bible Institute [KBI], an online training academy of SADOZ which offers over twenty (25) courses that cut across all facets of life. Some of the courses/schools are: School of Ministry, School of Purpose, School of Leadership, School of Business, School of Prayer, School of Deliverance, School of Healing, Masterclass on Sex Education, Masterclass on Courtship, School of Mental Health, School of Sex for the married and more.

Ife Adetona is an author of over 60 books that is imparting the body of Christ maximally. He is the husband of Elizabeth Ife-Adetona and their home is blessed with godly seeds.

Anger: Self Control

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Unless otherwise indicated, all Scriptural quotations in this book are from the King James Version of the Bible.

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CHAPTER ONE

ADDRESSING ANGER

Stop being angry! Turn from your rage! Do not lose your temper— it only leads to harm. Psalms 37:8 NLT

In examining anger, the first step we will take in discussing this concept is to examine what the Bible says about anger. The Scripture is the most instructive material on character building and it didn't spare words in addressing anger.

Psalms 37:8

Cease from anger, and forsake wrath: fret not thyself in any wise to do evil.

NLT- Stop being angry! Turn from your rage! Do not lose your temper— it only leads to harm.

Anger has a single destination and that is *evil*. Anger will bring you to do something you will live to regret.

Proverbs 14:29

He that is slow to wrath is of great understanding: but he that is hasty of spirit exalteth folly.

People with understanding control their anger; a hot temper shows great foolishness.

Whoever is quick to get angry is foolish while those who are slow to anger are wise. There was a time I realized my reactions towards our leaders was aggressive. I pounced on them and concluded even before verifying those issues. I ended up apologizing and deleting the messages I have typed angrily on our WhatsApp leaders' group. When I realized that negative trait building up in me, I had to take caution. I knew that I needed to make a choice - either to be slow to anger and take my time properly to research issues or I will be hasty and appear foolish in front of those that respect me. I decided to take my time so I do not apologize always and look like a fool. Most times, we get angry on issues that are not worth it only to realize when our anger has subsided and the harm has already been done.

Proverbs 22:24

Make no friendship with an angry man; and with a furious man thou shalt not go.

I don't care who you are, we can't be friends if you are an angry type. Our path cannot cross. We can't relate as friends. I cannot be friends with an angry man, no matter the circumstances. Check your ways and do not be given to anger because even the Bible admonishes us to run away from you.

NLT puts it this way: *Don't befriend angry people or associate with hot-tempered people, or you will learn to be like them and endanger your soul* (v24-25)

It means angry people already have their souls in danger. There are some animals called endangered species. They are alive but they are close to extinction. The Scripture says that an angry person is too close to extinction. Once I know that you have an anger issue, I am off. You are a walking danger; a ticking time bomb. I can't move close to you.

Proverbs 29:22

An angry man stirreth up strife, and a furious man aboundeth in transgression.

Anger leads to sin and more sin and eventually to destruction. That is why I say that an angry person is an endangered species. They will soon go on extinction.

Ecclesiastes 7:9

Be not hasty in thy spirit to be angry: for anger resteth in the bosom of fools.

NLT- An angry person starts fights; a hot-tempered person commits all kinds of sin.

Anger does not show you are wise, diligent, or strong. It only shows you are a fool. Anger is a trait of fools. No wise person who has quality leadership experience in life and that been in various situations in life will flare up anyhow.

Ephesians 4:26

Be ye angry, and sin not: let not the sun go down upon your wrath.

You remember that scripture that says: *"be angry and do not sin"*. It is not a license to getting angry. In fact, that passage is not for everybody. If you already have an anger issue, that passage is not for you. That passage is for those of us who are gentle and need to add a little demonstration of displeasure to drive home some points. Some time ago, I was talking with a friend and recounting how I *"yabbed"*- talked angrily to some people who offended me. My friend was surprised to hear that and said he wished he was there to see how I *yabbed* them. He said my angry talk must have looked like a comedy. That passage is for people like us and not for someone who is battling with anger issues already.

NLT puts it this way: *And "don't sin by letting anger control you." Don't let the sun go down while you are still angry.*

Anger is already controlling you but you kept quoting that scripture that you are permitted to be angry. No, you don't have the right.

v27 for anger gives a foothold to the devil.

When you get angry, you are giving space to the devil. Hence, the devil can use you anytime. Anger makes you a medium of the devil. He can use you to fulfill his desires and carry out his missions. That is why it is normal to stay away from an angry person. They are a ticking time bomb. They are like a tool of mass destruction.

There is mythical Yoruba god called *"esu"*. It is known as the god of misfortune. This god has similar character to the Biblical Satan. It is believed that this *esu* takes advantage of situations to carry out misfortunate acts. If you have anger issue, the Yoruba people will

caution you that you should not allow *esu* to take advantage of your anger to cause you a lifetime regret.

Evil things shall not be your portion in Jesus Name. As you read these words, you are being delivered in the Name of Jesus.

Ephesians 4:31

Let all bitterness, and wrath, and anger, and clamour, and evil speaking, be put away from you, with all malice.

If you are a bitter person and find it difficult to forgive, you are in the same circle as someone who has anger issues. Anger is at your doorstep, if not part of your nature already. In the language of social media, you are in the same *WhatsApp group* with anger. In the same vein, if you have an anger issue, wrath, bitterness, clamour and evil speaking as well as malice are your acquaintances.

NLT is more explicit-

Get rid of all bitterness, rage, anger, harsh words, and slander, as well as all types of evil behavior. 32; Instead, be kind to each other, tenderhearted, forgiving one another, just as God through Christ has forgiven you.

1 Timothy 2:8

I will therefore that men pray every where, lifting up holy hands, without wrath and doubting.

The hand of an angry person is not holy. There is blood on their hands. It is not just when a person kills that he is a murderer. Your outburst, aggression, reactions, cutting words and so on have killed a lot of people.

Looking at the Scriptures thus far, would you still boldly tell yourself that “I have an anger issue”? If after now, you still enjoy saying: “*oh, that’s just my nature, I have anger issues*”. You are simply saying; look at me, “*I am foolish man*” or “*hey, I am a mad man.*”

CHAPTER TWO

WHAT SCIENCE SAYS ABOUT ANGER

If you can control your thought life, you can control your lifestyle.

-Ife Adetona

An article defines anger as a negative feeling that is typically associated with hostile thoughts, psychological arousal, and maladaptive behaviours.

Hostile thoughts and psychological arousal

Just like every other negative emotion, anger begins with the mind. Our mind is the motherboard of everything that happens in our human system. The Bible says *from the abundance of the heart (mind), the mouth speaketh (Mathew 12:34b)*. It has to do with the things you think even before you display your anger. That means, ***if you can control your thought life, you can control your lifestyle.*** We must also bear in mind that even if you are angry within your mind even when you did not speak out, you still have an anger issue.

If you meditate on the Scriptures that I explained earlier, you will realize that you will continually find it difficult to get angry. Even when you did get angry and look back at the things that I said, you will be remorseful and more withdrawn in the future to get angry. That is because you are constantly renewing your thoughts.

Maladaptive Behaviours

According to that definition, anger results into abnormal behaviours. When you take pride in being angry, then you are not normal. Especially when you pride in saying “my anger”. Please come close, let me whisper this into your ears- *“you are not normal”*. You are demonstrating a behaviour that shouldn't be seen among people. You are demonstrating a character that abhors nature. It is not normal. Receive your deliverance in Jesus Name.

In short, an angry person is not completely normal. That is why a popular synonym for anger is madness. For example, ‘he was mad at him’. He was indeed, mad!

Perception and Anger

What makes you angry most times is how you perceived what was done towards you. There are up to four ways you can perceive what people do that can make you react angrily: disrespectful, demeaning, threatening, or neglectful. Anger has its own channel of thought. It makes you think of “getting back” at the person or energizes you to retaliate. This is why people swear when they are angry even when they don't follow through with their threats.

Anger and Health

It is said that we exercise the same muscles when we think and when we act. Angry thoughts may be accompanied by muscle tensions, headaches, or an increased heart rate. Anger also leads to aggression.

Aggression refers to intentional behaviour that aims to harm another person. Simply call it the by-products of anger. Aggression can be demonstrated by shoving, punching, hitting, maiming, or even killing. It can result into violence including marital violence, child or elder abuse, bullying, gang, and other criminal activities. Research shows that about 90% of aggressive situations are preceded by anger.

Science explains that when an individual is angry, the autonomic nervous system arises. Intense anger affects your breathing pattern, blood flow and can also affect other vital organs of your body. Prolonged anger can affect other parts of the body such as the digestive system, immune system or the central nervous system.

In summary, anger can lead to an increased risk of hypertension, stroke, bowel diseases, heart diseases, gastric ulcers and so on including possible risks of some kind of cancers. If you think that I am exaggerating, I think you should use Google. These are the things you are joking with when you are in bed with anger. I once did a survey after I read from an article that anger is associated to ulcer. I put it on my status that anyone with anger issue and experience ulcer should signify. I see a number of people affirming to it.

If you are embracing anger as a virtue or you're relaxed about your anger state, you are sitting on a pot of fire. You are putting fire in your bosom and hoping not to get burnt. You must detest and do away with anger. Research has also found that anger is an independent risk factor for heart diseases. That is, it doesn't have to be attached to any other factor. On its own, it can cause heart diseases.

Tending to experience anger frequently is known as high-trait anger. A study once followed 12,986 adults for approximately 3 years and found a $\frac{2}{3}$ increased risk of coronary effects in people with normal blood pressure but with high-trait anger.

Another study followed 4,083 adults for 10-15 years. Those who were lowest on anger control had the highest risk of vital and non-vital cardiovascular effects. Experts have concluded that high-trait anger, chronic hostility, anger expressions, and acute anger episodes can lead to new and recurring cardiovascular diseases (heart attack).

Acute anger episodes are related to those who say “*once I am angry and poured my heart out once, it is over*”. If that is you then, you are playing with heart diseases.

Science says that when anger is experienced moderately and expressed assertively, it may be less destructive than when it is frequent, intense, and enduring.

By now, I believe you know that either chronic or minor, you should stay clear of anger. Anger doesn't just come and leave you; it punctures your health here and there. It perforates your system and leaves you vulnerable to diseases. On its own, it is a killer disease.

I also lay my hands on a research that says that anger can make an open sore slow in healing which is a common symptom of diabetes. Anger itself is an open sore and God commanded that no priest with an open sore should minister to Him (Leviticus 21:20).

From this, you will see that anger has serious physical and spiritual effects. Whether acute anger episodes or continuous anger lifestyle, the best bet is to stay clear away from anger! *The devil doesn't need to directly inflict some people. All he needs is to introduce anger issues into their lives.* Be free right now in Jesus Name.

CHAPTER THREE

WHY DO YOU GET ANGRY?

People don't have uncontrollable anger, what they have is selective anger. Ife Adetona

There are a number of reasons people get angry. You shouldn't just say I have anger issues. There is a trigger that makes you spark off. Identifying and agreeing with the reason for your anger episodes will bring you close to deliverance. Proper diagnosis they say is half the cure.

1. You think you have a right to be angry

Imagine not being able to submit your assignment and you had to go to meet the lecturer in his office in a Nigerian higher institution setting. If the lecturer cusses at you or abuses you or insults you and even curses you in some cases, all you would say in return is 'sorry sir'. Even if you had a genuine excuse and he doesn't care to listen, all you will continue to do is to apologize. You are not going to be tempted to get angry, isn't it? When he eventually collects the sheet from you, you will be full of thanks and rejoiced that he didn't reject you outrightly.

Forget about that first scene and imagine this scenario. Your parents gave you a task to do and you haven't done it. Your parents were about to return and your younger sibling decided to chastise you by calling your attention to the fact that you haven't done what was expected of you. In the process, he cusses at you and even insults you. The thing he says is not as much as that of the lecturer but he says some things. What is your reaction going to be?

I am sure, you are already fuming on how you will talk angrily at that your younger sibling and even flog him. Even if he was your older sibling, you may not beat him but I am sure that you will not spare words. Again, I am talking about a typical Nigerian or African setting.

What we have in the scenarios I painted is what I tag, **selective anger** and that is what most people do. A lot of people get angry but they control their anger when it is coming from other quarters. The same words their lecturers said and they didn't flare up, their parents or siblings didn't say up to that and they displayed bursts of anger. You didn't get angry at your lecturer because you know that you don't have a right to do so. If the settings change and you are in a private university or in a country where the law clearly defends your human rights, I am sure that you would have reacted angrily to the lecturer but you were restricted because you know you don't have a right to get angry in that case.

To be free from anger, you have to first let go of that feeling of entitlement. You have to know that you do not have any right to be angry. That is the way I live. I believe it is not in my right to be angry at people. I can talk on issues or address matters but the person involved has all my love and not my fury.

In clear terms, **people don't have uncontrollable anger, what they have is selective anger.** I will talk more on that when we discuss the spirit of anger.

2. You are proud

You are angry because you are proud and feel everyone is disrespecting you. You know that I mentioned earlier that how we perceive things determines how we react. It is how we think that preludes how we feel and not the other way round. Your face may turn red if you expect some respect from people and they are not giving it to you. That is pride lurking deep down inside of you.

3. You are angry because you are a perfectionist.

It has been discovered that perfectionists have a high risk of being prone to anger, especially if they are in a leadership position. They can't imagine tasks not being done as perfectly as they would have handled such tasks. So, they easily flare up and talk down their subordinates or even fire them in anger. Perfectionism is a farce. The fact that you think or seem to be a perfectionist reveals how imperfect you are. You make mistakes too, don't you?

4. You think it is a prophetic spirit

I have seen people who attributed their anger to being a prophet. They think their anger issues are because they have a spirit like that of the prophets - Elijah, Elisha, and other noble prophets. They have forgotten that Elijah and Elisha had justifiable anger. They were angry towards the cause of the kingdom whereas they on the other hand have never won significant souls for Christ, they have not taken any territory for God, and their spirits had not moved them to stop idol worship in their communities or taken them to Islamist Jihadist terrorist camps. All they brag about is their ability to curse people and exert it on the little boys

and girls in their churches. I wish they could act like Elijah indeed and take major actions for Christ and His Kingdom.

Even if you are indeed a prophet, New Testament prophets are meant to be epitomes of love and not anger. On the Mount of Transfiguration where Jesus appeared with Elijah and Moses, both Elijah and Moses disappeared leaving Jesus, the epitome of love and peace behind and that is who you should fashion your life and ministry after. When James and John mentioned calling down fire just like Elijah did, Jesus rebuked them and said it seems they didn't know the kind of spirit that was in them. John ended up as an Apostle of love. Any other spirit aside the Spirit of Christ is that of the anti-Christ. *So, prophet, what spirit do you have?*

And when his disciples James and John saw [this,] they said, Lord, wilt thou that we command fire to come down from heaven, and consume them, even as Elias did? {9:55} But he turned, and rebuked them, and said, Ye know not what manner of spirit ye are of. Luke 9:54-55

5. You think it is a demon.

Many also think their anger is a result of a demonic influence. Let me agree with you for a moment that you have the spirit of anger in you.

Imagine this scenario: you are driving on a highway and someone bashes you from behind. This activated the spirit of anger in you and you jumped down with the intent of giving the erring driver a piece of your mind and possibly fists too. To your amazement, you meet a soldier in the car. **Would you still go ahead with your anger spirit?** In the typical

Nigerian or African scenario, you would rather apologize to the army officer and say to him: *"I am sorry for hitting your car"*. You would even promise to repair it.

Take a look at the mad man of Gadarenes who was very violent and couldn't be tamed or held with iron fetters. That was a man with a certified and verified spirit of anger. If a spirit of anger is controlling you indeed then you shouldn't bow when you see a soldier or a higher threat, but if you could bow to the army officer, that means you are the one controlling the spirit and not the other way round. If you can put your anger to check in that situation, that means you have been lying to us that it was some power that was influencing you.

In case you feel you need prayer over some spirit of anger, then I can help you with this prayer.

In the name of Jesus, if I refuse to put my anger to check, may that anger bring me before a man that will give me a sound beating that I will never forget in my life in Jesus Name. May that beating encounter leave me a changed person for life!

Did I just hear you say, Amen? Then, say it louder.

I remember the story of a man that always beat his wife. On a certain day, one of his neighbours got so irritated. Being a school principal, he told some boys who were with him to carry the man, open the trunk of his car and take out some canes. They beat him non-stop. That was the last time he ever beat his wife. You know such a man must have been

blaming some spirits all the while but that was his last attempt. Every year, the woman sends gifts to the principal's family in appreciation.

If you won't put that anger to check, within the next 3 weeks to 3 months, may you encounter such an episode that will leave you a changed person in Jesus Name.

Have you given your life to Jesus Christ? If you have not, I think you should do that now. He can use His power to set you free and put you in charge.

Say this:

Lord Jesus, I come to you for help. I surrender my life to you. Be my Lord henceforth. I take charge over my emotions. I expel the spirit of anger out of my life. I am now free- once and forever. AMEN.

CHAPTER FOUR

DEALING WITH ANGER

Sensible people control their temper; they earn respect by overlooking wrongs. Proverbs 19:11 NLT

I believe that by now, you must be angry with me or angry with yourself. Not to worry. If you follow the steps I will be discussing in this chapter, anger will be a forgotten issue in your life.

1. Meditate on the things I have said earlier.

Go through all that have been discussed and ruminate on them.

2. Humble yourself.

Let nothing be done through strife or vainglory; but in lowliness of mind let each esteem other better than themselves. Philippians 2:3

When you stop seeing other people as lesser than you, you won't feel demeaned or disrespected by their actions. Sometime ago, one of our new leaders came to my DM and was disrespecting me not knowing that was my number. I witness such situations all the time with members and I do not take offense. I just communicate with them as a typical worker would. If anyone doesn't know my status or accord me the required honour, I bring myself to the level of every other regular person because that is who I am. I am actually nobody in the first place. We must see every other person as better than us.

3. Love others

The reason you get angry at people is because you do not love them. You talk to them anyhow, you put them down. You do not see anything good in them, you do not empathize or put yourself in their shoes. You do not obey the Biblical injunctions that say *do unto others as you would have them do unto you*. Do good to people. Have love for everyone. Even if they are wrong, put yourself in their shoes and ask if that is the way you would like to be corrected. *Is there a better way you can say the word to them?* Think about them and act accordingly. If you find what I am saying difficult to do, try to fake it. Like the saying goes: *fake it till you become it*.

4. Understand that you are not perfect

But thou, O Lord, art a God full of compassion, and gracious, longsuffering, and plenteous in mercy and truth. Psalms 86:15.

NLT says: But you, O Lord, are a God of compassion and mercy, slow to get angry and filled with unfailing love and faithfulness.

Your perfectionistic tendency is what makes you feel that it is unforgivable for people to commit an error. God, the perfect one is slow to anger. He abounds in love and mercy. He does not expect us to climb up to His standards immediately. How much more you that is not even perfect? You have to learn how to accommodate people with their imperfections. Consider them and condone them even if you can't act that way.

ANGER TRIGGERS

1. People:

It is people that hurt people. We don't get angry with things; it is people that vex us. People here include those who are close to us and random strangers.

2. Transfer of aggression or frustration:

Maybe someone whom you cannot react towards had made you angry or sad then you transfer it to people whom you feel you have the right to get mad at. We often do this unconsciously but the moment we realize, we should pull ourselves back and put those people above us.

3. Unpalatable situations:

Unpalatable situations- both the ones we can control and the ones we have no control over, especially from our place of work can trigger anger in us.

Handling Anger Triggers

1. Avoid

There are known and unknown people who trigger our anger. Get away from the known people as far as you can. And in the case of strangers, avoid them as much as possible. You are likely not to even come across them again in your life time. If you're about to board a bike or a cab and the driver is ranting at you, just alight and let them go. Stay away from every appearance of anger triggers.

If there are situations that will bring about you meeting people that could trigger anger in you, avoid that too. You may have to make your bargain as clear as possible before conducting business with certain people. Lack of agreement has led to a lot of ugly situations.

2. Contain it.

You can caution yourself from exploring the full extent of your anger. For instance, if someone is trying to hold a discussion you are aware will trigger you, just divert the direction of that discussion away from that point. You can contain people who get angry easily too by diverting their attention away from their triggers. If they are already triggered, you can quickly apologize to them or make them forget about it. The Bible says *soft words turneth away wrath: but grievous words stir up anger.*

Other methods we discuss under this section can also help you in relating with angry people. Even though, I will insist that you should stay away from those with anger issues while you can. You shouldn't babysit any angry person. It doesn't worth it except if he is your child. Every other person should take responsibility on working on themselves and not expect anyone to bear their pains or suffer for their negligence. Any bad attitude can be corrected if only they are serious about it.

3. Ignore it.

Ignore certain triggers especially if it's from people you may not meet again. My wife and I went to an eatery and an attendant picked a fight with my wife because there was no change for the denomination she had. I had to inform my wife to sit and wait. After a while, she came back and asked my wife to bring the money as the change has been sorted. It still

baffles me why people pick up fights with strangers. This is someone I cannot even recognize if I were to see her again. Ignore people you do not get to see again. Allow them to get away after crossing you. You have no point to prove to them. At the most, like in the case of that eatery, we can simply decide not to visit the place again.

4. Endure it.

There are situations you do not have power over. There are people you can't avoid; hence you need to learn to tolerate them especially if they are your parents or bosses whom you are under compulsion to be with for a limited period of time. You can learn how to avoid their aggressive words from getting into you or making you to react. You can also learn to deflect or minimize their anger outburst.

You may want to ask what to do in the case where the person is your partner. I don't advise staying in a relationship with someone who hasn't put their anger into check.

It is a known fact in Nigeria that travelling buses at commercial parks will delay you unnecessarily. They can take up to 10 minutes after the bus is completely loaded and payment had been made. They waste time sorting and sharing money amidst the park workers without any regard for the passengers they've already loaded. Many passengers in this plight do rant and rave during this period and I see it as a waste of energy. People should have been familiar with that scenario and just conserve their energy because no matter how long or how loud you shout; they wouldn't answer you or hurry up their procedures. So why not just ignore and protect your mental health?

Stop vexing over the pot-holes in your street or the situation of the country especially when there is nothing you can do about it. Focus your attention on other bright side of life and secure your emotional health.

5. Drop it!

If a discussion or situation is stirring up your anger, just drop it. Always remind yourself of the need to drop such things. Tell yourself, drop it! Drop the situation, the person or the issue that is making your blood to boil already.

6. Talk to yourself.

Learn to talk to yourself and remind yourself that only a fool gets angry anyhow. Talk to yourself when you're relaxed and even before a case of anger crops up. Remind yourself of all you have learnt. Meditate on the scriptures we have discussed here; they will be of great help to you.

7. Pray

Seek God's help. Declare your victory over anger each day and never get tired of communicating with God about your struggles with anger. In our ministry, we teach CDA+. Which means **Confess** every day like this: *"I am above anger", "I have mastery over anger", "I have self-control", "I don't have anger issues"*. **Declare** it all the time and **Announce** it to everyone who cares to know or tries to relate you with anger. The (plus)+ is that you should begin to imagine yourself living victoriously, void of anger or aggression. Picture yourself in that light henceforth and say: *"I see myself in control of my emotion", "I see that anger no longer rule over me"*.

8. Learn to overlook.

You don't have to stress every issue. You don't have to bring problems out of every matter. Learn to overlook people's errors. The Bible says that it is wisdom to overlook an offence and it brings glory to you.

Examine this passage and translations on overlooking an issue- Proverbs 19:11.

New International Version

A person's wisdom yields patience; it is to one's glory to overlook an offense.

New Living Translation

Sensible people control their temper; they earn respect by overlooking wrongs.

English Standard Version

Good sense makes one slow to anger, and it is his glory to overlook an offense.

Berean Study Bible

A man's insight gives him patience, and his virtue is to overlook an offense.

King James Bible

The discretion of a man deferreth his anger; and it is his glory to pass over a transgression.

9. Always use soft words.

Soft words turneth away wrath: but grievous words stir up anger.

Proverbs 15:1

I was on a commercial bike some time ago on my way to a ministration. I was pressed and needed to ease myself. I informed the bike man who parked and within one or two minutes we were back on our journey but this man just wouldn't stop ranting. It was strange to me knowing fully well I didn't take hours but for peace to reign, I had to employ the soft words tactic. He was adamant and kept on raving so I kept quiet. Alighting from the bike, I was given a warm welcome by my host. Seeing grown men prostrating and welcoming me so reverently, all the fight went out of him. He was quiet and didn't utter a word till he left.

But imagine that, I started exchanging words with him and didn't maintain my cool and he locks my shirt and called attention to us. That would have been a tragedy. I don't have to be a minister or on my way to a ministration to act that way. It was just the right thing for me to do.

CHAPTER FIVE

OUTBURST OF ANGER

Let this mind be in you, which was also in Christ Jesus:

Philippians 2:5.

Outburst of anger is an external show of a bottled up anger. People demonstrate an outburst of anger through various means. Some of which include:

1. They want to say their mind. They just keep talking and talking.
2. They use abusive words and expressions.
3. They shout and scream. This is very prevalent among quiet people.
4. Crying, sobbing, and weeping as a medium of expressing their anger. People who are in this situation have a serious anger issue. It is not mild and not just about immaturity. You must learn how to deal with it before you do something unpredictable.
5. They swear and vow.
6. Body shakes vigorously.
7. Hitting and breaking objects.

How to avoid outbursts of anger:

1. Have the mind of Christ.

If you are claiming that you are saying your mind, remember that the mind which should be in you should be that of Christ. If what is in you does not look like Christ's, then it is the mind of the devil. It is the unregenerated mind of the old man.

Let this mind be in you, which was also in Christ Jesus: Philippians 2:5.

So, when you say that you are saying your mind- whose mind do you carry? That of God or the devil?

2. Know that you must put them all away.

You must put abusive words away from your mouth. You are no longer in the world, so you have to discard the ways of the world. A young man once told me that he talked angrily and utter abuses because he was pressurized. I told him that whatever someone utters when they are being pressured is what is in them. If you press an orange, what will spurt out is orange juice and if you press bitter leaf, you will see nothing but bitter juice. When you are being provoked, whatever comes out of you is your content. Hence, get rid of those cutting words now.

Mortify therefore your members which are upon the earth; fornication, uncleanness, inordinate affection, evil concupiscence, and covetousness, which is idolatry:

For which things' sake the wrath of God cometh on the children of disobedience:

In the which ye also walked some time, when ye lived in them.

But now ye also put off all these; anger, wrath, malice, blasphemy, filthy communication out of your mouth.

And have put on the new man, which is renewed in knowledge after the image of him that created him. Colossians 3:5-8, v10

3. Know that the anger of man does not produce the righteousness of God.

*James 1:20 For the wrath of man worketh not the righteousness of God.
NLT- Human anger does not produce the righteousness God desires.*

Your anger cannot produce the righteousness of God. The same James that referred us to Elijah also reminded us that the anger of man cannot produce the righteousness of God. He reminded the lesson Jesus taught him and John. No matter what your anger is used for, it cannot bring people closer to God. Hence, you should check it and do away with it.

Other ways to avoid outbursts:

1. Talk to them. Discuss early before you burst. If you would talk every time you are crossed, or heard something that was said about you, you would not need to burst. If you are the type that doesn't talk, you have to learn how to talk gradually. If they wouldn't listen, then learn to overlook and avoid them or situations that can trigger anger.

2. Talk to the wall and give vent to your anger in your private domain. This could sound childish but it works. If you have a serious anger issue, you can talk to the wall or to yourself out aloud when you are alone. If you do this, you will see foolishness in some of the things you would say, you would see wisdom and most importantly, you will see reasons why you shouldn't burst out in public. Stop rolling over your bed imagining how you will burst out on people the following day.

3. Talk to the Holy Spirit. He is readily available to help you pull through.

4. Report. In the case of someone you cannot talk to directly or situations that warrant an intervention, you can always report to a higher authority

to intervene and settle the issue. In our ministry, we encourage our leaders to report to the coordinators rather than bursting out. We don't see reports as being wrong rather, it is a demonstration that you love your fellow brethren.

5. Pray over it. If there is an issue that is bothering you and can bring up anger in you, pray over such an issue.

6. Allow time to pass over it. At times, you may have to allow time to pass before you address some things. Some people once plotted against me and I learnt of it. However, the Holy Spirit helped me not to bring it up while my heart was still heavy. Time passed, I had fully undone the effect of their plots even while they thought it was still going as they planned. I had even fully forgiven them and set my house in order. It was at that time that the Holy Spirit asked me to bring it up.

7. Learn to trick your mind. Even when you know the person did that thing, learn to make excuses for them such as telling yourself that *it may not be intentional, maybe they are in a bad mood and more*. Talk to your mind, this will help you to control your anger. Your mind won't agree immediately but in a short while, it would.

The other waitress who almost picked a fight with my wife at the eatery; I told my wife that many of them don't have good pay and they overwork. I told her that it could just be a transfer of aggression. My wife was like that was not enough reason still for her to pick up issues with her. Then, I told my wife that maybe the waitress is jealous of her handsome

husband. With that, she laughed. It is whatever you feed your mind with that you will feel, not necessarily the situation at hand.

8. You may be wrong. More often than none, our thoughts and perceptions may be wrong and we would just be boiling for nothing! At times, what we think the situation is, is not always what it is. Acting in such circumstances will make you a fool. **It is better to think you are wrong and then end up being right than to think you are right and end up being wrong.** So always make allowances for due diligence.

9. Learn to forget about things and overlook things. I have made this point earlier.

10. Help the person. In situations where you cannot overlook what happened but had to correct it, let your attention be on the issue and helping the person instead of thinking of getting back at them or hurting them in return. This is called correcting in love. It is putting the other fellow first. This helps to present the correction with a better tone instead of being aggressive. It also helps you to forget and heal quickly because the person will appreciate it.

In cases where the person will not even agree that he is at fault, that means the person cannot be helped, you should probably forget about it since your aim was not to get back or hurt them in the first place. **A genuine help shouldn't be forced after all.**

CHAPTER SIX

MIRROR CORRECTION

Human anger does not produce the righteousness God desires.

James 1:20 NLT

Mirror correction can be used to replace speaking out to correct a person who hurts you. It means reflecting and showing them how they should have behaved and acted.

During the early days of my marriage, I do forget to wear my wedding ring whenever my wife and I are going for an outing or Sunday service. And my wife would not spare me for that error. She can't even imagine forgetting such a thing. Since I am at fault, I always apologize and try to keep it at heart.

On a fateful Sunday morning, she also forgot to wear her ring before stepping out and I took it along with me and gave her on our way. She was speechless by my act and that singular action changed her orientation. I had to act and show her the way I wanted her to behave when I committed the same mistake.

Many of us who burst out in anger are even worse than the objects of our anger. Hence, the need to continuously work on our individual lives too and not just be about expressing our untamed mind. Learn to show examples and express your minds with the mindset of achieving peace at the end.

END NOTE

I believe that you have learnt how to control your anger in this book. Put the words to use and let it reflect in your life accordingly.

I also want to admonish you to check for other books that can help you most especially Defeating Negative Emotions: *Anger management, Guilt, Suicide, Fear & more.*

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Receiving Salvation

You were born a sinner condemned to hell but Jesus Christ died for your sins, gave you power to sin no more and to enjoy life here on earth and hereafter. All you need to do is to believe and accept His works by declaring Him as your LORD and Saviour. Do you believe this? Say: Lord Jesus Christ, I accept that you died and resurrected for the remission of my sins, I declare you as my LORD and Saviour. Amen.

Steps to Receive the Baptism of the Holy Ghost

1. You are not to ask or beg God for it, just expect it.
2. Believe He has given you and you will manifest it.
3. Don't hate tongues. That some people misuse it doesn't mean it has lost its power.
4. Don't pretend not to need it. Holy Ghost baptism is not just about tongues, it is about empowerment but tongues is the initial sign that you are baptized.
5. Clear your minds of doubts. God will give you but if you think that any sin can hinder you, ask for forgiveness now and now. (Isa 1:18 *Come now, and let us reason together, saith the LORD: though your sins be as scarlet, they shall be as white as snow; though they be red like crimson, they shall be as wool*). And forgive everyone in your heart.
6. As I pray for you, you will be baptized and you will speak in new tongues.
7. As I pray for you, the Holy Spirit will give you utterances and you will speak it out. Note that utterance means any sound produced with the mouth. That means the utterance could be one syllable or two. It could be one word or more. Understand that you are the one

that will pronounce the utterance in anyway it comes to your mind as the Holy Spirit gives you utterance.

8. When I pray for you, the utterance would come. Don't think you are the one thinking it, it is not you. Don't think you will be unconscious or lost, it is not so. Don't be bothered if you don't know the meaning just speak it. And keep repeating whatever comes to your mind.
9. Daddy thank you because you are a faithful God, you always hear me and you are eager to give us more than we are eager to ask. I pray for you: receive the Holy Spirit right now in Jesus Name.
10. Open your mouth and began to speak those tongues.

Steps to Receive Healing

1. **1Peter 2:24 says:** *He personally bore our sins in His [own] body on the tree [as on an altar and offered Himself on it], that we might die (cease to exist) to sin and live to righteousness. **By His wounds you have been healed.***
2. You have been healed. You have been healed even before you had that illness, what I'm about to do by praying with you is to proclaim your healing.
3. As I do that, the pains and symptoms will be no more.
4. After I pray for you move that part of your body just as though it was healed already because it is an instant healing.
5. I proclaim you healed and whole right now in Jesus Name. The last time you had that illness is the last you will ever have in Jesus Name.
6. Check it out and share your testimonies.

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2. The Pentecost Volume: Speaking in Tongues
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