

Observing the warning signs before tempers flare

James 1:19-20 Everyone should be quick to listen, slow to speak, and slow to anger, for man's anger does not bring about the righteous life that God desires. (BSB)

Anger is a feeling. It is a natural emotion. Anger is not good or bad. Anger is meant to alert you that there is something wrong. You can be good and be angry at the same time. There are four ways to deal with anger: Suppress it, express it, repress it, or confess it.

When we come to a situation that is 'potentially dangerous' (could produce anger), we need to **Stop; Look; and Listen.**

Stop because you're the adult. You don't have to unleash your anger at your child. Stop and respond rather than react. The problem with anger is we harbor things in our gut, in our mind, and in our spirit until, all of a sudden we explode. Kids are not the only ones who have temper tantrums. In your anger, do not sin. You have to be the monitor of what is happening internally.

Ephesians 4:26 Be ye angry and sin not. (NIV) You have permission to be angry. You don't have permission to sin.

Why Parents Become Angry

James 4: 1-2 What causes fights and quarrels among you? Don't they come from your desires that battle within you? You want something but don't get it. (NIV)

The underlying message of highly angry people, is "things oughta go my way!" Dr. Deffenbacher.

The basis of most anger comes out of loss of control.

How to Recognize Situations that Make Us Angry

Self-examination is important. You need to ask yourself, "What are those triggers in my family that set me off?"

Your words make a difference. You have to understand when we become frustrated with our kids, we blow our stack. And we leave the kids scarred, they're maimed. We walk away like there's nothing to it. You'll build your kid up or you'll tear them down.

Authority

Christian parents are the absolute worst at this one, because they claim the authority of Almighty God, "Hey, I'm the parent here." Hey, I'm not arguing that you're the parent, but you've got to be the parent who's the healthy authority. Healthy authority doesn't mean you rip your kids. Healthy authority says you don't let the kids run over you. There's a difference.

Practical Steps Parents Can Take to Get Control of Their Anger

- Stop. Hold everything. Be silent. Get control of yourself. Detour.
- Ask, "What's really going on?"
- Learn to express your anger. Peacefully.
- Address the behavior, with statements. "I am upset because..."
- Problem-solve with your kids. Ask how either you or your child could change the behavior. Work toward solutions.
- Express pleasure. The best way to handle anger is to replace it with an act of love.

It's Never too Late to be a Good Parent

We're pushing kids way too early. Parents need to slow down. We outsource our children, by age three, we have other kids rearing our kids. You need to be the person who rears your children. You're the ones who are gonna put that indelible imprint on your kid's life. Fear of failure often manifests itself in anger. Children internalize the pressure they feel from the parent that says measure up, measure up, measure up.

All kids are attention getters. Does your kid get attention in a positive way? Or do they get it in a negative way? A child's negative behavior always has a hidden purpose and it's important that you tune into that.

Conclusion

Anger is a part of life. Remember to express the anger at the act and not the actor. Verbalize your anger. Listen to what your child is saying without thinking about what you're gonna say in response. Be specific. Ask your child how they could change their behavior so he won't be caught in this situation again. And then moreover, ask yourself the question, how you could change your behavior so we're not caught in that thing again?