



Time in the Chair

the week of **August 28 – September 2**

DAY ONE: Controlling Anger Read Proverbs 29:11

This is so smart, especially when we consider the position Solomon, the author of this verse, was in. He was the most powerful man in the known world. He was rich and famous. He could do whatever he wanted whenever he wanted. He was king. So if he was angry, he had every right to go off on whatever got him fired up. No one was sitting around telling him to take a deep breath and “think about it” first. When you’re the king, you’re usually surrounded by people who agree with you no matter what, even if it’s stupid.

So I bet there were a lot of times Solomon gave full vent to his rage. Total explosion. And he could do it because he was king. No one would stop him. But even kings eventually get to a place where they realize that letting their anger and frustration get the best of them isn’t doing them any favors. See, it doesn’t really matter if you can get away with your anger. In the end, you can’t get away from the consequences your anger creates.

That’s what Solomon learned. Going off makes you feel better for a minute, but it doesn’t make you or the relationship better. Wise and smart people know that ultimately, relationships are better than a quick emotional release. **Our response to anger keeps us out of danger.**

As you begin your day and week, take a moment to memorize Proverbs 29:11. Consider this verse often this week and let it cement in your heart the goal of controlling your anger. May it be a springboard for the way we interact with others and God.

DAY TWO: Read Romans 12:14-16

Read the passage and then choose one verse/thought that seems important to you and answer one of these three questions:

1. What does it say about God?
2. What does it say about you?
3. What does it say about others?

As you invite God into your day, talk to God about what you read/learned and respond appropriately to it.

DAY THREE: As Much as Possible Read Romans 12:18

Basically, conflict is inevitable. It's not bad. But the way you handle it will either take your life in a good or bad direction. So we have to learn how to control our anger without letting it control us. We have to learn not to blow up with rage, stuff it inside and pout, or totally ignore it. We have to learn to process it in a way that brings peace as much as possible instead of getting us in a dangerous place.

In class we shared the P-I-E-R method:

P-AUSE...to let anger subside before you act

I-DENTIFY...the real cause of your anger

E-XPRESS...communicate face-to-face with people who are part of the situation

R-ELEASE...be willing to let it go and offer forgiveness

You don't have to learn the hard way. Instead, you can put in the hard work now and reap the benefits now and later. You won't regret it. As you start out your day, think of the areas you might have conflict in your life. What step of PIER do you need take next? As you answer these questions, take a moment to hold these before God and pray this prayer, "God, when I get angry today help me to respond in a way that keeps me out of danger. Help me to take this step _____ so that I can please you. Amen."

DAY FOUR: Read Romans 12:17-21

Read the passage and then choose one verse/thought that seems important to you and answer the questions that apply:

- Is there a sin to avoid?
- Is there a promise to claim?
- Is there a command to obey?
- Is there an application to make?
- Is there something new about God?

As you meet with God today, talk to Him about what you read/learned and respond appropriately to it.