2-20-2022

Adventure Church

Pastor CJ

**The Habit Wheel**

**Anger**

A habit is a pattern or a lifestyle that has become a regular part of our everyday life.

A habit can turn into excuses if it is not recognized, identified, and dealt with.

Many times, in our own lives we say I don’t need your help.

**HOW MANY OF YOU HAVE SAID THAT BEFORE?**

When you turn away help, you might be turning away advice, insight, or things that others see that you don’t.

Fixing ourselves or our habits comes when we get past the delusion that

**I Corinthians 10:11-12**

The Bible is full of successful stories, but also pain and suffering, blessings and curses, good habits, and bad habits.

**Verse 12** Learn from those who have gone before you, they thought they were strong, but they fell.

**Galatians 5:16**

We must allow the Holy Spirit to help us and not be like my grandson who says I got this Papa.

A habit is a behavior that has been repeated enough times that it has become second nature or automatic for us.

Whatever is begun in anger ends in shame.

Anger has become a public epidemic in America. You see the signs of our nations irritability everywhere you go.

Roughly 80% of murders reported to the FBI in which the victim-offender relationship was known or committed by friends, loved ones, or acquaintances.

According to the national domestic violence hotline more than 12 million men or women are abused each year in the US by an intimate partner.

The American society for the positive care of children says that more than 4.1 million child abuse cases are reported annually. Many of those are committed by an angry out of control parent.

Studies show that we are not born with these anger issues, but it is a learned behavior.

Maybe you are angry because your parents were always angry, or maybe your kids are angry because they learned it from you.

Psychologists have called our generation **THE AGE OF RAGE**.

**We today have our own rage vocabulary:**

* **Road Rage.**
* **Checkout Rage.**
* **Phone Rage.**
* **Text Rage.**
* **On hold Rage.**

**Proverbs 14:29**

Anger always alienates people; it pushes them away.

Anger is like a skunk; we spray our stinking temper on anyone who gets in our way.

**Proverbs 29:11**

Anger may give you the right to say it but is it right to say it.

Anger can make you pay more than you want to pay.

Anger can hurt more than you want to hurt or be hurt.

Anger can destroy marriages, friendships, families, but most of all **YOU**.