

## Getting to the Root of my Unrighteous Anger

In this session we will observe the process whereby our God-given needs, frustrated expectations and ignored hurts can so easily turn into anger in its many expressed and repressed forms. Note: This session is Part Two of a six-part series on Managing My Anger God's Way.

**Jim Cecy** is a regular speaker at the European Leadership Forum. He serves as Senior Pastor-Teacher of Campus Bible Church in Fresno, California. Jim is also founder and President of JARON Ministries International, a training ministry for Christian leaders in the U.S. and abroad. He has a Masters of Divinity in Bible Exposition from Talbot Theological Seminary and a Doctorate of Ministry from Western Seminary. He is a conference and seminar speaker for hundreds of churches, schools, seminars, conference centers, Christian groups and denominations in U.S. and abroad. In addition to other books and materials, he is the author of *The Purity War: A Biblical Guide to Living in an Immoral World*. Jim has been married for forty years and has nine grandchildren. Information about his materials, books and seminars is available at [www.puritywar.com](http://www.puritywar.com)

### 1. At the Root:

Our unmet physical, emotional, and spiritual needs

### 2. Above the Surface:

Our frustrated expectations as to how those needs might be met

### 3. Up the Trunk:

Our unresolved hurts when those needs are frustrated

### 4. In the Branches:

Our many forms of express or repressed anger when our hurts are not dealt with properly

a. Scape-goating (Picking on the innocent ones)

b. Stamp-saving (Building up then blowing up)

c. Stress Illness (Our bodies suffer the blows)

d. Withdrawal (Running, hiding)

- e. Passive Aggression (Getting even)
- f. Expressed Anger (in all its many forms)

**5. The Fruit:**

The consequences of our anger emotionally, socially, physically, and spiritually

Next Session: The High Price of Anger  
Any questions?