

Anger: In Narcissism, Borderline Personality Disorder, and Us All

There are some problems that lurk in every heart—fear, guilt, shame--and anger is prominent among them. Since it is so prominent, it energizes a number of modern psychiatric problems. What brings urgency to the problem of anger is that it is a destroyer, and it is unique in that angry people are blind to their anger. The greater the anger, the more certain the person is that he or she is right. This workshop will consider Scripture's depth in its teaching about anger, and we will consider ways to disarm angry people.

Ed Welch holds a PhD in counselling psychology with a neuro-psychology specialty from the University of Utah, as well as an MDiv from Biblical Theological Seminary. Ed has been counselling for over thirty years and has written many books and articles on biblical counselling including, *When People Are Big and God Is Small*, *Addictions: A Banquet in the Grave*, *Depression*, *Running Scared*, *Shame, Interrupted*, and *Side by Side: Walking with Others in Wisdom and Love*. He and his wife, Sheri, have two married daughters and eight grandchildren.

I. How can we bring psychiatry under Scripture's dominion?

II. Know angry people

A. They are blind to their anger

B. Listen to what else they are saying?

III. Know what God says to angry people

A. "You too are angry"

B. “Gentleness and humility” (Prov. 15:1, Eph. 4:1-2)

C. “Jesus was never angry when he was personally violated”

D. “Your anger shows your allegiances: What do you really love? Who do you really hate? Who do you follow?” (James 4:1-10)

E. “Have you fallen in love with anger?”

F. “Can you identify anger’s opposite?”

G. “Now start lopping off a limb or two, cut out a tongue” (Mark 9:47)

Suggested Readings: Why Does He Do That? Inside the Minds of Angry and Controlling Men
(Lundy Bancroft)

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