

The Problem of Anger

This is a common problem, especially among youth who are immature and not fully developed. It may flare up at the most unexpected times, when least expected.

Carter gives three ways of handling anger:

- _____ - Feels not obligation to deal with anger
- _____ - They are verbal and sometimes non- verbal.
- _____ - That which is let go.

I. The Causes of Anger

A. Frustration

There are probably few times in life when a person's frustration level can equal the frustration experienced during adolescence.

B. Alienation

C. Hurt or Threat of Hurt

Anger also arises as a reaction to physical or emotional hurt.

D. Injustice

Teens or preteens are likely to react to injustice with anger whether the injustice was done to them, to a peer, or even to a total stranger.

E. Fear

Fear may also prompt anger among youth.

F. Learning

A young person may have learned inappropriate ways of handling and expressing anger from parents or others in the family or society.

II. Effects of Anger

A. Withdrawal

Removing one from the situation that causes the anger or focusing on something else.

B. Turning Inward

Physical and psychological problems develop.

C. Attacking a Substitute

This is verbally, physically, or cognitively attack some largely innocent but accusable person.

D. Facing the Sources of Anger

You can face them in a destructive or constructive way. It is best to see the anger, deal with the cause of it, and do all you can do to change that anger producing situation.

III. The Biblical Perspective on Anger

A. It is forbidden in the Bible

Eccl 7:9

"Be not hasty in thy spirit to be angry: for anger resteth in the bosom of fools."

Matt 5:22

"But I say unto you, That whosoever is angry with his brother without a cause shall be in danger of the judgment: and whosoever shall say to his brother, Raca, shall be in danger of the council: but whosoever shall say, Thou fool, shall be in danger of hell fire."

Rom 12:19

"Dearly beloved, avenge not yourselves, but rather give place unto wrath: for it is written, Vengeance is mine; I will repay, saith the Lord."

B. It is a Characteristic of Fools

Prov 12:16

"A fool's wrath is presently known: but a prudent man covereth shame."

Prov 14:29

"He that is slow to wrath is of great understanding: but he that is hasty of spirit exalteth folly."

Prov 27:3

"A stone is heavy, and the sand weighty; but a fool's wrath is heavier than them both."

Eccl 7:9

"Be not hasty in thy spirit to be angry: for anger resteth in the bosom of fools."

C. It is Associated With Or Connected To Others Sins

1. Pride (Prov.21:24)

2. Cruelty (Prov.27:3-4)
3. Evil Speaking (Eph.4:31)
4. Malice and Blasphemy (Col.3:8)
5. Strife and Contention (Prov.21:19; 29:22)

D. It Brings Its Own Punishment

Proverbs 19:19

19 A man of great wrath shall suffer punishment: for if thou deliver him, yet thou must do it again.

Proverbs 25:28

28 He that hath no rule over his own spirit is like a city that is broken down, and without walls.

E. Grievous Words Stir It Up

Judges 12:4

4 Then Jephthah gathered together all the men of Gilead, and fought with Ephraim: and the men of Gilead smote Ephraim, because they said, Ye Gileadites are fugitives of Ephraim among the Ephraimites, and among the Manassites.

2 Samuel 19:43

43 And the men of Israel answered the men of Judah, and said, We have ten parts in the king, and we have also more right in David than ye: why then did ye despise us, that our advice should not be first had in bringing back our king? And the words of the men of Judah were fiercer than the words of the men of Israel.

Proverbs 15:1

15 A soft answer turneth away wrath: but grievous words stir up anger.

F. It Can Lead Us Into Sin

Anger is not necessarily a sin.

Psalms 37:8

"Cease from anger, and forsake wrath: fret not thyself in any wise to do evil."

Ephesians 4:26

26 Be ye angry, and sin not: let not the sun go down upon your wrath:

G. Meekness Pacifies Anger

Proverbs 15:1

"A soft answer turneth away wrath: but grievous words stir up anger."

Ecclesiastes 10:4

"If the spirit of the ruler rise up against thee, leave not thy place; for yielding pacifieth great offences."

H. Children Should Not Be Provoked to Anger

Ephesians 6:4

"And, ye fathers, provoke not your children to wrath: but bring them up in the nurture and admonition of the Lord."

Colossians 3:21

"Fathers, provoke not your children to anger, lest they be discouraged."

I. Be Slow To Anger

Proverbs 16:2

"All the ways of a man are clean in his own eyes; but the Lord weigheth the spirits."

Proverbs 19:11

"The discretion of a man deferreth his anger; and it is his glory to pass over a transgression."

James 1:19

19 Wherefore, my beloved brethren, let every man be swift to hear, slow to speak, slow to wrath:

J. There is A Justifiable Anger

Our Lord- threw tables of money-changers over in temple.

Moses- when came down from mount and found out Israel had been worship a golden calf.

This is an anger that does not retaliate.

IV. Dealing With The Angry Person

A. Listen to the Person who is Angry

Let them talk and vent what they are angry about.

B. If led to do so, give them Scriptures that speak against anger.

C. Ask them to turn their anger over to the Lord and seek His divine help in overcoming an angry spirit.

D. Encourage the young person to seek to lay out plans to overcome the anger that rests in them.

E. Memorize Scripture that will help you fight off a spirit of anger. There is power in the Scriptures.

Depression

It has been describe as a general sadness, "the blues," humiliation following failure, or a period of stress and emotional volatility.

Even mental health professionals have struggled for years to devise a clear definition.

Webster's Tenth Collegiate Dictionary defines depression as "a state of feeling sad" but adds a second definition: "a psychoneurotic or psychotic disorder marked especially by sadness, inactivity, difficulty in thinking and concentration, a significant increase or decrease in appetite and time spent sleeping, feelings of dejection and hopelessness, and sometimes suicidal tendencies."

Depressive illness is of two kinds: _____ or _____.
Secondary depressions occur in the course of some other illness or condition, such as alcoholism.

Primary depressions, White says, "are mood disorders which are not associated with any other form of mental or physical illness."

Primary depressions can also be categorized in two ways: bipolar and unipolar depressions.

Bipolar depression is _____

Unipolar depression is _____

I. The Causes of Depression

A. *Biological Factors*

Collins writes, Depression often has a physical basis. At the simplest level, we know that lack of sleep, insufficient exercise, the side effects of drugs, physical illnesses, or improper diet can all create depression.

There is evidence that depression runs in families and may have a genetic basis.

B. *Ambivalence*

Ambivalence can be defined as "the sense of being trapped, that is, being unable to remedy an intolerable situation."

C. Parental Rejection

Researchers Joan Robertson and Ronald Simons reported that, according to a study they conducted,

D. Abuse

Particularly physical and sexual abuse is what we are speaking about in our study. This is the single most powerful reason or cause of depression.

E. Negative Thinking

A young person's mental habits and ways of thinking also can make him or her susceptible to depressive illness. Collins cites psychiatrist

Aaron Beck, who says that depressed people show negative thought patterns in three areas:

- 1- They view the world and life experiences _____.
- 2- Second, many depressed people have a negative view of themselves.
- 3- Third, these people view the future in _____.

F. Life Stress

Numerous researchers and authors cite stress as a pivotal factor in depression.

G. Anger

A young person who has not learned or devised ways of effectively handling and expressing anger is more likely to struggle with depressive illness.

H. Guilt

It comes when a person feels that he or she has failed or has done something wrong.

II. The Effects of Depression

A. Physical Effects

The body movements of the depressed individual usually decrease. The quality of his sleep is affected. Initially, rather than sleeping too little, he may sleep too much. His appetite is also often affected. He either eats too much or too little (usually too little). Thus, he may have either significant weight loss or weight gain. There are other multiple symptoms listed in your text-book.

B. Emotional Effects

One major symptom of depression is a sad affect (or moodiness). An individual suffering from depression has a sad facial expression. He looks depressed.

C. Shortened Attention Span/Daydreaming

The teen's mind drifts from what he wants to focus on and he becomes increasingly distractable. He finds himself daydreaming more and more. This is a shortening of attention span.

D. Masked Reactions

Collins lists the following "masked reactions":

- aggressive actions and angry temper outbursts
- impulsive behavior, including gambling, drinking, violence, destructiveness or impulsive sex
- accident proneness
- compulsive work
- sexual problems

E. Withdrawal

In this miserable state the teenager may withdraw from peers. As a result, the teenager becomes very lonely.

F. Suicidal Behavior

Many studies have linked adolescent depression to suicidal behavior.

G. Depressive Tendencies in Adulthood

Young people who do not successfully resolve their struggles with depression during their teen years are likely to face further battles with depression as adults.

III. The Biblical Perspective of Depression

The Bible doesn't address the subject of depression, per se. The Psalms do include many verses that were apparently written by a human soul who was in the depths of human emotion,

Examples:

Job, Moses, Elijah, David, Jeremiah, possibly Jesus

IV. The Response to the Problem of Depression

"Most people do not 'snap out' of depression,"

How can we help the young person?

Prayer-Encourage-Ask Questions-

- Frequent reassurances and words of comfort.
- Alertness for evidence of anger, hurt, poor self-esteem, etc.

EMPATHIZE. A parent, youth leader, or adviser will want to empathize with the young person suffering from depression-to try to "walk" with him or her.

There can be danger of counselee being too depend on one giving counseling.

David A. Seamands suggests:

- 1. Avoid being alone. Force yourself to be with people.*
- 2. Seek help from others. Tell someone how you're feeling.*
- 3. Sing. Music was the only cure for King Saul's moods of depression (i Sam. 16:14-23).*
- 4. Praise and give thanks.*
- 5. Lean heavily on the power of God's Word.*
- 6. Rest confidently in the presence of God's Spirit.*
- 7. Forty-eight Scriptures addresses this problem.*

Encourage the depressed [person] to be involved in some new activity

Be alert for indications such as:

- talk of suicide*
- evidence of a "thought-out" plan of action for actually killing oneself*
- feelings of hopelessness and / or meaninglessness*
- indications of guilt and worthlessness*
- recent environmental stresses (such as parental divorce, death in the family, etc.)*
- an inability to cope with stress • excessive concern about physical illness*
- preoccupation with insomnia • evidence of disorientation or defiance*
- a tendency to be dependent and dissatisfied at the same time*
- a sudden and unexplainable shift to a happy, cheerful mood (which often means that the decision to attempt suicide has been made)*
- knowledge regarding the most effective methods of suicide (shooting, drugs, and carbon monoxide work best; wrist slashing is least successful, etc.)*
- history of prior suicide attempts (Those who have tried before often repeat their attempt.)*

Here are some Scriptures to help in counseling young people about depression:

Psalms 119:25

"My soul cleaveth unto the dust: quicken thou me according to thy word."

Philippians 4:4-8

"Rejoice in the Lord alway: and again I say, Rejoice."

1 Peter 5:7

"Casting all your care upon him; for he careth for you."