

“UNDERSTANDING BIBLICAL ANGER MANAGEMENT”

1-DAY WORKSHOP, 9:00 AM TO 4:00 PM, SATURDAY



OBJECTIVES:

GAIN INSIGHT TO WHAT THE BIBLE SAYS ABOUT ANGER AND BEGIN TO SEE IT FROM GOD'S PERSPECTIVE.

IDENTIFY INCIDENTS WHICH CAUSE ANGER; TO WHOM IT IS DIRECTED AND BE ABLE TO CLASSIFY ANGER ON A TIMELINE.

RECOGNIZE HIDDEN ANGER AND UNDERSTAND THE TECHNIQUES PEOPLE USE TO DENY OR SUPPRESS ANGER.

LEARN HOW TO DEFUSE IMMEDIATE ANGER BEFORE IT BECOMES HIDDEN.

PRACTICE BIBLICAL METHODS TO RESOLVE ANGER ISSUES.