

ANGER

Help for Overcoming Sinful Anger, Bitterness, Resentment

Anger, like every other emotion, may be a good and useful emotion put to constructive, godly use (Mark 3:5; Psalms 7:11; Ephesians 4:26). Or it may be a sinful emotion which is used in ungodly, harmful, and destructive ways. This study is designed to help you discern between sinful and righteous anger and to aid you in overcoming the sinful expressions of anger, which are harmful and destructive.

1. At whom or what is your anger most frequently directed?

- Other people _____
- Your circumstances or environment _____
- Yourself _____
- God _____

2. Describe the last three situations in which you became angry.

- _____

- _____

- _____

3. Discern and write down what the following verses have to say about the wrong way to handle anger. You are handling anger in a sinful and unbiblical manner when you:

- Ephesians 4:26, 27. Refuse to admit that you are angry. Clam up and pretend nothing is wrong. Make this way of dealing with anger a practice.
- Proverbs 17:14. Pick a fight as soon as you can. Be as nasty as you can.

• Proverbs 29:11, 20. _____

• Matthew 5:21, 22. _____

• Ephesians 4:31. _____

• Proverbs 26:21. _____

• Proverbs 15:1. _____

• Colossians 3:8. _____

• Romans 12:17, 19. _____

• 1 Peter 3:9. _____

• 1 Corinthians 13:5. _____

• Philippians 4:8. _____

4. Discern and write down what the following verses have to say about the ***right*** way to handle anger. Constantly review what God says about the right way of handling anger and deliberately seek to obey Him.

• Romans 12:19-21. *Never take your own revenge, turn the matter of punishment over to God; seek to help your enemy in specific ways.*

• Ephesians 4:26. *Acknowledge that you are angry and seek to solve the problem immediately. Don't allow unresolved problems to pile up.*

• Ephesians 4:29. _____

• Ephesians 4:32. _____

• Matthew 5:43, 44. _____

• Proverbs 19:11. _____

• Proverbs 15:1. _____

• Proverbs 15:28. _____

• Proverbs 16:32. _____

• Proverbs 25:28. _____

• Proverbs 14:29. _____

• Proverbs 29:11. _____

• Psalm 31:1-11. _____

• 1 Peter 3:9. _____

• Galatians 5:16-23. _____

• Romans 8:28, 29. _____

• Matthew 5:1-12; 1 Thessalonians 5:18. _____

• Ephesians 5:20. _____

• 1 Corinthians 10:13. _____

• Genesis 50:20. _____

• James 4:6. _____

• 1 Corinthians 6:19, 20. _____

• Matthew 18:21-35. _____

5. Examine your life in the light of Matthew 5:1-12, Galatians 5:22-23, and II Peter 1:5-8, and list the qualities mentioned in these passages which are most lacking in your life. Ask a godly Christian for his evaluation. God wants to use all circumstances to develop these qualities in your life. Sinful anger overlooks this fact. List the qualities from each passage of Scripture.

	Matthew 5:1-12	Galatians 5: 22, 23	II Peter 1:5-8
1.			
2.			
3.			
4.			
5.			
6.			
7.			
8.			
9.			

10.			
11.			
12.			

6. Consider how God may use your present irritations and annoyances to reveal your lack of these qualities and to develop them. When you are tempted to become sinfully angry, consider God's purpose for the trial.

7. Consider and write out some of the benefits that your problems or irritations may bring to you. Remember Romans 8:28 and Job 23:10. God has a good purpose for everything that comes into the Christian's life.

- Isaiah 43:1-3. Deeper communion and fellowship with God

- 1 Corinthians 11:31, 32. Stimulates self-examination

- Psalm 119:71. New insight into Scripture

- Romans 5:2-5. _____

- II Corinthians 1:3-6. _____

- Hebrews 12:5-11. _____

- II Corinthians 12:7-10. _____

- Matthew 5:10-12. _____

- I Peter 4:12-16. _____

- Psalm 119:67. _____

- Psalm 50:15. _____
- Philippians 3:10. _____
- James 1:2-3. _____
- I Peter 1:7. _____

8. Which of the following do you consider to be your “rights”? Usually we become sinfully angry because we think some “right” is being denied.

- Right to have and control personal belongings _____
- Right to privacy _____
- Right to have and express personal opinions _____
- Right to earn and use money _____
- Right to plan your own schedule _____
- Right to respect _____
- Right to have and choose friends _____
- Right to belong, be loved, be accepted _____
- Right to be understood _____
- Right to be supported _____
- Right to make your own decisions _____
- Right to determine your own future _____
- Right to have good health _____
- Right to date _____
- Right to be married _____

- Right to have children _____
- Right to be considered worthwhile and important _____
- Right to be protected and cared for _____
- Right to be appreciated _____
- Right to travel _____
- Right to have the job you want _____
- Right to a good education _____
- Right to be a beautiful person _____
- Right to be treated fairly _____
- Right to be desired _____
- Right to have fun _____
- Right to raise children your way _____
- Right to security and safety _____
- Right to fulfilled hopes and aspirations _____
- Right to be successful _____
- Right to have others obey you _____
- Right to have your own way _____
- Right to be free of difficulties and problems _____
- Others _____

9. Which of the aforementioned “rights” are you being denied, and by whom?

	<i>Right</i>	<i>By Whom</i>
1.	Personal belongings	
2.	Privacy	
3.		
4.		
5.		

10. Look up the following passages of Scripture and, in each case, write out what they say about your “rights.”

- Psalm 24:1

- Romans 12:1-2

- 1 Corinthians 4:7

- 1 Corinthians 6:19-20

- Memorize Matthew 6:33-34

Acknowledge that you and all that you have are God's gifts and His property. Trust Him to take care of His property. Cease to think in terms of your "rights" and concentrate on God's will, purpose and promises. Pray asking Him to give you a biblical view of your "rights" and continue to dedicate your "rights" to God on a regular basis.