

Lesson 11 | ANGER & BITTERNESS (Part 1) ¹

QUESTION: Why is anger such a common sin?

QUESTION: What are the many faces of anger?

QUESTION: What are the roots of anger?

QUESTION: How are anger & bitterness related?

BIBLICAL TRUTHS REGARDING ANGER & BITTERNESS

TRUTH: Anger & bitterness are both signs of being focused on self and not trusting God's sovereignty in your life – **Romans 5:3-5**

TRUTH: Dealing biblically with anger and bitterness requires wholehearted obedience to God's Word in every circumstance, even if/when your feelings dictate otherwise – **Ephesians 4:1-3**

TRUTH: Failing to put off anger & bitterness grieves the Holy Spirit, gives Satan an opportunity in your life, obscures your witness to others, and disrupts the unity in the Body of Christ.

TRUTH: Being quick to anger is evidence of your old self apart from Jesus Christ & it is contrary to the Word of God - **Colossians 3:7-8**

TRUTH: Since God's Word commands you to put away anger & bitterness, it is possible to do so – **1 Corinthians 10:13**

CARNAL OR FLESHLY RESPONSES TO ANGER

#1: We will justify our anger by:

Blaming others: _____

Claiming it was righteous anger: _____

Downplaying its significance: _____

#2: We will compartmentalize our anger by:

Only being angry in certain situations: _____

Only being angry at certain people: _____

¹ Taken from Lesson 11, Self-Confrontation Manual

Only expressing our anger in *acceptable* ways: _____

#3: We will ignore/re-direct our our anger by:

Working more to avoid being home: _____

Exercising to work out un-dealt with anger: _____

Eating to ignore the problem: _____

Drinking to remain calm: _____

TRUTH: You are living to please yourself when you respond unbiblically to the sins of anger & bitterness.

TRUTH: If your focus is upon self, your attempts to solve the problem of anger will be based on man's wisdom & trusting in man's wisdom leads to a further emphasis on self...which leads to greater anger & bitterness (*illustrate with victim culture*).

TRUTH: Without relying solely on the Lord & His Word, you cannot overcome anger & bitterness in a manner that gives glory to God and produces lasting change.

A BIBLICAL THEOLOGY OF ANGER

God is slow to anger yet simultaneously merciful, gracious, compassionate, forgiving, and abundant in lovingkindness and truth (**Nehemiah 9:17**).

God's disposition is to be merciful but his anger is for a moment (**Psalm 30:5**). His character is to restrain His anger (**Psalm 78:38**).

God's anger is ALWAYS directed at rebellion or disobedience to His commands – which are always holy & just (**Deuteronomy 29:14-21**)

Jesus was angry at hypocrisy & legalism (offended that God's righteousness was not being upheld by the religious leaders of Israel). While being angry at sin, Jesus healed a man's withered hand (**Mark 3:4-5**).

On extremely rare & exceptional occasions, a person devoted to God is righteously angry (with no accompanying sin) – **Nehemiah 5:6 & 1 Samuel 11:6**

To be angry and not sin is possible (because Scripture says so) BUT you must obey God's Word with NO exceptions in that anger – **Ephesians 4:26, Romans 6:12-13, Ephesians 5:1**

A BIBLICAL GAME-PLAN FOR PUTTING OFF ANGER

#1: _____

#2: _____

#3: _____

#4: _____

#5: _____

#6: _____

#7: _____

