

Facing the Fire Within!

Dealing with Anger: A Five-Day Bible Study

Day 4: “What Would Jesus Do?”—Gospel Comparison

Memory Verse

1 Peter 2:23

“When they hurled their insults at him, he did not retaliate; when he suffered, he made no threats. Instead, he entrusted himself to him who judges justly.”

Lesson

Jesus got angry, but His anger was always righteous. He was never triggered by selfish pride, personal offense, or emotional outbursts. Instead, His anger was fueled by injustice, hypocrisy, and the mistreatment of others, especially when it dishonored God.

In Mark 3:1–6, Jesus was angry at the Pharisees’ hard hearts. In John 2:13–17, He cleansed the temple because people were turning worship into business. In both cases, Jesus’ anger was controlled, purposeful, and holy.

Our anger, however, often stems from wounded pride, unmet desires, or the need to control. By comparing our reactions to Christ’s, we can better understand how to submit our emotions to the Holy Spirit and seek justice without sin.

Key Scriptures to Ponder

Mark 3:5

“He looked around at them in anger and, deeply distressed at their stubborn hearts...” (What made Jesus angry here?)

John 2:15–16

“So he made a whip out of cords, and drove all from the temple courts... ‘Get these out of here! Stop turning my Father’s house into a market!’” (Was His anger about Himself—or about God’s glory?)

Ephesians 4:26–27

“In your anger do not sin... and do not give the devil a foothold.” (Am I allowing anger to open a door to sin or division?)

Think About This ...

- *What made Jesus angry in these passages, and why?* (Look at the root of His anger—what mattered to His heart?)
- *How is Jesus' anger different from the way I usually respond when I get mad?* (Does your anger typically point toward injustice or just your own frustration?)
- *Have I ever justified sinful anger by calling it "righteous"? What's the difference?* (We often spiritualize selfish behavior—this calls it out honestly.)
- *How can I practice responding to wrong with truth and grace instead of outbursts and rage?* (This points to real-life application with the Gospel in view.)

Action Challenge Activity

(Keep journaling about any instances in which you experience anger today. See Monday's activity for reminders about what questions to ask and answer in your journal entries.)

Read Mark 3:1–6 or John 2:13–17 (Jesus gets angry). Then write:

- Why was Jesus angry?
- How did He express it?
- How is that different from how you typically express anger?

Connection

Jesus had righteous anger aimed at injustice, not selfish desires.

Why It Matters

Comparing your actions to those of Jesus helps you distinguish between righteous anger and selfish anger.

Stay Bold!