

Free From The Arrow Of Anger



“Be angry, and yet do not sin; do not let the sun go down on your anger, and do not give the devil an opportunity.”

Ephesians 4:26-27 (NASB)

**Part 2: Getting Your Whole Heart Back
Session 6: Free From The Arrow Of Anger**

Freedom

Becoming Fully Alive!



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Freedom

Becoming Fully Alive!

PART 2: Getting Your Whole Heart Back

- Session 1 Free From The Message Of The Arrows**
- Session 2 Free From The Arrow Of Pride**
- Session 3 Free From The Arrow Of Shame**
- Session 4 Free From The Arrow Of Fear**
- Session 5 Free From The Arrow Of Rejection**
- Session 6 Free From The Arrow Of Anger**
- Session 7 Free From The Arrow Of Depression**



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I. FREE FROM THE ARROW OF ANGER

A. ANGER – *AN ISSUE OF SUBMISSION*

Genesis 4:3-8

James 4:1-10

Romans 8:28-29

James 1:19-20

B. AN EXAMPLE OF RIGHTEOUS ANGER

John 2:13-16

Mark 11:15-17

John 5:17-20, 30

John 14:31

C. AN EXAMPLE OF UNRIGHTEOUS ANGER

I Samuel 18:6-11

D. HOW ANGER CAN GO “BAD”

Ephesians 4:26-31

E. TAKING YOUR ANGER INVENTORY

When, in your life, have you been the most angry? What happened?

When was the last time you were angry? What happened?

Circle from the following what you have experienced in your heart during the last 30 days:

- | | |
|----------------|---------------|
| a. Frustration | f. Bitterness |
| b. Irritation | g. Hatred |
| c. Impatience | h. Rage |
| d. Resentment | i. Malice |
| e. Anger | j. Murder |

4. Would you say you have a “problem” with anger?
5. Would those who know you best say you have a “problem” with anger?

F. HOW TO BE FREE FROM THE ARROW OF ANGER

1. See: “**Processing The Issues Of Your Heart**”
Result: Ephesians 4:32
2. *At this time please review your answers to the application questions in the previous sessions related to pride, shame, fear, and rejection.*
3. **Identify and “Process” the “Arrows” that are contributing to your anger.**
 - a. Pride
 - b. Shame
 - c. Fear
 - d. Rejection
4. **Submit to the Sovereign Will and Purposes of God.**
 - a. Daniel 4:34-37
 - b. Romans 8:28-29
 - c. James 1:2-4

G. ANGER ADMONITIONS

1. “Do not let the sun go down while you are still angry...” Ephesians 4:26
2. “Do not give the Devil a foothold.” Ephesians 4:27
3. “See...that no bitter root grows up to cause trouble and defile many.” Hebrews 12:15
4. “Forgive...in order that Satan might not outwit us.” II Corinthians 2:10-11
5. “Above all else, guard your heart...” Proverbs 4:23

II. APPLICATION

- A. Referring to Part “E,” #3 of this session, (Taking Your Anger Inventory), which level of anger can you identify with? (Please circle)

- B. Think of an issue that you have been angry about

- C. In light of your answers in Part “E” of this session (Taking Your Anger Inventory), please answer the following:
 - 1. How have **you** been affected?

 - 2. How has your relationship with **others** been affected?

 - 3. How has your relationship with **the Lord** been affected?

Please be thorough in answering these questions and use additional paper if necessary.

GOD’S ANTIDOTE FOR THE ARROW OF ANGER:

SUBMIT TO THE SOVEREIGN WILL AND PURPOSES OF GOD!

**It's NEVER
TOO LATE**

**for a
FRESH START!**



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How To Process The Issues Of Your Heart:

"Above all else, guard your heart, for it is the wellspring of life." Proverbs 4:23 (NIV B4)

1 Who has offended or hurt you? Or, Who or what have you lost?

Psalms 26:2 "Test me, O Lord, and try me, examine my heart and my mind..." (NIV)

- Choose one person or loss to process.

2 How have you been affected?

Psalms 139:23 "Search me, O God, and know my heart; test me and know my anxious thoughts." (NIV)

- Describe your thoughts • Describe your feelings

3 How have you responded?

Psalms 139:24 "See if there is any offensive way in me, and lead me in the way everlasting." (NIV)

- What have you said? • What have you done? • What have you decided?

4 Pour out your heart to the Lord

Psalms 62:8 "Trust in him at all times, O people; pour out your hearts to him, for God is our refuge." (NIV)

Psalms 142:1-2 "...I pour out my complaint before him..."

- Tell God all about it

1 Thessalonians 5:18 • Ephesians 5:20 • Psalm 50:14-15,23 • Romans 8:28-29

- Give Thanks and submit to His sovereignty

5 Forgive

Matthew 18:21-35

- Forgive the person who hurt or offended you • Repent and receive God's forgiveness for your response.

CANCEL THE DEBT! FORGIVE as you have been FORGIVEN.

6 Release

Psalms 19:14 "May the words of my mouth and the meditation of my heart be pleasing in your sight, O LORD..." (NIV)

Matthew 5:44 "...love your enemies...bless those who curse you... pray for those who spitefully use you and persecute you," (NKJV)

Release the person (the one you have forgiven) to the Lord, and be willing to pray for him/her.

YOU can be FREE to be the person you were created to be!