

Lesson 11, Part 1: Dealing with Anger

Key questions we'll answer:

1. What is God's view of anger?
2. When is anger righteous vs. sinful?
3. What is at the root of anger?
4. How do we deal with anger?

I. What is God's View of Anger?

A. The Corrupting Nature of Anger

1. Galatians 5:20 - _____
2. Genesis 49:7 - _____
3. Proverbs 29:22 - _____
4. Proverbs 15:1,18; 30:33 - _____
5. Proverbs 14:29; Ecclesiastes 7:9 - _____

B. The Biblical Categories of Anger (Ephesians 4:31)

1. Bitterness (*pikria*) - poison, _____, the spirit which refuses to be reconciled. Many of us have a way of nursing our wrath to keep it warm; of brooding over the insults and the injuries which we have received.
2. Wrath (*thumas*) - _____, outbreaks of passion in a vengeful mind – note the emotional buildup.
3. Anger (*orge*) - violent passion, _____ in the mind and a more enduring state of mind.
4. Clamor (*krauge*) - outcry, shouting.
5. Slander (*blasphemia*) - evil speaking or railing _____.
6. Malice (*kakia*) - malicious, evil intent, evil habit of the mind – expressed or not.

C. The Sinful Manifestations of Anger

1. Clamming up (Eph 4:26, 27)
2. Rage – getting even (Prov 6:34, Rom 12:17-21)
3. Acting foolishly (Prov 14:17)
4. Distorting the facts (Prov 14:29)
5. Stirring up anger & strife in others (Prov 15:1, 18)
6. Driving others away (Prov 22:24)
7. Failing to rule your spirit (Prov 16:32)
8. Never learning from your foolish ways (Prov 26:11)
9. Easily ticked off by others (Prov 25:28)
10. Being a cruel and overwhelming person (Prov 27:4)
11. Devouring others (like dogs) (Gal 5:15)
12. Flat out rude (1 Cor 13:5)

II. When is Anger Righteous vs. Sinful?

When is it ok or not ok? What about righteous anger and unrighteous anger? And, how do I know if my anger is righteous or unrighteous? What are some examples from Jesus' life?

- Mark 3:1-5
- John 11:33
- John 2:13-17
- Mark 10:13-16

- A. When you're not _____.
- B. When you're angry because they violated _____ not yours. Ask yourself, "Am I angry because they sinned against _____ or because they sinned against _____?"
- C. When you still react with a spirit of _____ like God/Christ.
- His anger is perfectly _____ - ours is not!
 - His anger is _____ in perfection – ours is not!
 - His anger is set against rebellion and disobedience – ours is set on getting our own _____!

Robert D. Jones in *Uprooting Anger* puts it this way:

1. *Righteous anger reacts against actual _____ ...it does not result from merely being inconvenienced or from violations of personal preference or human tradition. It responds to sin as objectively defined by God's Word.*
2. *Righteous anger focuses on God and His Kingdom, rights, and concerns, not on me and my _____, _____, _____ ...it focuses on how people offend God and His name, not me and my name. Accurately viewing something as offensive is not enough. We must view it primarily as offending God. Righteous Anger throbs with kingdom concerns.*
3. *Righteous anger is accompanied by other godly _____ and expresses itself in godly _____. – it remains self-controlled ...it keeps its head without cursing, screaming, raging, or flying off the handle. Nor does it spiral downward in self-pity or despair. It does not ignore people, snub people, or withdraw from people. Instead, righteous anger carries with it the twin qualities of confidence and self-control. It is not all-consuming and myopic but channeled to sober, earnest ends. Godly strains of mourning, comfort, joy, praise, and action balance it.*

Concluding Exhortation:

Follow Christ's example (1 Pet 2:23):

1. Don't just grit your teeth and don't simply _____ it.
2. _____ yourself to Him who judges justly.
3. Then do what is right in _____ on God.