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# ~~D~~ANGER

Ice Breaker-Describe a time when you felt like you were in danger.

*"You have heard that it was said to the people long ago, 'Do not murder, and anyone who murders will be subject to judgment.' But I tell you that anyone who is angry with his brother will be subject to judgment. Again, anyone who says to his brother, 'Raca,' is answerable to the Sanhedrin. But anyone who says, 'You fool!' will be in danger of the fire of hell. Matthew 5:21-22 (NIV)*

*"In your anger do not sin" Do not let the sun go down while you are still angry, and do not give the devil a foothold. Ephesians 4:26-27 (NIV)*

From the verses above what are some of the consequences of anger?

## A THEOLOGY OF ANGER

### 1. MY ANGER IS MY RESPONSIBILITY.

*"You are ridiculously in charge of your life."  
Henry Cloud*

*You will be accepted if you do what is right. But if you refuse to do what is right, then watch out! Sin is crouching at the door, eager to control you. But you must subdue it and be its master." Genesis 4:7 (NLT)*

Why do many people blame others for their anger?

### 2. MY ANGER IS AN INSIDE JOB.

Since anger is a heart issue, what can be done to change the attitude of our hearts?

3. MY ANGER ALWAYS LEAKS OUT.

When your anger leaks out are you more of an exploder (one where everyone know it) or an imploder (one who stuffs it, but brews on it)?

4. MY ANGER HAS ESCALATING CONSEQUENCES.

Describe a situation where you have seen anger escalate and tell about the results of it.

HOW DO I CONTROL MY ANGER?

*People with understanding control their anger;  
a hot temper shows great foolishness. Proverbs 14:29 (NLT)*

What does this Proverb mean to you?

1. REFUSE TO PLAY THE "VICTIM CARD".

*Get rid of all bitterness, rage, anger, harsh words, and slander, as well as all types of malicious behavior. Ephesians 4:31 (NLT)*

How have you had success in getting rid of one of the above mentioned behaviors?

2. PARTNER WITH THE HOLY SPIRIT.

*But the Holy Spirit produces this kind of fruit in our lives: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control. There is no law against these things! Galatians 5:22-23 (NLT)*

What does it mean to partner with the Holy Spirit?

3. PUSH THE PAUSE BUTTON.

Manage the Moment!

*Fools vent their anger,  
but the wise quietly hold it back.  
Proverbs 29:11 (NLT)*

*Understand this, my dear brothers and sisters: You must all be quick to listen, slow to speak, and slow to get angry. Human anger does not produce the righteousness God desires.* James 1:19-20 (NLT)

Which of those two verses will you memorize to use when tempted by anger?

4. CHOOSE SOFT OVER HARSH

*A gentle answer deflects anger,  
but harsh words make tempers flare.*  
Proverbs 15:1 (NLT)

How have you observed soft or kind words diffuse a negative situation?

Which of the four points above will you work on this week in order to display the character of God to those around you?