

Transforming Life 2

Biblical counseling services of Nashville

Week Four: Anger

INTRO

Like Fear from last week, Anger is an _____ that affects us mentally and physically.

Def.: Anger is a strong—at times overwhelming—sensation of severe _____ or hostility caused by either real or perceived offense, injury or injustice usually accompanied by a desire to retaliate or seek _____.

“Anger blows out the lamp of the mind. It’s a child’s reaction to an adult situation.” Author Unknown

Even _____ becomes angry (Num. 25:3; Dt. 3:26; 2 Sam. 22:8).

Created in God’s _____, man has the capacity for anger. Unfortunately, because of the Fall, most or nearly all of man’s anger is _____.

Anger is a common tool of _____ in relationships.

- 1) In an attempt to get someone to _____.
- 2) In an attempt to _____.
- 3) In an attempt to make your point seem more important or _____.

Three helpful Greek words for understanding anger:

- 1) Thumos = explosive anger; _____.
- 2) Orge = a slow abiding attitude of indignation; seeks _____.
- 3) Parorgismos = anger mixed with irritability, exasperation or _____.

I. Anger comes from the _____.

Mk. 7:20-23

II. Sinful anger is considered a “deed of the _____”

Gal. 5:19-21

III. _____ ~ _____ is an important Christian virtue.

Gal. 5:22-23

Prov 29:11: A fool always loses his temper, but a wise man holds it back.

Prov. 16:32; Prov. 19:11; Prov. 25:28; Prov. 29:22; Eccl. 7:9

IV. Anger is a _____ response to life situations and circumstances.

Prov 22:24-25

We _____ angry responses in life: in relationships from our parents, friends, siblings, adults we admire, etc.

V. Anger is usually produced by _____.

1) Due to an unfulfilled _____.

2) Due to a violation of my perceived _____ or standards.

3) Due to my _____ upon someone else's words or actions.

4) Due to a real or perceived _____.

5) Due to being overlooked, passed over, neglected or unacknowledged.

VI. Lingering, unresolved anger gives the devil "opportunity." (Eph. 4:26-27)

1) Through _____ (Heb. 12:14-15)

2) By seeking _____ (Ro. 12:19-21)

3) By _____ relationships.

VII. The Anger of _____

Mk. 3:1-5; Jn. 2:13-17

Jesus' anger was never caused by that which was done to _____. It was never _____, vindictive or defensive. Rather, Jesus became angry either when the Father was maligned or others were being grossly mistreated.

VIII. The Anger of _____

Jas. 1:19-20: ...slow to anger; for the anger of man does not achieve the righteousness of God

"No matter how just your words may be, you ruin everything when you speak with anger."
John Chrysostom

IX. The Bible _____ Against Sinful Anger

Ps 37:8

X. Sinful Anger is to be _____

Eph 4:31; Col 3:8

XI. _____ Your Enemies

Matt 5:43-44; Ro. 12:20

XII. Return _____ For Evil

Ro. 12:21

_____ the energy of the angry emotion on the sin and finding a _____ solution to the problem or offense.

Ask yourself:

1) Is your anger truly due to the slander of God or the gross mistreatment of others?

2) Will your anger become _____ toward a planned, intentional, godly solution to the problem? Or, _____ destroying both horizontal and vertical relationships and ultimately causing permanent damage to relationships and eventually your health?

You must decide. The choice is yours.

Recommended Resources for Further Study:

v Uprooting Anger; Robert Jones

v The Heart of Anger; Paul Tripp