

Anger Handout

Intro:

- o Benjamin Franklin, "Whatever is begun in anger ends in shame."
- o Like a city without walls is one who no self-control. Prov 25:28
- o But if we confess our sins to him, he is faithful and just to forgive us our sins and to cleanse us from all wickedness. 1 John 1:9

*Don't copy the behavior and customs of this world, but **let God transform you into a new person by changing the way you think.** Then you will learn to know God's will for you, which is good and pleasing and perfect. Rom 12:2*

BIBLICAL STRATEGY

1. What is the "way I think"?

- a. Anger by itself is not wrong. It is an emotion and a sign/signal.
- b. What is the root?
 - i. "The way I respond as a mother usually has more to do with how **I'm feeling** than what **my child is doing.**" -Bridgett Miller
- c. Ask God: Search me, God, and know my heart. Put me to the test and know my anxious thoughts; and see if there is *any* ^[a](way of pain) hurtful way in me, and lead me in the everlasting way. Ps 139:23-24 NASB

STOP AND PRAY/THINK ABOUT IT RIGHT NOW (WRITE IT DOWN)

2. What does God say about the way you think/that root?

- a. For the word of God is alive and powerful. It is sharper than the sharpest two-edged sword, cutting between soul and spirit, between joint and marrow. It exposes our innermost thoughts and desires. Heb 4:12 NLT
- b. The words I (God) say do the same thing. They will not return to me empty. They make the things happen that I want to happen. They succeed in doing what I send them to do. Is 55:11 ICB
- c. Find Bible verses related to your root: anger, kids, forgiveness, etc
 - i. The wisest of women builds up her home, but a stupid one tears it down with her own hands (words). Prov 14:1 GW
 - ii. For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms. Eph 6:12 NIV

- iii. You are altogether beautiful, my darling; there is no flaw in you. Song 4:7 NIV
- iv. Who then will condemn us? No one—for Christ Jesus died for us and was raised to life for us, and he is sitting in the place of honor at God’s right hand, pleading for us. Rom 8:34
- v. For you have not received a spirit of slavery leading again to fear [of God’s judgment], but you have received the Spirit of adoption as sons [the Spirit producing sonship] by which we [joyfully] cry, “[a]Abba! Father!” Rom 8:15
- vi. Therefore there is no longer any condemnation for those who are in Christ. Rom 8:1
- vii. Whoever forgives an offense seeks love, but whoever keeps bringing up the issue separates the closest of friends Prov 17:9 GW
- viii. Get rid of all bitterness, passion, and anger. No more shouting or insults, no more hateful feelings of any sort. Instead, be kind and tender-hearted to one another, and forgive one another, as God has forgiven you through Christ. Eph 4:31-32 GNT
- ix. if you have anything against anyone, forgive him **[drop the issue, let it go]**, so that your Father who is in heaven will also forgive you your transgressions *and* wrongdoings [against Him and others]. Mark 11:25 AMP
- x. People with understanding control their anger; a hot temper shows great foolishness. Prov 14:29 NLT
- xi. A fool gives full vent to his anger, but a wise person holds it in check. Prov 29:11 NIV
- xii. With patience you can convince a ruler, and a gentle word can get through to the hard-headed Prov 25:15 NCV
- xiii. Be merciful to me, O God, be merciful to me!
For my soul trusts in You;
And in the shadow of Your wings I will make my refuge,
Until *these* calamities have passed by. Ps 57:1 NKJV (rage is never a refuge or protection/only God can protect you.)
- xiv. it is I, the Eternal One your God, who has hold of your right hand, Who whispers *in your ear*, “Don’t be afraid. I will help you. Isaiah 41:13 VOICE
- xv. Death and life *are* in the power of the tongue,
And those who love it will eat its fruit. Prov 18:21 KJV

3. Time Out/Changing the Way you Think

- a. Mentioned at least 4X in the Bible that when God got angry He turned away/hid His face/left (Ex 33:3, Is 54:8)
- b. Time Out not as a punishment or rejection, but as a moment to separate the action/feeling from the person in order to prevent destructive venting of anger and reset your mind.
 - i. Ask again “why am I so upset?”

4. Make every thought obedient to Christ

- a. We demolish arguments and every pretension that sets itself up against the knowledge of God, and **we take captive every thought to make it obedient to Christ.** 2 Cor 10:5 NIV
- b. Jesus showed us the example of responding to temptation in the wilderness. He answered with Scripture
- c. **Read those notecard verses out loud**
 - i. Choose to believe God’s truth over your feelings/desires
 - ii. Remind yourself of what you believe
- d. Whoever is slow to anger is better than the mighty, and he who rules his spirit than he who takes a city. Prov 16:32 ESV
- e. The Spirit who lives in you is greater than the spirit who lives in the world. 1 John 4:4 NLT
- f. **Pray for help:** “Ask, and it will be given to you; seek, and you will find; knock, and it will be opened to you. For everyone who asks receives, and the one who seeks finds, and to the one who knocks it will be opened. Or which one of you, if his son asks him for bread, will give him a stone? Or if he asks for a fish, will give him a serpent? If you then, who are evil, know how to give good gifts to your children, how much more will your Father who is in heaven give good things to those who ask him! Matt 7:7-11 ESV
- g. Zeph 3:17 NASB “The LORD your God is in your midst, A victorious warrior. He will rejoice over you with joy, He will be quiet in His love, He will rejoice over you with shouts of joy.

STOP. Imagine yourself taking a time out: Where will you go? See yourself reading the notecards out loud and asking for God’s help. Now write down your commitment to do just that the next time you feel anger trying to take control.

5. When you mess up

- a. Brothers *and sisters*, I do not regard myself as having taken hold of *it yet*; but one thing *I do*: forgetting what *lies* behind and reaching forward to

- what *lies* ahead, I press on toward the goal for the prize of the upward call of God in Christ Jesus. Phili 3:13-14 NASB
- b. Repent and continue to work at it
 - c. Apologize without blame to your child/spouse/mom etc
 - i. "I am sorry that I yelled at you. I lost my temper and I shouldn't have. Please forgive me for hurting your feelings, scaring you, etc"
 - ii. Accountability for you
 - iii. Example for them (their behavior and God's expectations are not dependent on anyone else)
 - d. Dare to believe that: God causes all things to work together for good to those who love God, to those who are called according to *His* purpose. Rom 8:28
 - e. There is no condemnation for those who are in Christ (Rom 8:1)
 - f. Enemy is the accuser of the brethren, not God (Rev 12:10)

Lord, God I admit that I have a problem with anger. It is not my husband's fault, my kid's fault, or anything or anyone else's fault. You promise that if I confess my sin you will be faithful to help me remove it and cleanse me from it. Search me and know me. Test my heart. Show me where I need to change my thinking to yours. Today I choose life, for me, for my family, for my children. I commit myself to allowing your Word and your Holy Spirit to change the way I think, and I am excited to see how You will transform me into a new person. Thank you that there is no condemnation in you. Thank you for your grace; thank you for overcoming in this life so that I can too. I love you. In Jesus name we pray; Amen.

Psalm 20 NLT

In times of trouble, may the LORD answer your cry.

May the name of the God of Jacob keep you safe from all harm.

May he send you help from his sanctuary
and strengthen you from Jerusalem.

May he remember all your gifts
and look favorably on your burnt offerings. *Interlude*

May he grant your heart's desires
and make all your plans succeed.

May we shout for joy when we hear of your victory
and raise a victory banner in the name of our God.