

Review – Look over your notes from this weekend or the points below before your group meets. A copy of this study is available online at www.lifeisforliving.org and contains hyperlinks to Bible passages.

“Anyone can become angry. But to be angry with the right person, to the right degree, at the right time, for the right purpose, and in the right way—this is not easy.” Aristotle

Remember – you don’t have to ask every question and cover all the material.

SHARE IT – Connecting with each other

- When you become angry, which of the 5 types are you most like? How does it affect your relationships?
 - a. Toxic waste – buries everything, but years later leaks internally and affects attitude, health
 - b. Volcano – Stores up frustrations and hurts for a period of time before exploding
 - c. Snow cone – gives people the cold shoulder when angered
 - d. Short fuse – doesn’t take much of anything to set you off
 - e. Microwave – Everything seems to be fine and then “boom”. Faster than the short fuse.
- What things trigger your anger? How do you try to avoid them?

GO DEEP – Connect with the Scriptures

Is all anger sinful?

When is anger “righteous”?

Anger is an emotion. Sin is a choice. You may feel anger, but you can choose not to sin. If we are angry at persons, then sin will come along; if we are angry at sin and sinful principles, we can maintain a holy walk.

The Bible recognizes that humans get angry; it does not condemn the anger in and of itself but what often happens as the result. Humans have a habit of letting their anger get the best of them, causing them to sin. That is why the apostle Paul said, “Don’t sin by letting anger gain control over you” ([Eph 4:26](#), NLT). The longer a person allows anger to continue, the greater the danger that it will develop sinful qualities, giving Satan a foothold (see [Eph 4:27](#)).

What is anger and what is its origin? Read [Mark 3:1-6](#); [Genesis 4:1-8](#).

1. Anger resulting from frustration in reaching a goal
2. Anger resulting from having our rights violated
3. Anger resulting from a wound to our self-esteem

Are there other things that you believe drive people to anger?

While believers may at times be legitimately angry (with righteous anger against sin; see [John 2:13-16](#)), they are not to sin. The way to prevent such sin is to “keep short accounts,” dealing with the anger before the sun goes down. The reason is that the devil would like to intensify a Christian’s righteous anger against sin, causing it to become sin itself. This then gives the devil a foothold (lit., “a place”), an opportunity for leading that Christian into further sin. Then anger begins to control the believer rather than the believer controlling his anger.

Justifiable anger exemplified. What can you learn from these examples on how to handle anger?

- Our Lord – [Mark 3:1-5](#)
- Moses – [Exodus 11:8](#), [32:19-35](#)
- Nehemiah – [Nehemiah 5:1-9](#)

Sinful anger exemplified. What principles are learned in these example on how not to handle anger?

- Cain – [Genesis 4:4-8](#)
- Esau – [Genesis 27:41](#)
- Ahab – [1 Kings 21](#)
- Moses – [Numbers 20:1-12](#)

NEXT STEPS – Applying the truth of Scripture to life

Which of the 5 steps below do you need to work on?

How should we handle anger?

1. **A**ffirm the relationship – value the relationships around you. Stay current (Ephesians 4:26-27). We must not allow what is bothering us to build up until we lose control. Dealing with and sharing what is bothering us before it gets to that point is important.
2. **N**egotiate with “I feel” statements – instead of “you never” or “you always”, say “I feel ...” Be honest and speak (Ephesians 4:15, 25). People cannot read our minds. We must speak the truth in love.
3. **G**uard the volume level – Read Proverbs 15:1. Attack the problem, not the person (Ephesians 4:29, 31). Along this line, we must remember the importance of keeping the volume of our voices low.

How can the level of your communication escalate or deescalate the situation?

4. **E**stablish resolve – make every effort to resolve the situation, before anger arrives, or to settle it down. Try as hard as possible before you go your merry way. We must act to solve our part of the problem. We cannot control how others act or respond, but we can make the changes that need to be made on our part. Overcoming a temper is not accomplished overnight. But through prayer, Bible study, and reliance upon God’s Holy Spirit, ungodly anger can be overcome. Just as we may have allowed anger to become entrenched in our lives by habitual practice, we must also practice responding correctly until it becomes a habit itself.
5. **R**elease the person – release and forgive those that have hurt us.

What is the difference between forgiving and forgetting?

PRAY

O Lord, must I fear Your wrath?
Retribution is Yours by right!
May I never dishonor Your Divinity,
My soul seeking to maintain Your love.
Shape my being into earnest kindness,
A reflection of Your perfection.
Grant me the grace of self-control,
That I may not display any anger.
Should I have such an outburst,
Instantly remind me to seek redress,
For such is offensive to You.
Anger is Yours alone to avenge!