



Road rage, broken relationships, bitterness, hatred, murder, child abuse, fighting, yelling... these are just a few possible symptoms of a very real problem called anger. Anger is a deadly poison.

At the heart of EVERY anger issue is a thing called "personal rights" – a right to be happy, a right to be understood, a right to be valued, a right to be treated with respect, a right to a good night sleep, a right to be depressed, a right to take action, a right to be loved, a right to a certain lifestyle, a right to _____. Next time you feel anger brewing, ask yourself, "What personal right am I holding onto?"

There are different kinds of anger with different kinds of effects on people’s lives... There is explosive anger, simmering anger and then a “right” kind of anger. This week we will be looking at how we can find victory in NOT allowing anger to get a “foothold” in our lives as we surrender our rights to the Lord and live righteously.

Explosive Anger: outbursts of rage... hot tempers... and losing it—these are all evidence of explosive anger. In the following verses write down what the Bible says about how explosive anger affects our lives.

Proverbs 14:17 _____

Proverbs 15:18 _____

Proverbs 19:19 _____

Proverbs 22:24-25 _____

Proverbs 29:11 _____

Proverbs 29:22 _____

Ecclesiastes 7:9 _____

Simmering Anger: nurturing an offense... growing bitterness... seeking revenge... these are the symptoms of simmering anger. What do the following verses say about this simmering anger?

Job 5:2 _____

Proverbs 24:29 _____

Romans 12:19 _____

Ephesians 4:26 _____

Let's take a look at the story of the prodigal son. Read Luke 15:28-30 and write down your observations of the older brother. _____

At the heart of every situation dealing with wrong anger, there is a person desperately holding onto their personal right. What rights do YOU hang onto that tend to grow into anger? _____

How can you personally and practically let go of your “rights”? _____

What do the following verses tell us to do in order to deal with this anger problem?

Psalm 37:8 _____

Proverbs 19:11 _____

Colossians 3:8-10 _____

James 1:19-20 _____

“My dear brothers, take note of this: Everyone should be quick to listen, slow to speak and slow to become angry...”

—James 1:19

Are you a reactor or a responder???

When we are slow to anger we have more time to think and respond with wisdom instead of reacting in anger.

The Right kind of Anger: is controlled and doesn’t linger in our lives. Anger can be the emotion that drives us to make a positive difference and change wrong attitudes. There are great examples of righteous anger, but we have to be careful to know the difference between the world’s anger and God’s anger, as James 1:20 says “For man’s anger does not bring about the righteous life that God desires.”

What is happening in the following passages and how does Jesus respond?

Mark 3:1-6 _____

John 2:13-17 _____

1 Peter 2:21-23 _____

According to the verses below, what are some of the reasons for God's wrath being poured out?

Romans 1:18 _____

Romans 2:5-9 _____

Wow! It's been eye-opening to look at anger and all the different roles it plays. In the right context it is an amazing motivation, but in the wrong context it can cause great damage. Be careful how you react. Take to heart James' exhortation to be SLOW to anger (James 1:19) and heed Paul's command to not sin in your anger (Ephesians 4:26)!!!

Wrap up:

I must let go of wrong _____ by yielding my personal
_____.

Passage Index (NIV 1984 unless otherwise stated)

Proverbs 14:17 “A quick-tempered person does foolish things, and the one who devises evil schemes is hated.”

Proverbs 15:18 “A hot-tempered person stirs up conflict, but the one who is patient calms a quarrel.”

Proverbs 19:19 “A hot-tempered person must pay the penalty; rescue them, and you will have to do it again.”

Proverbs 22:24-25 “Do not make friends with a hot-tempered person, do not associate with one easily angered, ²⁵or you may learn their ways and get yourself ensnared.”

Proverbs 29:11 “Fools give full vent to their rage, but the wise bring calm in the end.”

Proverbs 29:22 “An angry person stirs up conflict, and a hot-tempered person commits many sins.”

Ecclesiastes 7:9 “Do not be quickly provoked in your spirit, for anger resides in the lap of fools.”

Job 5:2 “Resentment kills a fool, and envy slays the simple.”

Proverbs 24:29 “Do not say, ‘I’ll do to them as they have done to me; I’ll pay them back for what they did.’”

Romans 12:19 “Do not take revenge, my friends, but leave room for God’s wrath, for it is written: ‘It is mine to avenge; I will repay,’ says the Lord.”

Ephesians 4:26 “In your anger do not sin: Do not let the sun go down while you are still angry...”

Luke 15:28-30 “The older brother became angry and refused to go in. So his father went out and pleaded with him. ²⁹But he answered his father, ‘Look! All these years I’ve been slaving for you and never disobeyed your orders. Yet you never gave me even a young goat so I could celebrate with my friends. ³⁰But when this son of yours who has squandered your property with prostitutes comes home, you kill the fattened calf for him!’”

Psalms 37:8 “Refrain from anger and turn from wrath; do not fret—it leads only to evil.”

Proverbs 19:11 “A person’s wisdom yields patience; it is to one’s glory to overlook an offense.”

Colossians 3:8-10 “But now you must rid yourselves of all such things as these: anger, rage, malice, slander, and filthy language from your lips. ⁹Do not lie to each other, since you have taken off your old self with its practices ¹⁰and have put on the new self, which is being renewed in knowledge in the image of its Creator.”

James 1:19-20 “My dear brothers, take note of this: Everyone should be quick to listen, slow to speak and slow to become angry, ²⁰for man’s anger does not bring about the righteous life that God desires.”

Mark 3:1-6 “Another time he went into the synagogue, and a man with a shriveled hand was there. ²Some of them were looking for a reason to accuse Jesus, so they watched him closely to see if he would heal him on the Sabbath. ³Jesus said to the man with the shriveled hand, ‘Stand up in front of everyone.’ ⁴Then Jesus asked them, ‘Which is lawful on the Sabbath: to do good or to do evil, to save life or to kill?’ But they remained silent. ⁵He looked around at them in anger and, deeply distressed at their stubborn hearts, said to the man, “Stretch out your hand.” He stretched it out, and his hand was completely restored. ⁶Then the Pharisees went out and began to plot with the Herodians how they might kill Jesus.”

John 2:13-17 “When it was almost time for the Jewish Passover, Jesus went up to Jerusalem. ¹⁴In the temple courts he found people selling cattle, sheep and doves, and others sitting at tables exchanging money. ¹⁵So he made a whip out of cords, and drove all from the temple courts, both sheep and cattle; he scattered the coins of the money changers and overturned their tables. ¹⁶To those who sold doves he said, ‘Get these out of here! Stop turning my Father’s house into a market!’ ¹⁷His disciples remembered that it is written: ‘Zeal for your house will consume me.’”

1 Peter 2:21-23 “To this you were called, because Christ suffered for you, leaving you an example, that you should follow in his steps. ²²He committed no sin, and no deceit was found in his mouth.’ ²³When they hurled their insults at him, he did not retaliate; when he suffered, he made no threats. Instead, he entrusted himself to him who judges justly.”

Romans 1:18 “The wrath of God is being revealed from heaven against all the godlessness and wickedness of men who suppress the truth by their wickedness...”

Romans 2:5-9 “But because of your stubbornness and your unrepentant heart, you are storing up wrath against yourself for the day of God’s wrath, when his righteous judgment will be revealed. ⁶God ‘will give to each person according to what he has done.’ ⁷To those who by persistence in doing good seek glory, honor and immortality, he will give eternal life. ⁸But for those who are self-seeking and who reject the truth and follow evil, there will be wrath and anger. ⁹There will be trouble and distress for every human being who does evil: first for the Jew, then for the Gentile...”