

Growth and Application Assignments

Studies to recognizing and putting off my sinful Anger

Studies used with permission from *Uprooting Anger* by Robert D. Jones

1. Journaling a Problem Incident
2. Inventory of Personal Felt Needs and Rights
3. James 4 and the Cause of Conflicts
4. Controlling Your Angry Behavior
5. Pictures of God's Forgiveness of His People
6. Battling Bitterness with the Gospel

JOURNALING A PROBLEM INCIDENT

Select a recent incident in which you displayed or felt anger, conflict, depression, anxiety, or similar negative attitudes or actions. On a piece of paper write out the answers to the following questions below. Summarize the situation and your response to it:

1. Your Situation. Who, what, where, when? Summarize what happened:
2. Your Behavior. What did you say, do, and feel in response to what happened? Summarize your words, actions, and emotions, especially the negative ones:
3. Your Thoughts and Desires. What were you thinking or wanting in the midst of this situation? Summarize your attitudes, thoughts, desires, motives, etc., that might have driven the wrong behavior. Note any "good desire, bad master" dynamics.
4. God's Answers. On the back of this sheet, describe how you think God would want you to deal with this situation now or the next time it occurs. What changes in your behavior and in your thoughts, desires, and motives seem needed? What steps should you take?

INVENTORY OF PERSONAL FELT NEEDS AND RIGHTS

Personal or relational problems often arise when we feel that our personal needs or rights are unmet or denied. Examining these feelings gives insight into our problems and God's solutions.

Step #1: Identify Your Felt Needs or Rights.

Check each item that you view as a personal need or right (or intense desire). You may add brief explanatory notes.

1. Be free of intense problems and pressures
2. Privacy
3. Hold and express personal opinions
4. Have money/possessions and use them as you choose
5. Plan my daily schedule
6. Be respected, appreciated, considered important
7. Friends, close relationships
8. Be loved and accepted
9. Be understood, listened to
10. Be supported and cared for
11. Make my own decisions
12. Plan my future
13. Good health, adequate medical care
14. Date or marry
15. Loving, caring, committed spouse
16. Sexual fulfillment
17. Children
18. Raise children the way you choose
19. Children who obey, respect, appreciate you
20. Children who work hard and succeed in school/job/marriage
21. Be successful in job, family, or church
22. Satisfying employment, enjoying your job
23. Affirmation from your employer
24. Day off from work
25. Coworkers respect, appreciate you
26. Personal hopes and aspirations fulfilled
27. Be treated fairly
28. Have fun in life
29. Be physically protected, secure
30. Other:

INVENTORY OF PERSONAL FELT NEEDS AND RIGHTS CONT.

Step #2: Identify Your Unmet Needs or Denied Rights.

Circle the numbers of items above that are currently unmet/denied.

Step #3: Prioritize Your Most Urgent Unmet Needs/Denied Rights.

Describe your two most pressing unmet needs or denied rights:

1. Right/need: Unmet/denied by whom? How? In what way? How do you tend to respond or act toward this person?
2. Right/need: Unmet/denied by whom? How? In what way? How do you tend to respond or act toward this person?

JAMES 4 AND THE CAUSE OF CONFLICTS

Understanding God's Truth

1. Carefully read James 3:13–4:12 twice.
2. What major problems do 3:16, 4:1a, and 4:2 address?
3. What are the causes or sources of conflicts, quarrels, and fights in 4:1–3?
4. What makes these desires sinful in 4:1–3? For example, is it because you want bad things or because you want good things too much (inordinate desires)? 4:2 gives a clue.
5. List additional observations about sinful desires in James 1:13–16; 3:13–18; 4:4–12.
6. What does 4:4–12 counsel you to do concerning your sinful desires?

Applying God's Truth

1. Briefly describe a current or recent conflict situation.
2. Describe your desires in this situation. What did you/do you want to have happen or not to have happen?
3. How did/do these desires lead you to wrong words, actions, or feelings?
4. Analyze these desires by placing them in one or more of the following categories:
(a) Desires for wrong objects, bad things. (b) Desires for good objects, but for selfish reasons, or desires that are too strong—inordinate, ruling, controlling, “must have” desires (a “good desire, bad master” dynamic). (Note: Desires rule you if they consume your thoughts, if you sin to get them, or if you sin when you don't get them.)
5. What do you think God wants you to do about your desires that produce conflict? What practical steps should you take to deal with them?

CONTROLLING YOUR ANGRY BEHAVIOR

A Bible Study Assignment From Proverbs

God's Word presents a twofold strategy for overcoming sinful anger: recognize and root out its source on the heart level, and control its expression on the behavioral level (words and actions). This assignment focuses on this second aspect—learning to control the expression of your anger. Carefully read each verse from Proverbs, meditate on it, and answer the following questions.

Prov. 29:11: "A fool gives full vent to his anger, but a wise man keeps himself under control."

1. How does a fool handle his anger?
2. How does a wise man handle it?
3. What are some ways in which you might control and not vent your anger?
4. Memorize this verse. Whenever you're tempted to vent your anger, repeat it to yourself five times.

Prov. 14:16-17: "A wise man fears the LORD and shuns evil, but a fool is hotheaded and reckless. A quick-tempered man does foolish things, and a crafty man is hated."

1. How is a fool described? What does he do?
2. How is a wise man described?

Prov. 14:29-30: "A patient man has great understanding, but a quick-tempered man displays folly. A heart at peace gives life to the body, but envy rots the bones."

1. How is an angry man described?
2. What is the opposite of a fool? How is he described?
3. Could anger produce physical problems?

Prov. 15:1: "A gentle answer turns away wrath, but a harsh word stirs up anger."

1. How should we respond to anger?
2. What does this produce?
3. Give an example:
4. What does a harsh response produce?

Prov. 15:18: "A hot-tempered man stirs up dissension, but a patient man calms a quarrel."

1. How does anger contribute to conflicts?
2. How does a patient man calm conflicts?
3. How can you develop patience?

-Prov. 16:32: "Better a patient man than a warrior, a man who controls his temper than one who takes a city."

Describe (and meditate on) the image of strength that this verse gives:

Prov. 19:11: "A man's wisdom gives him patience; it is to his glory to overlook an offense."

What temper-controlling activity is mentioned here?

Prov. 19:19: "A hot-tempered man must pay the penalty; if you rescue him, you will have to do it again."

1. What penalty must the angry man pay?
2. Why?

Prov. 22:24-25: "Do not make friends with a hot-tempered man, do not associate with one easily angered, or you may learn his ways and get yourself ensnared."

1. What danger is there in associating with an angry person?
2. What does this imply about our own anger?

Prov. 29:9: "If a wise man goes to court with a fool, the fool rages and scoffs, and there is no peace."

What does a fool do amid conflict?

Prov. 29:20: "Do you see a man who speaks in haste? There is more hope for a fool than for him."

What aspect of uncontrolled anger is mentioned?

Prov. 29:22: "An angry man stirs up dissension, and a hot-tempered one commits many sins."

What results from anger?

PICTURES OF GOD'S FORGIVENESS OF HIS PEOPLE

Read each passage carefully and prayerfully. For each, list any word pictures or images of God's forgiveness, along with personal applications or questions you have. Write a brief applicational response (What is God saying to me?).

Psalms 103:8–14

Psalms 130:3–4

Isaiah 1:18

Isaiah 38:17

Isaiah 43:25

Isaiah 44:21–22

Jeremiah 31:31–34

Jeremiah 50:20

Micah 7:18–20

BATTLING BITTERNESS WITH THE GOSPEL

1. Examine each passage below and briefly write down what it teaches about forgiving your offender in your heart before God, i.e., having a forgiving attitude in which you repent of your bitterness, release him from your judgment, and refuse to hold his sin against him.

Genesis 50:19–20

Micah 6:6–8

Matthew 5:3–10

Matthew 6:9–15

Matthew 18:21–35

Mark 11:20–25

Luke 6:32–36

Luke 23:32–34

Acts 7:54–60

Romans 12:17–21

Ephesians 4:30–5:2

Colossians 3:12–13

James 2:12–13

James 4:11–12 2.

2. Based on these passages, list reasons why God wants you to forgive your offender attitudinally, in your heart.

3. Write out, memorize, and recite Ephesians 4:32 when thoughts of your offender enter your mind.