

Handling Our Sinful Anger

Randy Patten - A Biblical View of Anger

- A. Recognize that most of your anger is sinful.
- B. Identify idolatrous thinking and desires
 - 1. Not getting your way or what you want (James 4:1-3)
 - 2. Wanting good things too much so that they become idols in your heart (Rom 1:25)
 - 3. Sinful thoughts and desires (immoral or evil thoughts, pride, envy, selfishness, etc.)
- C. Identify sinful ways you've expressed sinful anger.
 - 1. Blowing up (reacting violently; an outburst, Greek Word "*thumos*;" "wrath" in NASB in Eph 4:31; Col 3:8; Rev 15:1; and 19:15; "rage" in Luke 4:28).
 - 2. Clamming up (not keeping current; slow burn- Greek Word "*orge*;" "anger" in NASB in Eph 4:31; Col 3:8; and James 1:19-20; "wrath" in Eph 5:6; "quick tempered" in Titus 1:7; "angry tempers" in 2 Cor 12:20).
 - 3. Becoming irritable, exhausted or embittered in your anger (Greek word "*parorgismos*"- "anger" in NASB in Eph 4:26, 6:4).
 - 4. Attacking a substitute
 - 5. Denying the anger
- D. Confess your sins to God and others. (Matt 5:23-24)
 - 1. Confess means to say the same thing that God says and agree that your anger is sin. It does not simply mean saying you're sorry.
 - 2. Acknowledge to God and others your evil motives, attitudes, and actions. (James 4:1-3; Mark 7:21-22) Be Specific!
 - 3. Limit the confession to those against whom you've sinned directly.
 - 4. Sins that are more widely known may require wiser confession.
- E. Ask God to appropriate person(s) for forgiveness for your sin: "Will you please forgive me for _____?" (I John 1:9; Matt. 5:23-24) Be Specific!
- F. Accept the forgiveness of God (I John 1:9) and those who have extended forgiveness to you (Matt. 5:24), and act forgiven (no pouting, pity party etc.).
- G. Pray for God's help in turning from sinful anger to righteousness. (Phil 4:6; James 5:16)
- H. Develop a specific plan to replace sinful anger with godly motives, thoughts, words, actions, and emotions. (Rom 12:14-21; Eph 4:22-24; Gal 5:22-23; Phil 4:8-9)

This is the point at which many peoples' attempts to change fail. If you WANT TO change, you need to have concrete, practical plans for change that fits your circumstances.

Recommended Resources

Uprooting Anger- Robert Jones
Pursuing Peace- Robert Jones

The Heart of Anger- Lou Priolo
The Peacemaker- Ken Sande

ANGER PLAN

Remove yourself from the situation:

Anger can be controlled. Jesus was angry at times and was tempted in all points like we are, but He did not sin (Heb. 4:15). He controlled His anger, and we can control ours. This may mean biting your tongue, not saying anything in response.

Ephesians 4:26 – Be angry and sin not.

Proverbs 29:11 – “A fool vents his feelings, but a wise man holds them back.”

We should not clam up, refusing to say what needs to be said, but we should control our anger: hold it back.

Proverbs 16:32; 25:28 – “He who is slow to anger and rules his spirit is better than one who captures a city.”

You can restrain your spirit, and God commands you to do so.

***If you can't remove yourself from the situation**

Think before You Speak or Act.

James 1:19 – “Be slow to speak, slow to wrath.”

Proverbs 29:20 – “Do you see a man hasty in his words? There is more hope for a fool than for him.”

Proverbs 15:28 – “The heart of the righteous studies how to answer, but the mouth of the wicked pours forth evil.”

Don't clam up, but don't just pop off whatever comes to mind. Give an answer, but study on it first. Force yourself to analyze the situation and consider the consequences of what you might say or do. "If I say or do this, will it be good for others, or am I just angry and will regret the statement later?" Count to ten. Maybe take a walk or ask for time to calm down and think. But instead of clamming up, set an appointment: a specific time to discuss the problem later.

Proverbs 15:1 – “A soft answer turns away wrath, but a harsh word stirs up anger.”

Note it does not say clam up and give no answer. Give an answer, but make it calm. Being calm does not mean we must never speak in a way that expresses anger by tone or volume. The examples we already learned show that such anger is not necessarily wrong. But don't speak to hurt, get even, or antagonize. Be sure you are calm enough to say what is helpful. And if the other person loses control, then you speak in a way that shows you are under control.

This turns away wrath: not just the other person's wrath, but your wrath too! When one person gets angry and says something mean, the other tends to respond with something meaner. Then the first must top that, etc. To break the cycle, instead of attacking the other person, calmly say something to help him, not hurt him.

Repent of your selfish desires. Ask why is this making me angry? Why do I want this?

The issue is not **WHO** angered you, but **WHAT** happened to anger you.

If your anger is directed because of something that happened because of what someone said or did then go talk to the person who caused the problem for the purpose of working out a solution.

Matthew 5:22–24; (Luke 17:3,4) - Being angry without cause is not right; neither is saying cruel, hurtful things. If you have something against someone, or if they have something against you, either way go talk. But talk for the purpose of being reconciled. [Matt. 18:15–17] If you sinned against the person confess it, “I was wrong” ask for forgiveness.

Ephesians 4:26 – “Don't let the sun go down on your wrath.”

Don't just seethe inside without working on the problem itself. Go work on the problem. This applies on the job, in the church, and in the home.

Renew your mind on the what Scripture says- Memorize verses about anger (The above verses are a good start)

Romans 12:1–2 “I appeal to you therefore, brothers, by the mercies of God, to present your bodies as a living sacrifice, holy and acceptable to God, which is your spiritual worship. 2 Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect.”

Irritability (Anger) Bible Study

Philippians 4:5

This verse means being forbearing, large hearted, gentle, courteous, considerate, generous, lenient, moderate. It is describing a quality which is the opposite of irritability, rudeness, and abrasiveness; it is describing a quality the would make a person nice instead of nasty. It is saying that if you are a Christian, **YOU CAN BE A NICE PERSON**

- 1. With whom or what are you most likely to be irritable? What is there about your surroundings that irritates you? About yourself? About your friends, associates, family? When are you most likely to be irritable? How do you express irritability?**
- 2. Identify the last three times you became irritated and analyze what happened and what you did. If you can't remember three instances from the past, examine several times when you are prone to be irritated in the present and future.**

3. Examine the following items and underline the things that tend to irritate you:

When you don't get your own way

When others don't do what you want them to do

When others make mistakes

When others are slow to understand, appreciate, or accept your point of view

When others don't give you the respect or attention you desire

When others disagree with you, criticize or oppose or rebuke or correct you

When others fail or inefficient

When others insist on having their own way

When others won't cooperate with you or yield to you

When others won't leave you alone

When others deny you your rights

When you don't get what you want

When others interfere with your plans

When others will not change as you want them to change

When you don't get the promotion or position or grades you desire

When others say "no" to you

When others ignore you or treat others better than they treat you

ASK YOUR SPOUSE OR A CLOSE FRIEND TO EVALUATE YOU IN TERMS OF THESE SITUATIONS.

- 4. Study the following passages.** Take notice how the people described reacted in potentially irritating circumstances. How would you have reacted in these instances? Did they manifest forbearance or irritability? Genesis 4:1-14; Genesis 13:5-13; Genesis 30:12; Genesis 45:1-15; I Kings 12:6-5; John 13:1-17; Luke 9:51-56; Matthew 15:21-28; Matthew 20:17-24 (esp. vs 24); Matthew 18:23-35; John 13:21-30; John 21:15-19; Acts 11:1-18; Acts 13:50-52; Acts 7:54-60; Acts 16:19-34



The Wrong Way VS The Right Way

Discern and write down what the following verses have to say about **the wrong way to handle anger**. Think about the verses and how they apply and write down what the Lord speaks to you about. You are handling anger in a sinful and unbiblical manner when you:

1. **Ephesians 4:26,27:** Refuse to admit when you are angry. Clam up and pretend nothing is wrong. Make this way of dealing with anger a practice.

2. **Proverbs 17:14:** Pick a fight as soon as you can. Be as nasty as you can.

3. **Proverbs 29:11,20:** _____

4. **Matthew 5:21,22:** _____

5. **Ephesians 4:31:** _____

6. **Proverbs 26:21:** _____

7. **Proverbs 15:1:** _____

8. **Colossians 3:8:** _____

9. **Romans 12:17,19:** _____

10. **I Peter 3:9:** _____

11. **I Corinthians 13:5:** _____

12. **Philippians 4:8:** _____



The Wrong Way VS The Right Way

Discern and write down what the following verses have to say about **the right way to handle anger**. Constantly review what God says about the right way of handling anger and deliberately seek to obey Him.

1. **Romans 12:19-21:** Never take your own revenge; turn the matter of punishment over to God; seek to help your enemy in specific ways.

2. **Ephesians 4:26:** Acknowledge that you are angry and seek to solve the problem immediately. Don't allow unresolved problems to pile up.

3. **Ephesians 4:29:** _____

4. **Ephesians 4:32:** _____

5. **Matthew 5:43,44:** _____

6. **Proverbs 19:11:** _____

7. **Proverbs 15:1:** _____

8. **Proverbs 15:28:** _____

9. **Proverbs 16:32:** _____

10. **Proverbs 25:28:** _____

11. **Proverbs 14:29:** _____

12. **Psalms 37:1-11:** _____

13. Proverbs 29:11: _____

14. I Peter 3:9: _____

15. Galatians 5:16-23: _____

16. Romans 8:28,29: _____

17. Matthew 5:1-12 & I Thessalonians 5:18: _____

18. Ephesians 5:20: _____

19. I Corinthians 10:13: _____

20. Genesis 50:20: _____

21. James 4:6: _____

22. I Corinthians 6:19,20: _____

23. Matthew 18:21-35: _____
