



WHAT IS THE
MEANING OF ANGER?



WHAT IS THE
MAGNITUDE OF
ANGER?



WHAT ARE
MISCONCEPTIONS
ABOUT ANGER?



WHAT IS THE MISUSE
OF ANGER?

WALKING CHRISTIAN ON ANGER



DEFINITIONS

When you look at the life of Moses, you can see both the power and the potential problems inherent in anger. Has anger ever clouded your judgment to the point that you acted rashly ... and lived to regret it? Ultimately, you have the choice to act wisely or

“Moses thought that his own people would realize that God was using him to rescue them, but they did not.”

(Acts 7:25)

to react foolishly. In his lifetime, Moses did both. (And like him, you can learn to keep your anger under control—you can learn how to act rather than react!)

What Is the Meaning of Anger?

- An _____ man stirs up dissension, and a _____ one commits many sins. (Proverbs 29:22)
- A hot-tempered man stirs up _____, but a _____ man calms a quarrel. (Proverbs 15:18)
- The Lord is _____ and compassionate, _____ to anger and rich in love. (Psalm 145:8)
- Do not make _____ with a hot-tempered man, do not _____ with one easily angered. (Proverbs 22:24)
- For those who are _____ and who reject the truth and follow evil, there will be wrath and _____. (Romans 2:8)

What Is the Magnitude of Anger?

- _____

“When Jesus saw this, he was _____. He said to them, ‘Let the little children come to me, and do not hinder them, for the kingdom of God belongs to such as these.’” (Mark 10:14)

- _____

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

- _____

“Anger is cruel and _____ overwhelming.” (Proverbs 27:4)

- _____

“A man’s own folly ruins his life, yet his heart _____ against the Lord.” (Proverbs 19:3)



What Are Misconceptions about Anger?

Questions about Anger

- **Question:** “Is it a sin for me to be angry?”

Answer:

(Ephesians 4:26)

- **Question:** “How can I keep from feeling guilty when I’m angry?”

Answer:

(Mark 3:5)

- **Question:** “How can a God of love be a God of wrath at the same time?”

Answer:

(Psalm 30:5)

- **Question:** “Can people be really angry even when they don’t look or sound angry?”

Answer:

(1 Samuel 16:7)

What Is the Misuse of Anger?

- _____ anger ... the “simmering stew”

... is held in for a long time. This anger results from an _____ toward some past offense and offender. Unforgiveness eventually results in a resentment and deep bitterness that harms other relationships.

Example:

“I’ll never _____ the way he talked to me years ago.”

“See to it that no one misses the _____ of God and that no bitter root grows up to cause trouble and defile many.” (Hebrews 12:15)

- _____ **anger ... the “pressure cooker”**

... is denied or hidden anger. Usually resulting from a fear of facing negative emotions, this kind of anger can create a _____ and lead to untruthfulness with others. Failure to honestly confront and resolve angry feelings can result in self-pity, self-contempt, and self-doubt ... ultimately sabotaging most relationships.

Example:

“I never get angry ... maybe just a little _____ at times.”

“Whoever would love life and see good days must keep his tongue from evil and his lips from _____ speech.” (1 Peter 3:10)

- _____ **anger ... the “short fuse”**

... is quick and impatient, instantly irritated or incensed. A testy temper is often expressed with _____ or _____ under the guise of teasing.

Example:

“I can’t believe you said that! You’re so _____!”

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

- _____ **anger ... the “volatile volcano”**

... is powerful, destructive, hard to control. This way of releasing anger is characterized by _____, _____, and abuse toward others.

Example:

“You _____ fool—if you ever do that again, you’ll wish you’d never been born!”

Jesus gives an ominous warning toward those who demean others ...

“I tell you that anyone who is angry with his brother will be subject to _____.... But anyone who says, ‘You fool!’ will be in danger of the fire of hell.” (Matthew 5:22)

Next class Anger Characteristics

Betrayal from the outside can be bruising, but betrayal by a friend cuts deep and wounds the soul. Everyone expects opposition from those on the outside, but what do you do when opposition comes from within—from among your own ... “your closest confidants” ... your trusted few?

One national leader knew the brutality of such betrayal. He had led wisely, demonstrated courage, and won the confidence of his people. He was there for them—and they knew it. However, another leader undermined his authority and created such dissension that this man stole the loyalty of 250 of his leaders. Those whom he had trusted throughout the years—those who should have known him the best, those who should have been most loyal to him—turned against him. In response, however, Moses did not take personal revenge, but rather appealed to the Lord.

“Moses became very angry and said to the Lord, ‘Do not accept their offering. I have not ... wronged any of them.’ ”

(Numbers 16:15)

Although justifiably angry, Moses had learned how to act rather than react. He restrained his rage, poured out his heart, and pleaded with the Lord to deal with His offenders. In turn, God took up his cause, destroyed his betrayers, and defended his honor. Moses refused to take revenge, but rather allowed the Lord to be his avenger because God had given this promise ...

We will study the following as we look at the ‘Characteristics of Anger’.

- A. What Are Your Anger Cues?
- B. Do You Act or React When You Are Angry?
- C. What Are Symptoms of Unresolved Anger?
- D. Do You Have Hidden Anger?