**Lesson 5**

**Part II How Do I Deal With My Anger?**

**{OT – pg. 760}Psalm 37:8; {NT – pg. 322}James 1:20**

If you are dealing with anger in your life, or the spirit of anger, I invite you to look at these Bible passages below. Many Christians are operating in their daily life under the impression they are in fellowship with God and in reality they are running their life in sinful anger and out of fellowship with God, 1 John 1:6{NT – pg. 335}. Anger is deceptive and many Christians are deceived by it, Galatians 6:7-8{NT – pg. 272}. By doing this we open up our life to evil and its destruction. This destruction takes place in our lives, in the lives of our family, and of our children. The essence of the Christian life is to be controlled by the Spirit of God (submitted each day and each moment at the point of impact to the Spirit of God), Ephesians 5:18{NT – pg. 272}. We are not controlled by the Spirit of God if we live our life daily in anger.

* Anger is a very powerful emotion of the flesh that controls lives as well as entire countries. It is a powerful destroying influence.
* (American Dictionary) – “Anger = a violent passion of the mind excited by a real or supposed injury.”
* Anger is the sinful emotional response of the flesh responding to someone/something that has either attacked you as a person or has disrupted your life.
	+ Anger is an \_\_\_\_\_\_\_\_\_ focus wherein we emotionally erupt because we have been hurt.
	+ Wrath is the \_\_\_\_\_\_\_\_\_\_ focus wherein we seek to vent our anger towards the origin of the hurt, but typically “splatters” beyond that.
* Anger is not caused by what is going on outside of you, but what is going on \_\_\_\_\_\_\_\_\_ of you.
	+ Anger is a part of the “natural man” within every person (Gal. 5:19-21{NT – pg. 272}).
	+ Anger is the fruit of bitterness (Eph. 4:31{NT – pg. 277}).
* Anger is a superstructure built upon pride and selfishness.
	+ Angry persons are very hurtful in all their relationships – Marriage, children, church, work, etc.
	+ Anger will touch or impact \_\_\_\_\_\_\_\_\_\_\_\_ aspect of their thinking and living.
	+ Angry persons typically do not keep jobs long term – their anger will get in the way sooner or later (Normally sooner) in one way or another.
	+ Anger has the ability to turn an impulsive response into a relationship \_\_\_\_\_\_\_\_\_ or a \_\_\_\_\_\_\_\_\_\_\_\_\_ act.
	+ Anger becomes a tool to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ people into doing what you selfishly want them to do when you do not have the character or have earned the respect to lead them.
	+ Angry people typically replicate their anger in their \_\_\_\_\_\_\_\_\_\_.
	+ Anger is typically associated with wrath, bitterness, strife, malice, etc.
1. According to Matt. 5:21-22{NT – pg. 8} what does Christ associate anger with?
	1. (Gen. 4:3-5{OT – pg. 5}) – First mention of Anger. What caused Cain to get angry?
	2. (Gen. 4:6-7{OT – pg. 5}) – What did God say was Cain’s problem?
	3. (Gen. 4:8{OT – pg. 5}) – What did Cain’s anger cause him to do?
	4. (Gen. 4:9-15{OT – pg. 5}) – Did Cain’s anger improve his life or bring undesired consequences?
2. Romans. 8:28 {NT – pg. 226} 🡪 Does anger see God as in control over the things in life?
3. James 1:20 {NT – pg. 322} 🡪 Is it possible for man’s anger to do the righteousness of God?
4. Prov. 14:16-17 {OT – pg. 843} 🡪 How does an angry person act or respond?
5. Prov. 25:28{OT – pg. 856} (Cp. 16:32{OT – pg. 846}) 🡪 What does God liken an angry person to?
6. Eccl. 7:9 {OT – pg. 867 🡪 What kind of a person does anger rest in?
7. Prov. 27:4 {OT – pg. 857} 🡪 What does this verse teach us about anger?
8. Prov. 15:18{OT – pg. 845}; 29:22{OT – pg. 859}; 14:17{OT – pg. 843} 🡪 What does anger cause? Consider the impact that the strife will have upon each of a person’s relationships.
9. (Eph. 4:31-32{NT – pg. 277} cp. Hebr. 12:15{NT – pg. 319}) 🡪 Anger, wrath and bitterness typically go together. How does this cause you to defile the lives of others?
10. Identify ways serving in the military can grow an angry spirit: (Remember, anger is a work of the flesh that is within the old nature of every person. Also, most experience and exit military service with the same character traits as they entered.)
* **We now understand the destructiveness of anger. How do we get victory over anger in our life?**
1. Quit justifying your anger and see it as \_\_\_\_\_\_\_ (Eph. 4:30-31{NT – pg. 277}; Col. 3:8f{NT – pg. 287}) and make confession unto God (I John 1:9{NT - -pg. 335})
	1. This means you have to accept personal responsibility for your anger and the actions that result from it.
	2. You must accept that you are accountable unto God for your anger with its actions.
2. According to Prov. 22:24-25{OT – pg. 852} & Rom. 12:2{NT – pg. 230} what might need to change in your life?
3. According to Rom. 8:28{NT – pg. 226}; I Cor. 10:31{NT – pg. 246}; & II Cor. 4:15{NT – pg. 258} …How must you think differently about the things that used to cause you anger?