

Anger Management (Biblically Speaking)

The devastation of unbiblical anger

More church splits have come because of _____ than over _____

Romans 12:3-4 –

Sinful anger _____ husband / wife communication and their relationship

Colossians 3:19 –

Sinful anger causes parents to _____ the goal of child rearing.

Ephesians 6:4 –

Sinful anger can affect your _____ and even your _____

Blood Pressure, Ulcers, Colitis

James 5:14-16 –

The world's answer deals with the _____ rather than the _____

Is all anger a sin?

_____ is angry right now!

Psalm 7:6-11 –

Mark 3:1-5 –

Is anger uncontrollable?

Not for a _____!

Proverbs 29:11 –

Philippians 4:13 –

What is anger?

Etymologically in Greek

Orge:

Thumos:

Webster's –

What is bad anger?

1. Anger that is _____ motivated

- Angry people are _____ people
- Angry people are _____ people

Proverbs 25:28 –

2. When God's goal in the matter is _____

Romans 8:28-29 –

3. When anger is allowed to _____

Ephesians 4:25-27 –

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4. When it attacks the _____ instead of the _____

Matthew 7:1-5 –

We cannot judge people, only actions. We don't have all the facts.

Our anger must be directed toward the problem, not a person or an object

What are some examples of the sinful manifestation of anger?

How does anger become sinful?

By blowing up



By clamming up



What is good anger?

Biblical Definition –

Ecclesiastes 3:8 – “A time to love, and a time to hate; a time of war, and a time of peace.”

Examples of right use:

Galatians 2:11 –

2 Samuel 12 – The prophet Nathan confronts David about his sin

Mark 3:5 –

John 2:13-18 –

What are characteristics of Good Anger (Righteous Indignation)

1. It is not focused on harm to _____, but rather on _____ to God or _____ to His Word.
2. It does not manifest itself in a sinful way.
3. It is not _____, but is _____ and _____ on the problem.

Steps to evaluating and dealing with anger

1. Determine whether your anger is sinful or justified
2. If it is sinful anger ...
 - a. Recognize it, Confess it, Repent of it
 - b. See God in the trial – realize that He is in control (**Romans 8:28-29**)
 - c. Make room for God's wrath – we cannot righteously judge
 - d. Return good for what your think is evil (through prayer and action)
 - e. Communicate to solve the problem
 - f. Act to solve your part of the problem