

#### IV. Homework to assign for resolving sinful anger

1. Read the pamphlet, What do you Do When Anger Gets the Upper Hand, by Jay Adams. Underline the 5-10 key points that speak to you and discuss with your counselor ways to implement them in your life.
2. Read the story of Joseph in Genesis 37-50. Note specifically where Joseph could have demonstrated sinful anger but chose to respond in ways that honored God.
3. Read, The Heart of Anger, by Lou Priolo. Assign one chapter per week. Have counselees highlight point points to discuss.

From Lou Priolo's book we need to work with our counselees to establish the following patterns:

1. Learn and understand the three elements of good communication and practice them. See pages 55-78
  - a. words
  - b. non-verbal communication
  - c. tone of voice
2. Learn to practice the four steps to resolving sinful anger and record observations and actions in a personal journal.
  - a. Step 1: **Identify the circumstances** which provoke anger. (What happened that made me angry?)
  - b. Step 2: **Identify motives and thoughts** associated with anger. (What did I want, desire or long for when I became angry?)
  - c. Step 3: **Identify the biblical principles** which address the motives and thoughts behind the anger. (What does the bible say about my motives and thoughts?)
  - d. Step 4: Develop **alternative biblical thoughts and motives** to replace the unbiblical ones. (What should have been my motives and thoughts?)

#### Key Resources:

1. The Christian Counselor's Manual, Jay Adams pages 348-367

2. The Heart of Anger, Lou Priolo
3. Track II Biblical counseling manual, Faith Baptist Church, February 2004

#### Biblical Counseling Sunday School Class

#### How to Handle Anger

*Grace Fellowship Church / Pastor Steve Freeburne / Oct 23, 2004*

#### I. How can you distinguish between anger and sinful anger?

**Ephesians 4:26 NIV:** In your anger (or-gid-zo) no not sin. Do not let the sun go down while you are still angry (parorg-is-mos)

**Psalms 4:4 NLT:** Don't sin by letting anger gain control over you.

Thing about it overnight and remain silent. **Psalms 7:11 NLT:**

God is a judge who is perfectly fair. He is angry with the wicked every day. **Galatians 2:11 NIV:** When Peter came to Antioch, I (Paul) opposed him to his face, because he was clearly in the wrong. **John 2:15 NIV:** So he made a whip out of cords, and drove all from the temple area, both sheep and cattle; he scattered the coins of the money changers and overturned their tables.

**There are two types of emotional expressions that result when anger becomes sinful.**

#### 1. Ventilating anger or "blowing up"

**Proverbs 29:11:** A fool gives full vent to his anger, but a wise man keeps himself under control. **Proverbs 25:28:** Like a city whose walls are broken down is a man who lacks self-control.

#### 2. Internalizing anger or "clamming up"

**Matthew 18:15:** If your brother sins against you, go and show him his fault. **Ephesians 4:26:** (see above)

**Both of these errors do not properly focus the energy of anger.**

Anger is an emotion God gives to us for the purpose of \_\_\_\_\_ . If we "blow up" in anger we

attempt to destroy the \_\_\_\_\_ with whom we are angry. If we “clam up” we internalize our anger and it works to destroy \_\_\_\_\_. Correctly directed, anger can be focused at the \_\_\_\_\_ in order that it might be destroyed.

Learn to recognize the various ways that counselees can ventilate or internalize their anger:

**Ventilating anger** is often describes by counselee’s as:

- a. Frustration or irritation
- b. Just being open and honest
- c. Telling it like it is

**Internalizing anger** is often describes by counselee’s as:

- a. Not wanting to hurt someone’s feelings
- b. Saying “I will just learn to live with it.”
- c. Saying “They won’t listen anyway.”

## II. Typical results of handling anger sinfully:

1. Rage or revenge: Proverbs 6:34
2. Foolish actions: Proverbs 14:17
3. Lack of understanding leading to mistakes: Proverbs 14:29
4. A stirring of dissension in others: Proverbs 15:18
5. Being hard to live with: Proverbs 16:14
6. Progressive pattern of more and more anger: Proverbs 19:19
7. Poor influence in relationships: Proverbs 22:24
8. Cruelty and dominance: Proverbs 27:4
9. Tearing others down: Galatians 5:15
10. Repaying evil with evil: Romans 12:17-21

**Learn to look for these signs of sinful anger as the root issue in your counselees.**

Give hope to your counselees who have sinful anger:

**James 3:18:** Peacemakers who sow in peace raise a harvest of righteousness.

**Proverbs 12:18:** Reckless words pierce like a word, but the tongue of the wise brings healing.

**Proverbs 19:11:** A man’s wisdom gives him patience; it is to his glory to overlook an offense.

**I Peter 4:18:** Above all, love each other deeply, because love covers over a multitude of sins.

## III. How to handle anger biblically:

3. **Make sure your ATTITUDE is biblical.** Thinking and attitude go hand in hand. An attitude is a cluster of thoughts, repeatedly expressed and reinforced so that it influences your behavior and character.

a. Exercise humility: **James 3:13-18**

b. Practice meekness: **II Timothy 2:24-25**

c. Be patient: **Proverbs 19:11**

d. Be forgiving: **Colossians 3:12-14**

e. Show love. **I Peter 4:8**

4. **Use the energy from anger to produce biblical ACTIONS to attack the problem not the person.**

a. Recognize, admit and confess any wrongful use of anger as sin. **I John 1:9 and Proverbs 28:13**

b. See God at work in your circumstances.  
**Genesis 50:20,; Romans 8:28-29 James 1:2-4**

c. Give God his rightful place as avenger.  
**Genesis 50:19; Romans 12:19**

- d. Return good for what you think is evil.  
**Genesis 50:21; Romans 12:21**
  
- e. Communicate to solve the problem.  
**Ephesians 4:15, 25-32** (Four Rules of communication)
  
- f. Focus on what you can do to solve the issue.  
**Romans 12:18**