

✓ **Wayne Mack's six sets of questions to ask that will help deal with anger: (see chapter four in reference ³)**

- a. What is happening?
- b. What are my thoughts about what is happening? Am I bringing every thought captive per I Cor. 10:1-5
- c. What do I want that I am not getting? What are my compelling desires?
- d. Right now what am I being tempted to do?
- e. How do my thoughts, intentions and potential responses line up with Scripture? What would be a biblical God honoring response?

Compare Wayne Mack's concepts with Lou Priolo's

✓ **Lou Priolo's four steps to resolving sinful anger: ²**

- 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. Anger & stress Management God's Way, Wayne Mack
4. 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 31, 2004

I. NANC exam questions discussed.

1. What are the goals of Biblical Counseling?
2. Are the scriptures sufficient for Biblical Counseling?
3. What are some of the important needs in the first session?
4. Describe how to develop involvement with a counselee.
5. What is data gathering? Why is it important?
6. Explain the need for homework in general, and for concrete, not abstract homework, in particular.
11. What is a "complicating problem"? Give an example
12. What is "halo data" and give examples in depression.
14. Explain the significance of Ephesians 4:17-25, and similar passages for Biblical Counseling.
15. Describe and diagram how depression develops and is to be alleviated.
16. Describe 5 ways of handling anger.
17. Give some typical assignments for a person who is depressed. (Still need to cover this for worry and fear)
22. Develop a biblical view of emotions. How can emotions be changed?
25. What does it mean to minister the Scriptures in counseling?
28. How does church discipline relate to biblical counseling?

II. Summary of anger discussion to date. ¹

- ✓ **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)

✓ **Learn to recognize the following expressions of sinful anger in your counselees:**

1. Ventilating anger, often describes by counselee’s as:
 - a. Frustration or irritation
 - b. Just being open and honest
 - c. Telling it like it is
2. Internalizing anger, 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.”

✓ **Give hope to those dealing with 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.

II. How to handle anger biblically:

✓ **Teach your counselees to have a biblical ATTITUDE.**

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**

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

- 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**

✓ **Wayne Mack in his book ³ lists five areas in which counselors should work with their counselees to overcome:**

- f. Don’t allow anger to result in brooding or fretting. **Psalms 37:8**
 - i. This teaching is consistent with **Eph 4:26-27**
- g. Don’t allow anger to result in a running record of how you have been mistreated. **I Corinthians 13:5**
 - i. Keeping a record of wrong leads to bitterness **Hebrews 12:14-15**
- h. When angry, don’t pretend you are not. **Ephesians 4:25 and James 5:16**
 - i. Be open, honest, speaking the truth in love and confess your sins to one another

- i. Don't allow anger to result in returning evil for evil or attacking the person with whom you are angry.

These types of sinful expressions can be:

- i. verbal
- ii. passive
- iii. physical

- j. Don't allow anger to result in an attack someone who is a substitute for your anger. **I Samuel 20 & Num 20**

- i. This includes not transferring your anger to an inanimate object (like Moses did with the rock)
- ii. We cannot attack a spouse or close friend in venting our anger against a third party. (like Saul did to Jonathan in I Sam 20:30)