

ANGER

Help for Overcoming Sinful Anger, Bitterness, Resentment

Wayne Mack

Part 1

Anger, like every other emotion, may be a good and useful emotion put to constructive, godly use (Mark 3:5; Psa. 7:11; Eph. 4:26). Or it may be a sinful emotion, which is used in ungodly, harmful, and destructive ways. This study is designed to help you discern between sinful and righteous anger and to aid you in overcoming the sinful expressions of anger which are harmful and destructive.

A. At whom or what is your anger most frequently directed?

1. Other people? Who?

2. Your circumstances or environment? What?

3. Yourself? In what way?

4. God? How?

B. Describe the last three situations in which you became angry.

1.

2.

3.

C. Discern and write down what the following verses have to say about the *wrong* way to handle anger. You are handling anger in a sinful and unbiblical manner when you:

1. Ephesians 4:26-27: Refuse to admit that you are angry. Clam up and pretend nothing is wrong. Make this way of dealing with anger a practice.

2. Proverbs 17:14: Pick a fight as soon as you can. Be as nasty as you can.

3. Proverbs 29:11,20:

4. Matthew 5:21,22:

5. Ephesians 4:31:

6. Proverbs 26:21

7. Proverbs 15:1:

8. Colossians 3:8:

9. Romans 12:17,19:

10. I Peter 3:9:

D. Discern and write down what the following verses have to say about the *right* way to handle anger. Constantly review what God says about the right way of handling anger and deliberately

seek to obey Him.

1. Romans 12:19-21: Never take your own revenge; turn the matter of punishment over to God; seek to help your enemy in specific ways.

2. Ephesians 4:26: Acknowledge that you are angry and seek to solve the problem immediately. Don't allow unresolved problems to pile up.

3. Ephesians 4:29:

4. Ephesians 4:32:

5. Matthew 5:43,44:

6. Genesis 50:20:

7. James 4:6:

8. I Corinthians 10:13:

9. Ephesians 5:20:

10. Proverbs 15:1:

11. Romans 8:28:

12. I Peter 3:9:
