

ANGER

Help for Overcoming Sinful Anger, Bitterness, Resentment

Wayne Mack

Part 2

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.

E. Read Matthew 5:1-12; Galatians 5:22-23; and 2 Peter 1:5-8 and list the qualities mentioned in these passages which are most lacking in your life. God wants to use all circumstances to develop these qualities in your life. Sinful anger overlooks this fact.

1 _____ .

2 _____ .

3 _____ .

4 _____ .

5 _____ .

6 _____ .

7 _____ .

8 _____ .

9

1

0

1

1

1

2

F. Consider and write out some of the benefits that your problems or irritations may bring to you. Remember Romans 8:28; Job 23:10. God has a purpose for everything that comes into the Christian's life.

1. Isaiah 43:1-3: Deeper communion and fellowship with God.

2. I Corinthians 11:31-32: Stimulates self-examination.

3. Psalm 119:71: New insight into Scripture.

4.

R o m a n s

5 : 2 - 5 :

5.

2

C o r i n t h i a n s

1 : 3 - 6 :

6.

H e b r e w s

1 2 : 5 - 1 1 :

-

7.

2

C o r i n t h i a n s

1 2 : 7 - 1 0 :

8 .	I	P e t e r	4 : 1 2 - 1 6
9 .		P s a l m	1 1 9 : 6 7 :
1 0 .		J a m e s	1 : 2 - 5

G. Which of the following do you consider to be your "rights"? Usually we become sinfully angry because we think some "right" is being denied. Place a check mark next to the ones that you believe are your rights.

1. Right to have and control personal belongings
2. Right to privacy
3. Right to have and express personal opinions
4. Right to earn and use money
5. Right to plan your own schedule
6. Right to respect
7. Right to have and choose friends
8. Right to belong, be loved, be accepted
9. Right to be understood
10. Right to be supported
11. Right to make your own decisions
12. Right to determine your own future
13. Right to have good health

14. Right to date
15. Right to be married
16. Right to have children
17. Right to be considered worthwhile and important
18. Right to be protected and cared for
19. Right to be appreciated
20. Right to travel
21. Right to have the job you want
22. Right to a good education
23. Right to be a beautiful person
24. Right to be treated fairly
25. Right to be desired
26. Right to have fun
27. Right to raise children your way
28. right to security and safety
29. Right to fulfilled hopes and aspirations
30. Right to be successful
31. Right to have others obey you
32. Right to have your own way
33. Right to be free of difficulties and problems

34. Others?

H. Which of the above mentioned "rights" do you believe you are being denied, and by whom? List the "right" below and state whom you believe is denying you this "right."

Right

By Whom

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

I. Consciously recognize that, if you are a Christian, you and all you have and are (your rights included) belong to God (I Cor. 6:19, 20; Rom. 12:1; Psa. 24:1). Acknowledge this and dedicate all that you are and have, including your "rights" to God. Trust Him to take care of His property. Cease to think in terms of your "rights" and concentrate on God's will and purpose and promises. For a while, until the fact that all your "rights" belong to God reaches the awareness level, you will want to specifically dedicate your "rights" to God on a regular basis.