

Overcoming The Problem Of Anger

Introduction:

1. Of all of our emotions, anger is perhaps the strongest and most potentially destructive.
 - *“Wrath is cruel, and anger is outrageous; but who is able to stand before envy?” Proverbs 27:4*
2. Though we will struggle with the feeling of anger as long as we live, it is how we deal with it that determines its effect on us.
3. No matter how subtle or severe our anger may be, we can take biblical steps to overcome it and experience God’s peace.

First, let’s examine three types of anger, exemplified in the life of King Saul.

1. _____ indignation – 1 Samuel 11:1-13
 - This type of anger is not _____.
 - *“Be ye angry, and sin not: let not the sun go down upon your wrath.” Ephesians 4:26*
 - It is the anger we feel when we witness certain forms of injustice and wicked acts. **Example:** Jesus (Mark 11:15-18)
 - Righteous indignation is a type of anger that is constructive, not destructive.
2. _____ – 1 Samuel 18:8-9
 - This is anger turned _____.
 - This type of anger can be very destructive because it brings with it emotional and mental suffering.
 - Anger turned inward is like a time bomb waiting to explode.
3. _____ – 1 Samuel 18:10-11
 - Rage is explosive and vicious anger that seeks to _____ others verbally or physically.

- It is very dangerous and stands as the most harmful form of anger. It is open war on your circumstances, or on the person you feel extreme anger toward.
- For the remainder of this lesson, when we refer to anger we will be discussing the destructive forms of anger (resentment and rage).

Second, the Bible associates anger with:

1. _____ – 1 Samuel 18:6-8
2. The _____ – 1 Samuel 18:8, 19:1, 20:30; cf. Ephesians 4:31
3. Lack of _____ – 1 Samuel 18:10-11; cf. Proverbs 16:32, 25:28
4. Foolishness – 1 Samuel 26:1-21; cf. Ecclesiastes 7:9

Third, what are some of the other consequences for the angry person?

1. _____ – 1 Samuel 18:12
2. Vengeance – 1 Samuel 18:25
3. _____ – 1 Samuel 18:29, 23:14
4. Strife – 1 Samuel 20:30-33
 - Anger _____ relationships like a bulldozer. It creates strife, contention, and division.

Fourth, how do we benefit when we learn to control our anger?

1. Prevent a _____ – Proverbs 22:24-25
2. Progress in understanding – Proverbs 14:29, 29:8
3. _____ more effectively
 - *“I will therefore that men pray every where, lifting up holy hands, without wrath and doubting.” 1 Timothy 2:8*
4. Promote _____ relationships – Proverbs 29:21-22

Fifth, here are four vital principles that we must implement if we are to overcome the problem of anger:

1. Principle #1 – Acknowledge your anger to yourself and God.
 - *“For I acknowledge my transgressions: and my sin is ever before me.” Psalm 51:3*
 - *“Examine me, O LORD, and prove me; try my reins and my heart.” Psalm 26:2*
2. Principle #2 – Deal with the _____ of resentment immediately.
Ephesians 4:26
3. Principle #3 – Meditate upon and memorize Scriptures that deal specifically with anger. Colossians 3:5-16
 - *“Thy word have I hid in mine heart, that I might not sin against thee.” Psalm 119:11*
4. Principle #4 – Choose to respond to anger through the _____.
Galatians 5:16-23; Ephesians 5:18
 - No one can _____ you angry.
 - Lay aside _____.
 - Now that you are a Christian, a transformation has occurred.
Galatians 2:20; 2 Corinthians 5:17
 - We are no longer enslaved by sin. Christ has set us free from the dominion of sin. Romans 6:6-8
 - Anger is a part of the _____ man before you were saved. We are commanded to put off the old man. Ephesians 4:22-24
 - According to the Bible, who is at work in you to produce the godly attitudes in Galatians 5:22-23?
 - _____.