

WHAT CAN I DO WITH MY ANGER?

This Bible study is designed to help you discover the Biblical process to resolving anger in your life. Unresolved anger is very destructive personally and relationally. Read the following verses and answer the questions that precede them to discover a Biblical view of your anger. Then complete the practical worksheet on the back for identifying and resolving your anger.

How is the angry person described in these verses?

Proverbs 27:4

Proverbs 29:11,22

Matthew 5:22

What does the Bible say is root of our anger?

Proverbs 15:1; 18:6

Proverbs 18:19

Galatians 5:19-20

Proverbs 10:12

Matthew 12:34; 15:18-19

3. Is it a sin to get angry? What does the Bible say here about being angry?

Ephesians 4:26-27

James 1:19-20

How does the Bible tell you to handle your anger?

Ecclesiastes 7:9

Proverbs 29:8; 30:33

Ephesians 4:26-27, 29-32

Colossians 3:8, 12-15

Briefly summarize what you have discovered that the Bible says about people and anger

APPLYING THE TRUTH TO YOUR LIFE

*To resolve our anger we must be able to **see it, understand it** and by faith take steps of obedience to Biblically direct it. Anger is an emotional response to life as we see it. It can be stirred in us by moral wrong, offenses, disappointed expectations, trying to control others, or blocked goals. Often times we simply get angry when we don't get what we want. (You may find you need to use another piece of paper to answer the following question as thoroughly as possible.)*

◆ **SEE IT**

1. What are some situations that you get angry about?

2. Who are the people you are angry with most often?

3. How do you know when you are angry? How does it affect how you treat those around you?

Anger is usually either **expressed** (*venting it*) or **repressed** (*stuffing it*).
Which path does your anger usually take?

◆ **UNDERSTAND IT**

Anger is almost always tied to a hurt that we are feeling because of someone or some circumstance. Go back up the list of #1; what are the hurts behind your anger?

◆ **DIRECT IT**

The steps of directing your anger Biblically are determined by the cause of your anger. The following Bible verses will give you some specific direction.

Blocked goals and disappointed expectations are usually a reflection of our attempts to control our world (*being selfish*). If you found that you are trying to control someone (even if it is for the good) examine your motives and responsibilities. Phil. 2:3-8; Rom. 14:4,12; Gal. 4:16, 22-26; Tim. 2:15; Ti 2:7; 1 Peter 5:7. What steps do you see God directing you to take?

If you are feeling offended or morally wronged. Ps 37:1-8; Col. 3:13; Matt. 18:15-17; Eph. 4:1-3.
3. What steps do you see God directing you to take?

If you need further help with your anger speak with a growth group leader, pastor, or counselor.