



HOW TO MANAGE YOUR ANGER

JULY BIBLE STUDY SERIES

Lesson One: The Root of Anger

Lesson Two: The Manifestations of Anger

**Lesson Three: The Destructive Power of
Anger**

Lesson Four: Healthy Ways to Deal with Anger

Lesson Five: The Faces of Anger

**Scripture Lesson: Ephesians 4:26-27,31
(NKJV), “Be angry, and do not sin”: do not let
the sun go down on your wrath, nor give [a]
place to the devil. Let all bitterness, wrath,
anger, clamor, and evil speaking be put away
from you, with all malice.**

**The Faces of Anger:
rage, wrath, resentment,
indignation, bitterness,
clamor, malice, and evil
speaking.**

Proverbs 25:28 (GNB), "If you cannot control your anger, you are as helpless as a city without walls, open to attack."

**1. Rage - Violent, explosive anger,
a short fused-intense-explosive-
uncontrolled anger.**

**"People who fly into a rage
seldom make a good landing."**

**"When you lose your temper,
you always lose."**

Proverbs 14:17 (LB), People with hot tempers do foolish things."

Proverbs 29:22 (LB), A hot tempered man starts fights and gets into all kinds of trouble."

Proverbs 29:11 (NIV), Fools give full vent to their rage, but the wise bring calm in the end.

James 1:19, "Be quick to listen, slow to speak, and slow to become angry."

**"If you keep your mouth shut,
you will never put your foot in
it."**

2. Wrath - an anger that wants revenge, desires to retaliate, an anger that holds a grudge.

"Revenge is often like biting a dog because the dog bit you."

Luke 6:11, "But they (the Pharisees) were furious, (at Jesus) and began to plot with each other what they might do to Jesus."

**3. Resentment - is an anger
that stems from a grievance.**

Luke 15:28-30, "And he was angry, and would not go in: therefore, his father came out and entreated him. And he answering, said to his father, "Lo, these many years do I serve thee, neither transgressed I at any time thy commandments: and yet thou never gave me a kid that I might make merry with my friends: But as soon as this thy son was come, which hath devoured thy living with harlots, thou hast killed the fatted calf."

Proverbs 18:19, "It is harder to win back the friendship of an offended brother than to capture a fortified city. His anger shuts you out like iron bars."

4. Indignation - is anger that rises in us as a result of seeing someone or something of importance to us being mistreated or suffering an injustice.

Mark 3: 1-6, reveals the kind of thing that triggered the indignation anger of Jesus. "And He (Jesus) entered the synagogue again, and a man was there who had a withered hand. So, the (Pharisees) watched him closely, whether He would heal him on the Sabbath, so that they might accuse Him. And He said to the man who had the withered hand, "Step forward." Then He said to them, "Is it lawful on the Sabbath to do good or to do evil, to save life or to kill?" But they kept silent.

And when He had looked around at them with anger, being grieved by the hardness of their hearts, He said to the man, "Stretch out your hand." And he stretched it out, and his hand was restored as whole as the other. Then the Pharisees went out and immediately plotted with the Herodians against Him, how they might destroy Him."

**"You can't put things across by
getting cross."**

**"To take the wind out of an angry
man's sails - stay calm."**

5. Malice - refers to evil thoughts and intentions. It is the desire to inflict injury, harm, or suffering on someone else.

When Someone Is Leading From Their Dark Side:

- ☐ Get inwardly defensive
- ☐ Constantly blame others
- ☐ Justify yourself
- ☐ Lead a fleshly life
- ☐ Serve a personal agenda
- ☐ Easily offended
- ☐ Carry resentment
- ☐ Void of God's peace

6. Bitterness – is a spiritual poison, an underlying problem that does not always manifest on the outside, but dwells in a person's system. Bitterness is a root.

**Hebrews 12:15 (NKJV), looking
carefully lest anyone fall short of the
grace of God; lest any root of
bitterness springing up cause
trouble, and by this many become
defiled.**

**7. Clamor - to make a demand,
a loud complaint about
something or a demand for
something.**

**Titus 3:2, to speak evil of no
one, to be peaceable, gentle,
showing all humility to all
men.**

James 4:11, Do not speak evil of one another, brethren. He who speaks evil of a brother and judges his brother, speaks evil of the law and judges the law. But if you judge the law, you are not a doer of the law but a judge.

Proverbs 18:6-7, A fool's lips enter into contention, and his mouth calls for blows. A fool's mouth *is* his destruction, and his lips *are* the snare of his soul.

8. Evil Speaking - is untruthfulness, it includes abuse, thoughtless talebearing, imputing of bad motives, slander, and deliberate false witness, "backbiting"

THREE THINGS TO REMEMBER IN EXPRESSING ANGER:

- ☐ **1. Remember the results of an unbridled anger**
- ☐ **2. Reflect before responding**
- ☐ **3. Restrain you remarks**

**Proverbs 21:23, (GN) "If you
want to stay out of trouble, be
careful what you say."**

**“Hot heads and cold hearts
never solved anything.”**
