

I. Understanding anger.

A. Anger is not necessarily sinful.

1. God gets angry. Ex. 4:14 Num. 25:4 Ps. 7:11
2. Jesus was angry. Mark 3:5 John 2:13ff
3. Righteous anger, which arises solely from a passion for God, is rare! Eph. 4:26f
4. Usually we are angry for selfish reasons: pride, hurt feelings, etc.
5. Then we express anger in sinful ways.

B. All anger seems righteous.

1. People get angry because they believe they have been treated unjustly. Js. 1:20
2. They desire revenge to make things even. Rom. 12:17-21
3. Some justify anger saying they can't help themselves.
4. Some become angry with God. Job 2:9 Rom. 9:20

C. Anger is a heart issue. Mark 7:21 Mt. 12:34

D. Anger has a physical component. Gen. 4:5 Ps. 4:4

E. Anger is dangerous and destructive. Eph. 4:26-27 Ecc. 7:9

1. It is murderous by nature. Mt. 5:21f Gen. 4:6-7
2. Those who give into anger are at risk of being out of control. Pr. 25:28

F. There are many sinful ways people deal with anger. Pr. 29:22

1. Ventilation. Pr. 12:18 29:11 25:29 Eph. 4:29,31
2. Displacement.
3. Internalizing. Lev. 19:17-18
4. Denial.

G. Anger must be dealt with biblically.

1. Sinful anger must be put off. Eph. 4:26-27 Pr. 22:24
2. Learn self control. Js. 1:19 Titus 1:7 Pr. 14:29 16:32
3. Put out the fires of anger by remembering how God's anger against you was turned away by Christ. Eph. 4:32 Mt. 18:22-35 Pr. 19:11
4. Trust that God will judge the wicked in due time. Ro. 12:19 Gen. 50:19
5. Do good to your enemy, as God has done good to you. Ro. 12:20 Mt. 5:43ff
6. Build others up rather than tearing them down. Eph. 4:29 Pr. 15:1

II. Exposition of key texts.

- A. Matthew 5:21-26
- B. James 1:19-20
- C. James 4:1-2
- D. Romans 12:17-21
- E. Matthew 18:21-35

III. Data gathering/interpretation.

- A. What does this person want so badly that he is willing to kill to get it? Js. 4:1ff
- B. What does this person believe which in the moment makes him feel just in becoming angry and expressing his anger?
- C. Is physical abuse taking place? Is anyone in danger?

IV. Homework for those who give in to anger.

- A. Confess unrighteous anger as murder. Mt. 5:21-26
- B. Humble yourself. Abandon your “rights”. Phil. 2:3ff
- C. Make a plan for dealing with anger. Pr. 27:12
- D. Keep an anger journal (see p. 173).
- E. Meditate upon and memorize key texts (listed above).
- F. Reading.
 - 1. “What to Do When Anger Gets the Upper hand”, Jay Adams (pamphlet)
 - 2. Anger: Escaping the Maze, David Powlison (booklet: CCEF/RFCL)
 - 3. Angry at God: Bring Him Your Doubts and Questions, Robert D. Jones (booklet: CCEF/RFCL)
 - 4. War of Words, Paul Tripp
 - 5. Uprooting Anger, Robert D. Jones Anger and Stress Management God’s Way, Wayne Mack
 - 6. The Heart of Anger, Lou Priolo (primarily for angry kids)
- G. Audio
 - 1. “War of Words”, Paul Tripp
 - 2. “Helping Angry Kids”, Lou Priolo
 - 3. “Counseling Angry People”, Wayne Mack
 - 4. “Who is a Murderer? Matt. 5:21-26”, Jim Newheiser
 - 5. “Love Your Enemies. Romans 12:17-21”, Jim Newheiser
- H. Workbook: Homework Manual for Biblical Living: Volume 1, Mack, “Anger Homework”