

## LECTURE #18

### DEALING WITH ANGER

#### INTRODUCTION

1. There are few things that are \_\_\_\_\_ the strength of the church more than the unreconciled state of believers (particularly those who are angry at one another).
2. One of the reasons uncontrolled anger is so dangerous is because it is so widely \_\_\_\_\_, even in Christian circles.
3. Yet uncontrolled anger itself is a \_\_\_\_\_ to warn us of several facts.
  - a. I am \_\_\_\_\_, defending. My rights are not yielded to Christ (remember, slaves do not have rights).
  - b. I am out of \_\_\_\_\_--being controlled by circumstances.
  - c. I am upset because I am focusing on things that pass \_\_\_\_\_ with time.
  - d. I am powerless to change apart from \_\_\_\_\_ strength and direction from His Word (see John 15:5; Matt. 6:33; Rom. 7:24-25; Rom. 10:17).
4. Let's allow the Scripture to teach us some insights on how to direct anger for God's service.

#### **I. OBSERVATION #1: ANGER IS NOT \_\_\_\_\_.**

- A. It is a God-given \_\_\_\_\_ capacity to be used to properly handle a stressful problem.
- B. It is seen in its right use in \_\_\_\_\_ Himself.
- C. The \_\_\_\_\_ of the word itself do not always denote sin.
  1. οργη = \_\_\_\_\_-lived anger; the anger which broods
  2. θυμος = anger which quickly \_\_\_\_\_ up
- D. Anger properly used attacks the \_\_\_\_\_, not the person.

#### **II. OBSERVATION #2: ANGER BECOMES \_\_\_\_\_ WHEN THE FOLLOWING OCCUR.**

- A. When it is \_\_\_\_\_ motivated
- B. When God's \_\_\_\_\_ in the matter is distorted
- C. When anger is allowed to \_\_\_\_\_ (Eph 4:26-27)
  - 1. This is one of the great reasons for failure in \_\_\_\_\_.
  - 2. This is one of the great reasons for \_\_\_\_\_ failure.
- D. When it attacks a \_\_\_\_\_, not the problem (Eph 4:29-32)
- E. When it causes the problem to be \_\_\_\_\_
  - 1. \_\_\_\_\_ up
  - 2. Attack a \_\_\_\_\_
  - 3. Keep it \_\_\_\_\_
  - 4. \_\_\_\_\_ it
  - 5. We must learn to \_\_\_\_\_ attack the problem.

### **A Related Issue: Two unbiblical options for dealing with anger...**

OPTION #1: ONE ALTERNATIVE IS TO \_\_\_\_\_ (BLOW UP).

- A. What is ventilation? It's encouraging a person to \_\_\_\_\_ his anger.
  - 1. Set up an empty \_\_\_\_\_ and yell at it.
  - 2. Hit a \_\_\_\_\_ (and visualize it as the person who made you angry).
  - 3. Share your feelings with a \_\_\_\_\_ group, "I hate my father."
- B. Why is ventilation unacceptable for a Christian?
  - 1. It is not biblical because we are not talking to the person who is part of the \_\_\_\_\_ or the \_\_\_\_\_.
  - 2. It is not biblical because instead of solving the problem, it makes a \_\_\_\_\_ out of anger. The more I ventilate, the angrier I become, and

my guilt is increased before God."

3. It is never biblical to \_\_\_\_\_ a person, whether another or yourself.

OPTION #2: ANOTHER ALTERNATIVE IS TO \_\_\_\_\_ (CLAM UP).

A. What is it? It's encouraging people to \_\_\_\_\_ up their anger.

B. Why is this unacceptable for a Christian?

1. Clam-uppers live \_\_\_\_\_ lives. They clam up over and over and over until finally, they blow up!
2. Problems are \_\_\_\_\_ instead of dealt with biblically.

### III. ANGER \_\_\_\_ AND \_\_\_\_\_ BE CONTROLLED.

A. It can be (Phil 4:13; 1 Cor 10:13).

B. It must be (Eph 4:31-32).

- Excuse #1: "Our personalities \_\_\_\_\_."
- Excuse #2: "That's just the way my \_\_\_\_\_ was, and I am."
- Excuse #3: "I wasn't \_\_\_\_\_ well when I blew up."

### IV. HOW TO \_\_\_\_\_ WITH ANGER

A. Become \_\_\_\_\_ of it.

B. Realize we are powerless in \_\_\_\_\_ to handle anger.

C. \_\_\_\_\_ it.

1. If unsaved--confess the sin-\_\_\_\_\_ (Rom. 10:9).

2. If saved--confess the \_\_\_\_\_.

D. Attack \_\_\_\_\_.

1. Deal with \_\_\_\_\_ motivated anger.

2. Learn to \_\_\_\_\_ the problem from the person. Eph 4:29
3. Learn to think of \_\_\_\_\_ and solutions.
4. Learn to think of your \_\_\_\_\_ with Christ and His power.
5. Learn to return \_\_\_\_\_ for evil. (see Rom 12:17-21; Gen 50)
6. Practice the \_\_\_\_\_ of Communication.
7. See \_\_\_\_\_ in the problem.
8. Refuse to \_\_\_\_\_ God.