

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.