

Overcoming Anger

Lesson 02 of the series "Overcomer"

Anger = A strong feeling of annoyance, irritation or hostility. Being upset because of something wrong or bad.

A. Uncontrolled anger is destructive.

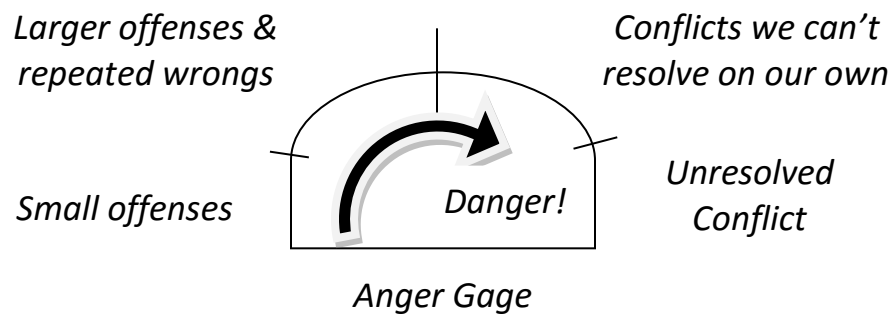
"A fool gives full vent to his anger, but a wise man keeps himself under control." Proverbs 29:11 (NIV)

"Anger is cruel, and wrath is like a flood..." Proverbs 27:4 (NLT)

"You have heard that our ancestors were told, 'You must not murder. If you commit murder, you are subject to judgment.' But I say, if you are even angry with someone, you are subject to judgment! If you call someone an idiot, you are in danger of being brought before the court. And if you curse someone, you are in danger of the fires of hell." Matthew 5:21-22 (NLT)

B. Three helpful strategies for dealing appropriately with our anger towards others.

"In your anger do not sin." Ephesians 4:26 (NIV)



1. For small offenses we should let them go.

"Sensible people control their temper; they earn respect by overlooking wrongs." Proverbs 19:11 (NLT)

"Don't sin by letting anger control you. Think about it overnight and remain silent." Psalm 4:4 (NLT)

2. For larger offenses & repeated wrongs we need to confront the offending person.

Quickly: "Do not let the sun go down while you are still angry, and do not give the devil a foothold."
Ephesians 4:26-27 (NIV)

Privately: "If your brother sins against you, go and show him his fault, just between the two of you."
Matthew 18:15a (NIV)

"Without wood a fire goes out; without gossip a quarrel dies down." Proverbs 26:20 (NIV)

With correct goals: "If he listens to you, you have won your brother over." Matthew 18:15b (NIV)

3. For conflicts we cannot resolve on our own we must get help.

"But if you are unsuccessful, take one or two others with you and go back again, so that everything you say may be confirmed by two or three witnesses. If the person still refuses to listen, take your case to the church. Then if he or she won't accept the church's decision, treat that person as a pagan or a corrupt tax collector." Matthew 18:16-17 (NLT)

"Plans succeed through good counsel; don't go to war without wise advice." Proverbs 20:18 (NLT)

"An offended friend is harder to win back than a fortified city. Arguments separate friends like a gate locked with bars." Proverbs 18:19 (NLT)

WARNING: We must NEVER allow conflicts to remain unresolved.

“When it was time for the harvest, Cain presented some of his crops as a gift to the LORD. Abel also brought a gift—the best of the firstborn lambs from his flock. The LORD accepted Abel and his gift, but he did not accept Cain and his gift. This made Cain very angry, and he looked dejected. ‘Why are you so angry?’ the LORD asked Cain. ‘Why do you look so dejected? You will be accepted if you do what is right. But if you refuse to do what is right, then watch out! Sin is crouching at the door, eager to control you. But you must subdue it and be its master.’ One day Cain suggested to his brother, ‘Let’s go out into the fields.’ And while they were in the field, Cain attacked his brother, Abel, and killed him.”

Genesis 4:3-8 (NLT)

Unresolved conflict can lead to bitterness, rage, depression and violence.

C. Three helpful strategies for dealing appropriately with the anger of others towards us.

1. Listen -“You must all be quick to listen, slow to speak, and slow to get angry. Human anger does not produce the righteousness God desires.” James 1:19-20 (NLT)

2. Fight fire with water.

“A gentle answer turns away wrath, but a harsh word stirs up anger.” Proverbs 15:1 (NIV)

“Dear friends, never take revenge. Leave that to the righteous anger of God. For the Scriptures say, “I will take revenge; I will pay them back,” says the Lord. Instead, “If your enemies are hungry, feed them. If they are thirsty, give them something to drink. In doing this, you will heap burning coals of shame on their heads.” Romans 12:19-20 (NLT)

3. Pray.

“You have heard the law that says, ‘Love your neighbor’ and hate your enemy. But I say, love your enemies! Pray for those who persecute you! In that way, you will be acting as true children of your Father in heaven. For he gives his sunlight to both the evil and the good, and he sends rain on the just and the unjust alike.” Matthew 5:43-45 (NLT)

JOHN SCHMIDT • 08-14-16 • john@centeringlives.com

Connect Group Discussion Questions:

1. Looking back at your notes from this week's lesson on overcoming stress was there anything that particularly caught your attention, challenged or confused you?
2. What do the following Proverbs teach us about anger?
 - 4:29
 - 15:18
 - 19:19
 - 22:24-25
 - 29:11

What makes you angry? Would you describe yourself as hot-tempered or cool-tempered? Why?

3. Read Matthew 18:15-17 & Ephesians 4:26-27. Why is it important to resolve conflict? How good are you at dealing with conflict? Have you ever held a grudge? If so, for how long? How did you get out of it? Now Read Genesis 4:3-8. How did Cain get so bent out of shape?
4. To whom can you turn to for wise counsel when you get mad?
5. Read Proverbs 15:1 & 19:11. Why do we respect people who overlook an offense? Why is it a good idea to "sleep on it" before reacting to a problem?
6. Discuss the following quotations:

"You must all be quick to listen, slow to speak, and slow to get angry. Human anger does not produce the righteousness God desires." James 1:19-20

"When angry count to ten before you speak. If very angry, count to one hundred." Thomas Jefferson

"When angry, count to four; when very angry, swear." Mark Twain

"Anger is never without a reason, but seldom with a good one." Benjamin Franklin

"For every minute you remain angry, you give up sixty seconds of peace of mind." Ralph Waldo Emerson