
ANGER

Ephesians 4:26-27

TODAY'S VERSES:

In your anger do not sin. Do not let the sun go down while you are still angry, and do not give the devil a foothold.

THE TRUTH ABOUT ANGER:

- ▶ It's not a **sin** to be **angry**.
Exodus 4:14/ 1 Samuel 11:6 / Mark 3:1-6 with Matthew 23:13 & Luke 11:46/ John 2:14-17
- ▶ We can't control **feelings of anger** – we can control **how we respond!**
Ephesians 4:26

HOW TO BE ANGRY WITHOUT MESSING UP:

- ❶ Lengthen your **fuse**.
Exodus 34:6 & Psalm 86:15; 103:8 & 145:8/ James 1:19-20/ Proverbs 14:16-17/ Proverbs 22:24-25
- ❷ Let God **even the score**.
Romans 12:17-21/ 1 Samuel 25:2-33/ Psalm 37:7-11/ James 1:20
- ❸ Keep your **mouth shut**.
Proverbs 10:19; 15:28; 29:11 & 17:14/ Colossians 3:8/ Revelation 12:10/ Ephesians 4:29
- ❹ If you can, **let it go** – If you can't, **deal with it now**.
Proverbs 12:16; 19:11 & 20:3/ Ephesians 4:26 & 31-32
- ❺ Keep a good **mirror** handy – and use it!
Matthew 7:1-2/ Romans 2:1

DOES THE DEVIL HAVE A "GUEST ROOM"?

Ephesians 4:27/ 2 Corinthians 2:10-11

Growth Group Homework

For the week of May 1, 2005

QUICK REVIEW

This week we looked at how to be angry without messing up. Looking over your notes, was there any one point or statement that was particularly surprising, confusing, or caught your attention?

MY STORY

1. Being aware of our personal “trigger points” can be an important step in learning how to be angry without responding inappropriately. What are some of the situations or things people do that are likely to trigger an angry response. . .

- at home?
- at work?
- in a social setting?
- in your neighborhood?
- with fellow Christians?

2. Here are some commonly held myths about anger. What are some potential hazards of buying into these myths?

Myth #1

People who don't look or sound angry, don't have a problem with anger.

Myth #2

Anger and love are opposites.

Myth #3

Nice people don't get angry.

Based on your own life experience, how widespread do you think these myths are?

3. What's your typical response when you encounter anger directed at you? (Ex: Bring it on, avoid it, work through it, or another response?)

DIGGER DEEPER

1. Sometimes we fall into the trap of thinking love and anger are opposites, as mentioned in Myth #2. What does Psalm 106:34-45 tell us about anger and love co-existing within a relationship?

Psalm 106:34-45

They did not destroy the peoples
as the Lord had commanded them,
[35] but they mingled with the nations
and adopted their customs.

[36] They worshiped their idols,
which became a snare to them.
[37] They sacrificed their sons
and their daughters to demons.
[38] They shed innocent blood,
the blood of their sons and daughters,
whom they sacrificed to the idols of Canaan,
and the land was desecrated by their blood.
[39] They defiled themselves by what they did;
by their deeds they prostituted themselves.
[40] Therefore the Lord was angry with his people
and abhorred his inheritance.
[41] He handed them over to the nations,
and their foes ruled over them.
[42] Their enemies oppressed them
and subjected them to their power.
[43] Many times he delivered them,
but they were bent on rebellion
and they wasted away in their sin.
[44] But he took note of their distress
when he heard their cry;
[45] for their sake he remembered his covenant
and out of his great love he relented. [NIV]

2. Notice how Moses and David handled the following volatile situations. What (if any) specific actions and attitudes come off as very different than the way most of us would naturally respond in a similar situation?

Numbers 12:1-16

Miriam and Aaron began to talk against Moses because of his Cushite wife, for he had married a Cushite.

[2] "Has the Lord spoken only through Moses?" they asked. "Hasn't he also spoken through us?" And the Lord heard this.

[3] (Now Moses was a very humble man, more humble than anyone else on the face of the earth.)

[4] At once the Lord said to Moses, Aaron and Miriam, "Come out to the Tent of Meeting, all three of you."

So the three of them came out. [5] Then the Lord came down in a pillar of cloud; he stood at the entrance to the Tent and summoned Aaron and Miriam. When both of them stepped forward, [6] he said, "Listen to my words:

"When a prophet of the Lord is among you,
I reveal myself to him in visions,
I speak to him in dreams.

[7] But this is not true of my servant Moses;
he is faithful in all my house.

[8] With him I speak face to face,
clearly and not in riddles;
he sees the form of the Lord.

Why then were you not afraid
to speak against my servant Moses?"

[9] The anger of the Lord burned against them, and he left them.

[10] When the cloud lifted from above the Tent, there stood Miriam--leprous, like snow. Aaron turned toward her and saw that she had leprosy; [11] and he said to Moses, "Please, my lord, do not hold

against us the sin we have so foolishly committed. [12] Do not let her be like a stillborn infant coming from its mother's womb with its flesh half eaten away."

[13] So Moses cried out to the Lord, "O God, please heal her!"

[14] The Lord replied to Moses, "If her father had spit in her face, would she not have been in disgrace for seven days? Confine her outside the camp for seven days; after that she can be brought back." [15] So Miriam was confined outside the camp for seven days, and the people did not move on till she was brought back.

[16] After that, the people left Hazeroth and encamped in the Desert of Paran. [NIV]

2 Samuel 16:5-13

As King David approached Bahurim, a man from the same clan as Saul's family came out from there. His name was Shimei son of Gera, and he cursed as he came out. [6] He pelted David and all the king's officials with stones, though all the troops and the special guard were on David's right and left. [7] As he cursed, Shimei said, "Get out, get out, you man of blood, you scoundrel! [8] The Lord has repaid you for all the blood you shed in the household of Saul, in whose place you have reigned. The Lord has handed the kingdom over to your son Absalom. You have come to ruin because you are a man of blood!"

[9] Then Abishai son of Zeruiah said to the king, "Why should this dead dog curse my lord the king? Let me go over and cut off his head."

[10] But the king said, "What do you and I have in common, you sons of Zeruiah? If he is cursing because the Lord said to him, 'Curse David,' who can ask, 'Why do you do this?' "

[11] David then said to Abishai and all his officials, "My son, who is of my own flesh, is trying to take my life. How much more, then, this Benjamite! Leave him alone; let him curse, for the Lord has told him to.

[12] It may be that the Lord will see my distress and repay me with good for the cursing I am receiving today."

[13] So David and his men continued along the road while Shimei was going along the hillside opposite him, cursing as he went and throwing stones at him and showering him with dirt. [NIV]

3. What do the following verses have to say about responding to anger in a way that pleases God?

James 1:19-20

My dear brothers, take note of this: Everyone should be quick to listen, slow to speak and slow to become angry, [20] for man's anger does not bring about the righteous life that God desires. [NIV]

Romans 12:17-18

Do not repay anyone evil for evil. Be careful to do what is right in the eyes of everybody. [18] If it is possible, as far as it depends on you, live at peace with everyone. [NIV]

1 Peter 5:7-8

Cast all your anxiety on him because he cares for you.

[8] Be self-controlled and alert. Your enemy the devil prowls around like a roaring lion looking for someone to devour. [NIV]

TAKING IT HOME

1. Anger is often triggered by the thoughts and emotions we're experiencing more than the actual event itself. Understanding this can be a powerful tool for keeping our anger in check. Which of the following emotions or perceptions are most likely to produce an angry response within you?

- perceived injustice
- conflict
- fear
- hurt
- worry
- low self-esteem
- other:

2. Looking back at this week's sermon and study, are there any specific areas of controlling your response to anger that you need to focus on and/or need prayer for?