

Calvary Chapel of El Cajon Women's Bible Studies

Attacking Your Anger

Lesson 5

Anger has been defined as “the emotion of instant displeasure and indignation arising from the feeling of injury done or intended, or from the discovery of offense against law.” Sometimes it is justified; sometimes it is not. Justifiable *anger* is typically not what we struggle with. Rather than attacking others in *anger*, God’s goal for us is that we attack our *anger*, wrestling *anger* to the ground and rising above it with the peace and victory God has intended for us.

DAYS ONE and TWO:

1. *Be angry, and do not sin...*(Ephesians 4:26a). Oh, how we love to quote this verse. Somehow, many glean permission to be angry from this verse. The Bible contains 312 verses that use the word *anger* or *angry*. Yet, in few we find *anger* excused. When is *anger* acceptable? In whom might we find appropriate expressions of *anger* at all times? Only in Jesus. Look up the following verses and describe what was happening.

Mark 3:1-5

John 2:14-17

- a. Why was Jesus *angry*?

2. Jesus, being God, is an exact representation of the heart of God. With whom/what is God angry about in the following verses?

Psalm 7:11

Ezra 8:22

Psalm 78:21,22 and John 3:36

Jeremiah 44:3

3. What does the Bible tell us about God’s *anger*?

Psalm 103:8

Jeremiah 10:10

4. Although God will, in *anger*, judge all unrighteousness, why does the repentant believer need not fear God's *anger*?

Jeremiah 3:12

Joel 2:12,13

Romans 5:9

1 Thessalonians 1:10

- a. Through what act was God's *anger* appeased? See Isaiah 53:6 and 1 John 4:9

In that day you will sing: "Praise the LORD! He was angry with me, but now he comforts me.

See, God has come to save me. I will trust in him and not be afraid.

The LORD GOD is my strength and my song; he has become my salvation."

- Isaiah 12:1,2 NLT

5. After answering today's questions, when would you say *anger* is justified?

- a. Give an example of something that might be considered righteous/ God's kind of *anger*.

- b. Contrast righteous *anger* with *anger* of the flesh.

1.) What is the goal of righteous *anger*?

2.) What is the goal of *anger* of the flesh?

*O LORD, I have heard your speech and was afraid;
O LORD, revive Your work in the midst of the years!
In the midst of the years make it known;
In wrath remember mercy.*

- Habakkuk 3:2

DAY THREE:

1. Now let's look at the kind of *anger* most of us relate to – *anger* of the flesh. Read James 1:19-20 and write it in your own words.

2. Why do you think James grouped listening, speaking and *anger* together in the same admonition?

3. What are some common ways people express *anger*?
 - a. What impact would being *swift to hear* have on the expression of *anger*?

4. The words of King Solomon in the Book of Proverbs whole-heartedly agree with James. Look up the following verses and share what they say about being *slow to anger*.

Proverbs 14:17

Proverbs 14:29

Proverbs 15:18

Proverbs 16:32

Proverbs 17:14

5. Why doesn't man's *wrath (anger)* accomplish God's *righteous* purposes?
 - a. What does man's *anger* accomplish?

DAY FOUR: Read Psalm 37:1-11

¹Do not fret because of evildoers, nor be envious of the workers of iniquity.

²For they shall soon be cut down like the grass, and wither as the green herb.

³Trust in the LORD, and do good; Dwell in the land, and feed on His faithfulness.

⁴Delight yourself also in the LORD, and He shall give you the desires of your heart.

⁵Commit your way to the LORD, trust also in Him, and He shall bring it to pass.

⁶He shall bring forth your righteousness as the light, and your justice as the noonday.

⁷Rest in the LORD, and wait patiently for Him; Do not fret because of him who prospers in his way, because of the man who brings wicked schemes to pass.

⁸Cease from anger, and forsake wrath; Do not fret--it only causes harm.

⁹For evildoers shall be cut off; but those who wait on the LORD, they shall inherit the earth.

¹⁰For yet a little while and the wicked shall be no more; indeed, you will look carefully for his place, but it shall be no more.

¹¹But the meek shall inherit the earth, and shall delight themselves in the abundance of peace.

Note: The word *fret* as it is used here has been translated by S. Zodhiates as *to burn, be kindled, glow with anger, be incensed, grow indigent, to be zealous, act zealously*. It points to the fire or heat of the anger just after it has been ignited.

1. Circle the commands that begin with the words *do not* or *cease from*.
2. Underline the remaining commands.
3. Draw a rectangle around God's promises to the obedient.
4. Summarize what you discovered.
5. Verses 4 and 5 are often quoted by Christians. Using them in context (applying them considering the verses before and after them), what are they saying to us about our response when we are tempted to respond in *anger*?
 - a. What should be the *desires of our heart*?
6. Jesus quoted Psalm 37:11 in His Sermon On The Mount (Matthew 5:5). In light of the context of Psalm 37:1-11, why do you think Jesus says the *meek will inherit the earth*?
 - a. Contrast someone who is *meek* with someone who is *angry*.

DAY FIVE:

1. Take time today to look up as many of these verses as you can and record what they say about *anger*.

Proverbs 15:1

Proverbs 21:19

Proverbs 22:24,25

Proverbs 25:23

Ephesians 4:31

Ephesians 6:4

Colossians 3:8

2. Galatians 5:19-21 gives us a list of the works of the *flesh*. Read through the list, noting that *anger* is one of them. Now, read verses 22-23, the *fruit of the Spirit*. A true believer does not make her home in the lifestyle that would be described in verses 19-21. However, that does not mean she doesn't go back and visit. What actions need to be taken so that the character described in verses 22-23 is more evident?
3. We began this lesson by quoting Ephesians 4:26a: *Be angry and do not sin*. Look up this verse and record the rest of it.
 - a. Ephesians 4:26 quotes Psalm 4:4. The New Living Translation puts it this way: *Don't sin by letting anger gain control over you. Think about it overnight and remain silent*. Practically, what are we being told to do?

He that would be angry and sin not must not be angry with anything but sin.

-Thomas Secker

