

## Lesson 8 – Principles 3

### Anger Management

Read the lesson below and then answer the questions that follow on a separate sheet of paper. If you believe this lesson would be helpful to others you know, feel free to share it with them.

Be ye angry, and sin not: let not the sun go down upon your wrath: Neither give place to the devil. Let him that stole steal no more: but rather let him labour, working with [his] hands the thing which is good, that he may have to give to him that needeth. Let no corrupt communication proceed out of your mouth, but that which is good to the use of edifying, that it may minister grace unto the hearers. And grieve not the holy Spirit of God, whereby ye are sealed unto the day of redemption. Let all bitterness, and wrath, and anger, and clamour, and evil speaking, be put away from you, with all malice. (Ephesians 4:31 KJV)

Wherefore, my beloved brethren, let every man be swift to hear, slow to speak, slow to wrath: For the wrath of man worketh not the righteousness of God. (James 1:19-20 KJV)

According to Scripture, anger in and of itself is not sin. However, the verses above reveal a close connection between anger and sin. Why else would we be admonished to not finish a day in anger and to put away anger and wrath? In anger, we are unable to do the righteousness of God. In anger, we can do no good thing. We might even consider the idea that anger is a wasted emotion from which to take any action. When we recognize anger welling up inside of us, it is best to step back and deal with the anger instead of acting out of it.

1. How do you recognize when you are getting angry? Does your body shake? Do you imagine getting even, either physically or verbally? Do you tell yourself things to justify your feelings?
2. Looking back on the things you've told yourself to justify your anger, how rational are these things? What kind of things have you told yourself?
3. When you are finished reinforcing your anger, do you talk yourself out of your anger or just let it fade away? If you've talked yourself out of your anger, what did you tell yourself?
4. When you act out of anger, do you honor others or do you dishonor them. Are your actions Godly?
5. When you've acted out in anger, in the long run, have events turned out in your favor? Did you find yourself needing to apologize afterward (whether you apologized or not)? Did it make you feel closer to God?
6. Do you have a reason to change the way you deal with anger? How can you do this (include the spiritual and the practical)?