

Session 1: Testimony of Tina Carns

Session 2: Anger Defined and Evaluated

I. Defined

Whole-_____

Active _____

Negative_____ judgment

Perceived

Evil

II. Manifestations of Anger

a. Are you a clam?

b. Are you a volcano?

III. Three questions to Evaluate Godly Anger (Taken from *Uprooting Anger* by Robert Jones)

1. Does it react against actual sin?
2. Does it focus on God and His Concerns?
3. Does it co-exist with other Godly qualities and express itself in Godly ways?

II. Source of Anger- James 4:1-3

A. Reasons

B. Motives

Session 3- Five idols of the Heart (idol categories taken from *Age of Opportunity* by Paul Tripp)

A. Respect/Honor

Biblical Example: 1 Samuel 25:4-13

Now *there was* a man in Maon whose business was in Carmel; and the man was very rich, and he had three thousand sheep and a thousand goats. And it came about while he was shearing his sheep in Carmel³ (now the man's name was Nabal, and his wife's name was Abigail. And the woman was intelligent and beautiful in appearance, but the man was harsh and evil in *his* dealings, and he was a Calebite), ⁴ that David heard in the wilderness that Nabal was shearing his sheep. ⁵ So David sent ten young men; and David said to the young men, "Go up to Carmel, visit Nabal and greet him in my name; ⁶ and thus you shall say, 'Have a long life, peace be to you, and peace be to your house, and peace be to all that you have. ⁷ Now I have heard that you have shearers; now your shepherds have been with us and we have not insulted them, nor have they missed anything all the days they were in Carmel. ⁸ Ask your young men and they will tell you. Therefore let *my* young men find favor in your eyes, for we have come on a festive day. Please give whatever you find at hand to your servants and to your son David.'"

⁹ When David's young men came, they spoke to Nabal according to all these words in David's name; then they waited. ¹⁰ But Nabal answered David's servants and said, "Who is David? And who is the son of Jesse? There are many servants today who are each breaking away from his master. ¹¹ Shall I then take my bread and my water and my meat that I have slaughtered for my shearers, and give it to men whose origin I do not know?" ¹² So David's young men retraced their way and went back; and they came and told him according to all these words. ¹³ David said to his men, "Each *of you* gird on his sword." So each man girded

on his sword. And David also girded on his sword, and about four hundred men went up behind David while two hundred stayed with the baggage.

My own example:

Verses to put on:

B. Success

Biblical Example: 1 Samuel 18:5-8

And David went out and was successful wherever Saul sent him, so that Saul set him over the men of war. And this was good in the sight of all the people and also in the sight of Saul's servants.

6 As they were coming home, when David returned from striking down the Philistine, the women came out of all the cities of Israel, singing and dancing, to meet King Saul, with tambourines, with songs of joy, and with musical instruments. **7** And the women sang to one another as they celebrated,

"Saul has struck down his thousands,
and David his ten thousands."

8 And Saul was very angry, and this saying displeased him. He said, "They have ascribed to David ten thousands, and to me they have ascribed thousands, and what more can he have but the kingdom?" **9** And Saul eyed David from that day on.

My own example:

Verses to put on:

C. Appreciation

Biblical example: Numbers 20:2-13

Now there was no water for the congregation. And they assembled themselves together against Moses and against Aaron. **3** And the people quarreled with Moses and said, "Would that we had perished when our brothers perished before the LORD! **4** Why have you brought the assembly of the LORD into this wilderness, that we should die here, both we and our cattle? **5** And why have you made us come up out of Egypt to bring us to this evil place? It is no place for grain or figs or vines or pomegranates, and there is no water to drink." **6** Then Moses and Aaron went from the presence of the assembly to the entrance of the tent of meeting and fell on their faces. And the glory of the LORD appeared to them, **7** and the LORD spoke to Moses, saying, **8** "Take the staff, and assemble the

congregation, you and Aaron your brother, and tell the rock before their eyes to yield its water. So you shall bring water out of the rock for them and give drink to the congregation and their cattle."⁹ And Moses took the staff from before the LORD, as he commanded him.¹⁰ Then Moses and Aaron gathered the assembly together before the rock, and he said to them, "Hear now, you rebels: shall we bring water for you out of this rock?" ¹¹ And Moses lifted up his hand and struck the rock with his staff twice, and water came out abundantly, and the congregation drank, and their livestock. ¹² And the LORD said to Moses and Aaron, "Because you did not believe in me, to uphold me as holy in the eyes of the people of Israel, therefore you shall not bring this assembly into the land that I have given them." ¹³ These are the waters of Meribah, where the people of Israel quarreled with the LORD, and through them he showed himself holy.

My own example:

Verses to put on

D. Comfort

Biblical example: *Genesis 25:29-35*

Once when Jacob was cooking stew, Esau came in from the field, and he was exhausted.³⁰ And Esau said to Jacob, "Let me eat some of that red stew, for I am exhausted!" (Therefore his name was called Edom. ³¹ Jacob said, "Sell me your birthright now." ³² Esau said, "I am about to die; of what use is a birthright to me?" ³³ Jacob said, "Swear to me now." So he swore to him and sold his birthright to Jacob. ³⁴ Then Jacob gave Esau bread and lentil stew, and he ate and drank and rose and went his way. Thus Esau despised his birthright.

My own example:

Verses to put on:

E. Control

Biblical example: 1 Kings 21:1-14

Now Naboth the Jezreelite had a vineyard in Jezreel, beside the palace of Ahab king of Samaria. **2** And after this Ahab said to Naboth, "Give me your vineyard, that I may have it for a vegetable garden, because it is near my house, and I will give you a better vineyard for it; or, if it seems good to you, I will give you its value in money." **3** But Naboth said to Ahab, "The LORD forbid that I should give you the inheritance of my fathers." **4** And Ahab went into his house vexed and sullen because of what Naboth the Jezreelite had said to him, for he had said, "I will not give you the inheritance of my fathers." And he lay down on his bed and turned away his face and would eat no food.

5 But Jezebel his wife came to him and said to him, "Why is your spirit so vexed that you eat no food?" **6** And he said to her, "Because I spoke to Naboth the Jezreelite and said to him, 'Give me your vineyard for money, or else, if it please you, I will give you another vineyard for it.' And he answered, 'I will not give you my vineyard.'" **7** And Jezebel his wife

said to him, "Do you now govern Israel? Arise and eat bread and let your heart be cheerful; I will give you the vineyard of Naboth the Jezreelite."

8 So she wrote letters in Ahab's name and sealed them with his seal, and she sent the letters to the elders and the leaders who lived with Naboth in his city. **9** And she wrote in the letters, "Proclaim a fast, and set Naboth at the head of the people. **10** And set two worthless men opposite him, and let them bring a charge against him, saying, 'You have cursed God and the king.' Then take him out and stone him to death." **11** And the men of his city, the elders and the leaders who lived in his city, did as Jezebel had sent word to them. As it was written in the letters that she had sent to them, **12** they proclaimed a fast and set Naboth at the head of the people. **13** And the two worthless men came in and sat opposite him. And the worthless men brought a charge against Naboth in the presence of the people, saying, "Naboth cursed God and the king." So they took him outside the city and stoned him to death with stones. **14** Then they sent to Jezebel, saying, "Naboth has been stoned; he is dead."

My own example:

Verses to put on:

Session 4-What to Do When Anger Hits

Before (anger hits again)

1. Spend _____ time _____ with the Lord

Psalm 1-How blessed is the woman who does not walk in the counsel of the wicked, nor stand in the path of the sinners, or sit in the seat of the scoffers, but His delight is in the law of the Lord and in His law He meditates day and night, and she will be like a tree planted by streams of water which yields its fruit in its season and its leaf does not wither and in whatever she does she prospers.

2. Confess _____ sins of anger to God and _____

Matthew 5:23-24-Therefore if you are presenting your offering at the altar, and there remember that your brother has something against you, ²⁴ leave your ^[b]offering there before the altar and go; first be reconciled to your brother, and then come and present your offering.

3. Pray for _____

2 Cor. 9:8 -And God is able to make all grace abound to you, so that always having all sufficiency in everything, you may have an abundance for every good deed;

4. Write out the biblical _____ to replace wrong thoughts.

¹ Adapted from Dr. John Street, PM 769 Advance Biblical Counseling, Syllabus, (Panorama City, CA: The Master's Seminary, Summer 2006), 14-15.

Romans 12:2 be transformed by the renewing of your mind.

5. Memorize _____ verses

Psalm 119:10 Your word I have hidden in my heart that I might not sin against you.

6. Be aware of your _____ conditions and make appropriate _____.

7. Seek to put on _____ and _____ thoughts and actions

1 Peter 5:5 clothe yourselves with humility toward one another, for GOD IS OPPOSED TO THE PROUD, BUT GIVES GRACE TO THE HUMBLE.

John 13:35 By this all men will know that you are My disciples, if you have love for one another."

1 Corinthians 13:4-7 Love is patient, love is kind *and* is not jealous; love does not brag *and* is not arrogant, does not act unbecomingly; it does not seek its own, is not provoked, does not take into account a wrong *suffered*, does not rejoice in unrighteousness, but rejoices with the truth; bears all things, believes all things, hopes all things, endures all things.

8. Determine _____ desires and _____ to be fixed upon.

Psalm 40:8 I delight to do Your will, O my God; Your Law is within my heart."

1 Corinthians 10:31 Whether then, you eat or drink or whatever you do, do all to the glory of God.

9. Study God's _____ and _____ - _____

Numbers 14:18 The LORD is slow to anger and abundant in lovingkindness, forgiving iniquity and transgression; but He will by no means clear *the guilty*, visiting the iniquity of the fathers on the children to the third and the fourth *generations*.'

10. Be _____, ready to exercise _____ and change your thinking.

1 Peter 1:13 Therefore, ¹prepare your minds for action, keep sober *in spirit*, fix your hope completely on the grace to be brought to you at the revelation of Jesus Christ.

11. Ask others to hold you accountable for your anger

Galatians 6:1-2 Brethren, even if anyone is caught in any trespass, you who are spiritual, restore such a one in a spirit of gentleness; *each one* looking to yourself, so that you too will not be tempted. Bear one another's burdens, and thereby fulfill the law of Christ.

12. Do not _____ with angry individuals, unless they are seeking to _____.

Proverbs 22:24-25 Do not associate with a man *given* to anger; or go with a hot-tempered man, or you will learn his ways.

During

(At the time you are tempted to become angry or are beginning to become angry)

1. Pray for God's _____

Hebrews 4:16 Therefore let us draw near with confidence to the throne of grace, so that we may receive mercy and find grace to help in time of need.

2. Put off being _____

Proverbs 14:17 A quick-tempered man acts foolishly, And a man of evil devices is hated.

3. Put on _____, patience, and _____;

James 1:19 *This* you know, my beloved brethren. But everyone must be quick to hear, slow to speak *and* slow to anger;

Proverbs 16:32 He who is slow to anger is better than the mighty,
And he who rules his spirit, than he who captures a city.

After (If you fail and become sinfully angry)

1. Ask yourself, "_____ did I _____?"
2. Ask yourself, "If I had this to do over again, what should I _____ and _____ differently?"
3. Take care of your sin of anger as soon as possible

Ephesians 4:26 BE ANGRY, AND *yet* DO NOT SIN; do not let the sun go down on your anger,

4. Confess and ask forgiveness from _____ and _____
_____.

Psalm 32:5; I acknowledged my sin to You, And my iniquity I did not hide; I said, "I will confess my transgressions to the LORD"; And You forgave the guilt of my sin.

James 5:16 Therefore, confess your sins to one another, and pray for one another so that you may be healed.

5. Tell God and others what you plan to do in the future instead of becoming sinfully angry

Psalm 119:59-60 I considered my ways and turned my feet to Your testimonies. I hastened and did not delay to keep Your commandments.

6. Be on _____ once again

1 Peter 5:8 Be of sober *spirit*, be on the alert. Your adversary, the devil, prowls around like a roaring lion, seeking someone to devour.

Anger Resources

Uprooting Anger by Robert D. Jones

The Heart of Anger by Lou Priolo

Anger and Stress Management God's Way by Wayne Mack

Anger Resources For Teens

Getting a Grip by Lou Priolo (For teens)

Get Outta My Face by Rick Horne

Other Resources

Feeding your Soul by Jean Flemming

Age of Opportunity by Paul David Tripp (Chapter on Parenting Idols)

Parenting by Paul David Tripp (chapter on Idolatry)

Gospel Primer by Milton Vincent (for reminding yourself of who you are in Christ)