

BBC Bible Study Notes
From the series: *The Teacher Who Changed the World*
“Anger Management”
May 7, 2017

THE BIG IDEA: Jesus explains that the original intent of the Ten Commandments was to deal not only with outward behavior but also with the inward motives of the heart. To successfully manage your anger you must address the condition of your heart, which is where your words come from.

Why are my words so important?

1. Words reveal what’s in my _____. (Mt. 5:21-22, Mt. 15:18)
2. Words have the power to _____. (Mt. 5:22, James 3:5-8)
3. Words have the power to _____. (Mt. 5:23-24, Proverbs 12:18)

How can I manage my anger in a way that honors God and benefits others?

1. Check the condition of your _____. (Psalm 139:23-24)
2. _____ and _____ before you _____. (James 1:19-20)
3. Don’t _____ dealing with your anger. (Mt. 5:25-26, Ephesians 4:26-27)
4. Ask for _____ every day. (Psalm 141:3, Psalm 19:14)

BBC Verse of the Week: *“Take control of what I say, O LORD, and guard my lips.”*
Psalm 141:3 NLT

BBCC Devotional Guide for May 7 to 13, 2017

This week we'll be considering the importance of dealing with the emotion of anger by focusing on the condition of our hearts and the words we speak.

Sunday: Read Matthew 15:10-20. Words are very important because they reveal what's in our hearts. In fact, our words are an indication of our true spiritual condition. In the Sermon on the Mount, Jesus explains that the original intent of the Ten Commandments was to deal not only with outward behavior but also with the inward motives of the heart. As you pray today, ask God to help you change from the inside out so that your words flow from a new heart.

Monday: Read Matthew 5:21-22 and James 3:5-8. Words are important because they can hurt. Jesus gives specific examples of words that can injure others and James compares the damage words can do to a fire that is burning out of control. In addition to the words you say directly to others are the words we say about them when they are not present. Think about the damage gossip can do. When it comes to talking about other people here is a simple suggestion: ask God to help you talk about them as if they were present.

Tuesday: Read Proverbs 12:18 and Ephesians 4:29. Our words can help or they can hurt. Our words can build people up or tear people down. Notice that in this verse in Ephesians we must first know what people need so that our words can encourage them and "build them up". This means that we must listen to others and be sensitive to their feelings and concerns. This verse also points out that encouraging words not only benefit the person with whom we are speaking, but also those who are listening. Who needs some encouraging words from you today?

Wednesday: The Bible is clear that the words we speak reveal what's in our heart and sometimes we even surprise ourselves by the words that come out of our mouths and wonder "where did that come from?" The answer: it came from your heart. That's why the key issue in managing your mouth is not just trying to keep from saying the wrong things, the key issue is determining what's wrong with your heart. In order to do this we need God's help. Read Psalm 139:23-24. Ask God to help you understand the experiences, people and circumstances that have shaped your heart.

Thursday: Read James 1:19-20. In his best-selling book "The 7 Habits of Highly Effective People", author Stephen Covey points out this habit: seek first to understand then to be understood. Where did a great idea like that come from? The Bible verse you just read. If we listen and try to understand someone first it often changes the words that we say to them. Ask God to help you take this verse and put it into practice in your life today.

Friday: Read Matthew 5: 25-26 and Ephesians 4:26-27. Both of these passages remind us that we should not delay dealing with our anger. What are some of the negative consequences of denying our anger or refusing to deal with it? What are the benefits of doing what the Bible says in these verses? Ask God to give you the courage and humility to deal with your anger in a biblical way.

Saturday: Read Psalm 141:3-4 and Psalm 19:14. In both of these passages there is a connection between our words and our hearts. Notice that the Psalmist is asking for God's help regarding the motives and meditations of his heart as well as the words he

speaks. Make it a habit as you pray each day to ask God to help you please Him with the thoughts that you think and the words that you say.

BBC Bible Study Notes

From the series: The Teacher Who Changed the World

“Anger Management”

May 7, 2017

THE BIG IDEA: Jesus explains that the original intent of the Ten Commandments was to deal not only with outward behavior but also with the inward motives of the heart. To successfully manage your anger you must address the condition of your heart, which is where your words come from.

Why are my words so important?

1. Words reveal what’s in my heart. (Mt. 5:21-22, Mt. 15:18)
2. Words have the power to hurt. (Mt. 5:22, James 3:5-8)
3. Words have the power to heal. (Mt. 5:23-24, Proverbs 12:18)

How can I manage my anger in a way that honors God and benefits others?

1. Check the condition of your heart. (Psalm 139:23-24)
2. Listen and think before you speak. (James 1:19-20)
3. Don’t delay dealing with your anger. (Mt. 5:25-26, Ephesians 4:26-27)
4. Ask for God’s help every day. (Psalm 141:3, Psalm 19:14)

BBC Verse of the Week: *“Take control of what I say, O LORD, and guard my lips.”*
Psalm 141:3 NLT