



## Week 3 - Anger

### Pride:

Excessive belief in one's own abilities.

Virtue: **Humility**

### Envy:

The desire for others' traits, status, abilities or situation.

Virtue: **Kindness**

### Gluttony:

An inordinate desire to consume more than that which one requires.

Virtue: **Self-Control**

### Anger:

A strong feeling of grievance and displeasure.

Virtue: **Patience**

### Greed:

An overwhelming desire to have more of something than is actually needed.

Virtue: **Generosity**

### Sloth:

The avoidance of physical or spiritual work.

Virtue: **Diligence**

### Lust:

An inordinate craving for the pleasures of the body.

Virtue: **Purity**

"You have heard that our ancestors were told, 'You must not murder. If you commit murder, you are subject to judgment.' But I say, if you are even angry with someone, you are subject to judgment! If you call someone an idiot, you are in danger of being brought before the court. And if you curse someone, you are in danger of the fires of hell.

Matthew 5:21-22 (NLT)

### Two Facts About Anger:

1. Anger leads to more \_\_\_\_\_ sins.
2. Unresolved anger is a \_\_\_\_\_ problem.

### Five Possible Responses to My Anger

- \_\_\_\_\_ it - I want to get even.

Do not take revenge, my friends, but leave room for God's wrath, for it is written: "It is mine to avenge; I will repay," says the Lord.

Romans 12:19 (NIV)

- \_\_\_\_\_ it. - A short term gain, but a long term loss.

Those who are hot-tempered stir up strife, but those who are slow to anger calm contention.

Proverbs 15:18 (NRSV)

- \_\_\_\_\_ it - I take my anger out on someone else.

Don't let your spirit rush to be angry, for anger abides in the heart of fools.

Ecclesiastes 7:9 (HCSB)

- \_\_\_\_\_ **or** \_\_\_\_\_ **it** - I hold it inside or pretend it is not there.

And “don’t sin by letting anger control you.” Don’t let the sun go down while you are still angry, for anger gives a foothold to the devil. Ephesians 4:26-27 (NLT)

- \_\_\_\_\_ **It** - Give it to God

“Come to me, all who are tired from carrying heavy loads, and I will give you rest. Matthew 11:28 (GW)

## Four Steps to Giving My Anger to God

- **Identify what \_\_\_\_\_ my anger.**

Ask: “Why am I angry?”

Those with good sense are slow to anger, and it is their glory to overlook an offense. Proverbs 19:11 (NRSV)

- \_\_\_\_\_ **and** \_\_\_\_\_ **when my temper is rising.**

A gentle answer will calm a person’s anger, but an unkind answer will cause more anger. Proverbs 15:1 (NCV)

People with understanding control their anger; a hot temper shows great foolishness. Proverbs 14:29 (NLT)

- **Leave the \_\_\_\_\_ to God and respond with \_\_\_\_\_.**

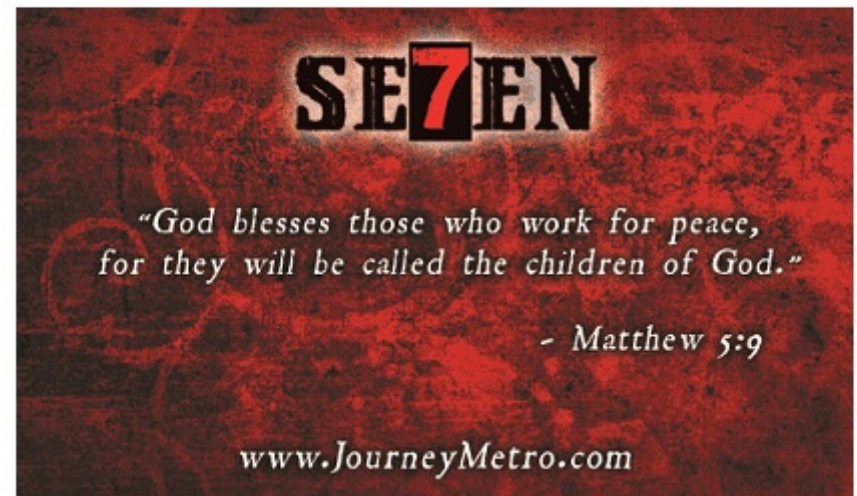
If it is possible, as far as it depends on you, live at peace with everyone. Do not take revenge, my friends, but leave room for God’s wrath, for it is written: “It is mine to avenge; I will repay,”

says the Lord. On the contrary: “If your enemy is hungry, feed him; if he is thirsty, give him something to drink. In doing this, you will heap burning coals on his head.” Romans 12:18-20 (NIV)

- \_\_\_\_\_ **the** \_\_\_\_\_ **already caused by my anger.**

“So if you are presenting a sacrifice at the altar in the Temple and you suddenly remember that someone has something against you, leave your sacrifice there at the altar. Go and be reconciled to that person. Then come and offer your sacrifice to God.

“When you are on the way to court with your adversary, settle your differences quickly. Otherwise, your accuser may hand you over to the judge, who will hand you over to an officer, and you will be thrown into prison. And if that happens, you surely won’t be free again until you have paid the last penny.”



- Trust Jesus with my life.
- Pray and ask God to help me control my anger in the area of \_\_\_\_\_.
- Set aside time everyday this week to practice the discipline of silence.
- Meditate on and/or memorize Matthew 5:9