

Study G: Dealing With Anger

*"Get rid of all bitterness, rage and anger, brawling and slander,
along with every form of malice."
Ephesians 4:31*

Why: Reasons for the study

- It is commonly being taught today that emotions and feelings are not sinful – they “just are” (they are neutral). Therefore, anger is not sinful.
- Yet, God commands us to put off anger and other forms of it: bitterness, wrath, slander, malice, etc.

What: Principles to grasp

- Most anger is unrighteous anger and is ultimately directed toward God, who has placed difficult people and circumstances in our lives.
- Anger is a choice and is our response to God, people or circumstances. Therefore, no one can make me angry.
- Anger is the result of a blocked goal: something is happening we don't want to happen or something is not happening that we do want to happen.
- An angry person looks for someone to blame as well as someone to whom they can express or vent their anger.
- An angry person is often self-pitying.
- Depression is often sinful anger that is driven inward – “I'm not getting the life I want!”
- Failure to deal with anger in a timely way can give Satan an opportunity to establish a foothold in our lives.

What: Path to a changed life

- To not minimize sinful anger and impatience by calling it “frustration”
- To identify and trace the sources of their anger, which is rooted in pride/unbelief, fear, self-focus, self-absorption, unbiblical goals, which are blocked
- To practice confessing and repenting of their anger and sinful motives/beliefs

Helpful ideas:

- Most disciples deny they are angry at God because they don't feel anger toward Him.
- Help your disciple see that the difficulties they face are part of God's sovereign plan - if they are angry with the plan, they are angry at the Planner. Anger toward God must be confessed.
- Depressed people do not recognize that they are angry at someone or something because they are not attaching emotion to their anger and/or do not consider that depression may be sinful. Whether it is largely a physical problem or just spiritual, usually sinful attitudes and motives are involved and need to be addressed.

Tools and additional resources:

- *1-5 Memory Outline* – Share how this is to be used when your disciples face situations where they are tempted to lose control of their tempers.
- *Get a Grip*; teaching video ([ctousa.org/media/CTO T.V.](http://ctousa.org/media/CTO_T.V.))
- Use *Daily Log* to record every time they have a temper outburst and what triggered it. (ctousa.org/tools and [resources/charts](http://ctousa.org/resources/charts) and [outlines](http://ctousa.org/resources/outlines))