

## Redeem Your Anger – Part 2 – Explaining what anger is.

***Eph 4.26–27*** **Be angry and do not sin**; do not let the sun go down on your anger, 27 and give no opportunity to the devil.

***Rom 12.17–21*** Repay no one evil for evil, but give thought to do what is honorable in the sight of all. 18 If possible, so far as it depends on you, live peaceably with all. 19 Beloved, never avenge yourselves, but leave it to the wrath of God, for it is written, “Vengeance is mine, I will repay, says the Lord.” 20 To the contrary, “if your enemy is hungry, feed him; if he is thirsty, give him something to drink; for by so doing you will heap burning coals on his head.” 21 Do not be overcome by evil, but overcome evil with good.

### 1. Six common manifestations of bad anger.

A. \_\_\_\_\_

B. \_\_\_\_\_

C. \_\_\_\_\_

D. \_\_\_\_\_

E. \_\_\_\_\_ anger

F. \_\_\_\_\_ - \_\_\_\_\_ anger

### 2. Anger is a value judgment that says, “I’m \_\_\_\_\_ that.”

A. I identify some perceived \_\_\_\_\_.

- Anger is a \_\_\_\_\_ response, saying, “That’s wrong and it matters.”

B. I take a stance of \_\_\_\_\_ and feel displeasure.

- We're made in the image of God, so anger is a \_\_\_\_\_ - \_\_\_\_\_ reaction to real wrongs.

C. I'm moved to \_\_\_\_\_ – to say something or do something about it.

- Every time you get angry you're revealing what \_\_\_\_\_ to you.

3. Several examples from the Bible that illustrate how anger is aroused and how our emotions move us to action.

- **King Ahasuerus**

***Esther 1.10–12, 19*** When the heart of the king was merry with wine, he commanded [his servants] 11 to bring Queen Vashti before the king with her royal crown, in order to show the peoples and the princes her beauty, for she was lovely to look at. 12 But Queen Vashti refused to come at the king's command delivered by the eunuchs. **At this the king became enraged, and his anger burned within him...**[He called his advisors together, and they said] 19 "If it please the king, let a royal order go out from him, and let it be written among the laws of the Persians and the Medes so that it may not be repealed, that Vashti is never again to come before King Ahasuerus. And let the king give her royal position to another who is better than she."

- **Elihu**

***Job 32.2–3, 17-18*** Then Elihu...**burned with anger. He burned with anger** at Job because he justified himself rather than God. 3 **He burned with anger** also at Job's three friends because they had found no answer, although they had declared Job to be in the wrong... 17 I also will answer with my share; I also will declare my opinion. 18 For I am full of words; the spirit within me constrains me.

- **Saul**

**1 Samuel 18.7–9** *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.

- **Moses**

**Exodus 32.7–10** *And the Lord said to Moses, “Go down, for your people, whom you brought up out of the land of Egypt, have corrupted themselves. **8** They have turned aside quickly out of the way that I commanded them. They have made for themselves a golden calf and have worshiped it and sacrificed to it and said, ‘These are your gods, O Israel, who brought you up out of the land of Egypt!’” **9** And the Lord said to Moses, “I have seen this people, and behold, it is a stiff-necked people. **10** Now therefore let me alone, that **my wrath may burn hot against them and I may consume them**, in order that I may make a great nation of you.”*

- **Jesus**

**Mark 3.1–6** *Again he entered the synagogue, and a man was there with a withered hand. **2** And they watched Jesus, to see whether he would heal him on the Sabbath, so that they might accuse him. **3** And he said to the man with the withered hand, “Come here.” **4** And he said to them, “Is it lawful on the Sabbath to do good or to do harm, to save life or to kill?” But they were silent. **5** And **he looked around at them with anger, grieved at their hardness of heart**, and said to the man, “Stretch out your hand.” He stretched it out, and his hand was restored. **6** The Pharisees **went out and immediately held counsel with the Herodians against him, how to destroy him.***