

**ANGER'S ANSWER-PUT INTO PRACTICE**

Can the Bible really help us defeat anger and get to the heart of this 'hidden murder'? Heb 4:12  
 By keeping a journal of your outward anger, and your inward heart response, you can find out your own personal anger problems, and God's personal response to your situation, how He can forgive you, and how He will lead your heart into loving thoughts, words, and deeds, instead of murderous ones. I have given you a sample journal page to take home and copy for yourself. It is from a book you should get "The Heart of Anger" by Lou Priolo (Calvary Press, 1997).

The "Anger Journal" focuses on the outward actions, the "Heart Journal" focuses on what goes on behind the scenes of our outward anger, in our thoughts and desires.

Listen to the following real-life stories.

**1. DEFINE THE PROBLEM GOD'S WAY**

Which of these Bible definitions of anger could you fill in on #3 of the Anger Journal?

Harsh words (Prov. 15:1)	Gossip (2 Cor. 12:20)	False accusation (2 Tim. 3:3)
Disobedient (Rom. 1:30)	Complaining (Phil. 2:14)	Disrespectful (Eph. 6:1-3)

**2. DEAL WITH THE HEART MOTIVES** that made you react in anger

When getting at the heart of anger, how could you answer #3 on the Heart Journal if you had said or thought any of the following?

1. "That's not fair"
2. "My mother never lets me do what I want to do."
3. "She doesn't want me to have fun."
4. "She is a grown-up selfish brat."
5. "I can't wait to graduate and get out of here!"

The Source of Anger's Pain is Pleasure!!! Read James 4:1,3.

Sinful pleasure brings pain! Sinful Loves include:

Love of Pleasure (2 Tim. 3: 4)	Love of Money/Things (1 Tim 6:9-10)
Love of Power/Control (3 John 9)	Love of Approval (John 12:43)
Desire for Revenge (Rom. 12:19)	Desire to hurt with words (Eph. 4:31)

**3. When fighting anger, "Just say No" isn't good enough. We can do better, and must, for God's glory and for the love of our neighbor too.**

With what godly loves and desires would you replace the above sinful loves?(#4 Heart Journal)

To delight in doing God's will (Ps. 40:8)	To love and glorify God by....(Matt. 5:16)
To delight more in giving than receiving (Acts 20:35)	
To honor and obey my parents (Eph. 6:1-3)	
To love my neighbor as myself (Matt. 22:34-40)	
To show my parents I am trustworthy (Prov. 20:6)	
To have wisdom and understanding (Prov. 4:5-9)	

Remember at the bottom of the heart of anger is hatred. It violates the 6<sup>th</sup> commandment. The answer to that deep hate is God's love—a love for you that forgives your sinful anger, and a love that is seen in your life as you love others just like Christ loved you.