

Understanding our own ANGER! – Lesson 1

This lesson is about a very confusing emotion: Anger. We often view anger as sin, wrongdoing, evil, and something not of God. Like so many things, anger is a part of God. He got angry, and he still gets angry! 1 John 1:5 declares that in God there is no darkness (or evil) at all. So if anger is part of God, then it must be a godly emotion. Nonetheless, sin attempts to pervert and counterfeit every good thing that comes from God, thus leaving us without one more weapon by which to fight the enemy (that being satan). Like all things, it is what man *does* with the treasures of God that brings either blessing or sin into his life. Love is clearly an emotion of God's divine character, and we never call that sin; nonetheless, man perverts it *and* sins. Therefore, this lesson will help men in the group to understand that it is OK to become angry—in the boundaries of God's will—but never for their own self-gratification. Additionally, we will discuss “how” to get angry and “when” it is appropriate.

Icebreaker: What is the most frustrating thing that you have done--or that you may have to do--that makes you angry.

Holy Anger:

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14 In the temple courts he found men selling cattle, sheep and doves, and others sitting at tables exchanging money.

15 So he made a whip out of cords, and drove all from the temple area, both sheep and cattle; he scattered the coins of the money-changers and overturned their tables.

16 To those who sold doves he said, "Get these out of here! How dare you turn my Father's house into a market!"

17 His disciples remembered that it is written: "Zeal for your house will consume me."

1John 1:5 This is the message we have heard from him and declare to you: God is light; in him there is no darkness [evil, sin] at all.

Did Jesus get angry? Where's the proof? Why did Jesus get angry? What motivated him to become angry? Did he think though what he was about to do, or did he just get angry? What was the “level” of his anger?

Numbers 16:1 ¶ Korah son of Izhar, the son of Kohath, the son of Levi, and certain Reubenites—Dathan and Abiram, sons of Eliab, and On son of Peleth—became insolent
2 and rose up against Moses. With them were 250 Israelite men, well-known community leaders who had been appointed members of the council....

Nu 16:20 The LORD said to Moses and Aaron,

21 "Separate yourselves from this assembly so that I can put an end to them at once."

22 But Moses and Aaron fell face down and cried out, "O God, God of the spirits of all mankind, will you be angry with the entire assembly when only one man sins?"

23 ¶ Then the LORD said to Moses,

24 "Say to the assembly, 'Move away from the tents of Korah, Dathan and Abiram.'"

25 Moses got up and went to Dathan and Abiram, and the elders of Israel followed him.

26 He warned the assembly, "Move back from the tents of these wicked men! Do not touch anything belonging to them, or you will be swept away because of all their sins."

27 So they moved away from the tents of Korah, Dathan and Abiram. Dathan and Abiram had come out and were standing with their wives, children and little ones at the entrances to their tents.

Did God create Anger? Is anger sin? Is anger ever right? Why?

Anger: The emotion of instant displeasure on account of something evil that presents itself to our view. In itself it is an original susceptibility of our nature, just as love is, and is not necessarily sinful.

Putting anger in context!

Galatians 5:19 The acts of the sinful nature are obvious: sexual immorality, impurity and debauchery;
20 idolatry and witchcraft; hatred, discord, jealousy, fits of rage, selfish ambition, dissensions, factions

21 and envy; drunkenness, orgies, and the like. I warn you, as I did before, that those who live like this will not inherit the kingdom of God.

22 But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness,
23 gentleness and self-control. Against such things there is no law.

24 Those who belong to Christ Jesus have crucified the sinful nature with its passions and desires.

25 Since we live by the Spirit, let us keep in step with the Spirit.

26 Let us not become conceited, provoking and envying each other.

What do all of these emotions have to do with anger?

Can anger stem out of the fruits of the Spirit? Be careful of your answer! These emotions are the essence of God's character, yet God gets angry!

What conclusions can you draw about anger?

Situational Question: What is a situation where you find yourself getting angry for the wrong reason?

Experience Question: What frustrates you the most and causes you to get angry?

-- or --

How do people react to you when you get angry? Surprised, caught off guard, defensive, or indignant? What does this indicate to you about *your* anger?

Application Question: We want to be in God's grace when we become angry, so it has to be in the right way at the right time. How can God help you to prepare for when anger presents itself to you?

Prayer for these needs, and ministry as needed.

Read the following Scriptures aloud in your group. Take FIVE MINUTES to discuss it and *then* answer the questions:

John 2:13 When it was almost time for the Jewish Passover, Jesus went up to Jerusalem.

14 In the temple courts he found men selling cattle, sheep and doves, and others sitting at tables exchanging money.

15 So he made a whip out of cords, and drove all from the temple area, both sheep and cattle; he scattered the coins of the money-changers and overturned their tables.

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Why was God angry?

Did God create Anger?

Is anger sin?

Is anger ever right?

Why?

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What conclusions can you draw about anger?

Responding to Another's Anger – Lesson 2

This lesson is designed to help us to learn how we respond to others when they become angry with us. As Christians, others may become angry toward us for a variety of reasons. It could be something we have done out of our convictions, or they may be angry with us simply because of our “Christian” worldview—what we stand for. Some believe that we should be suppressed, and not allowed to spread the good news. Some spirit may even cause us to come under attack for seemingly no reason. Throughout such attacks, two common errors can occur; we suppress our emotions when someone else gets angry with us, or we reflex react. Neither is what God wants of us. While God certainly does not want us to react in rage or vengeance, he does want us to react! He never intends for us to just sit there, but react—properly and accordingly! Only by tuning in to the Holy Spirit will we ever know how to react in any sense situation.

Icebreaker Question: What do you do that gets on your wife's last nerve?

Study:

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We looked at this Scripture in our last session, but this time we're going to look into “why” Jesus reacted the way he did.

What was the problem? Why did Jesus get angry? How did he respond?

Hold it! Look at verse 16. Are Christians allowed to talk like that? If we were on the *receiving* end of this situation, how should we react?

Discuss Jesus' reaction when he delivered the “woes” to the teachers:

Mt 23:22 And he who swears by heaven swears by God's throne and by the one who sits on it.

23 "Woe to you, teachers of the law and Pharisees, you hypocrites! You give a tenth of your spices—mint, dill and cummin. But you have neglected the more important matters of the law—justice, mercy and faithfulness. You should have practiced the latter, without neglecting the former.

24 You blind guides! You strain out a gnat but swallow a camel.

25 "Woe to you, teachers of the law and Pharisees, you hypocrites! You clean the outside of the cup and dish, but inside they are full of greed and self-indulgence.

26 Blind Pharisee! First clean the inside of the cup and dish, and then the outside also will be clean.

27 "Woe to you, teachers of the law and Pharisees, you hypocrites! You are like whitewashed tombs, which look beautiful on the outside but on the inside are full of dead men's bones and everything unclean.

28 In the same way, on the outside you appear to people as righteous but on the inside you are full of hypocrisy and wickedness.

29 "Woe to you, teachers of the law and Pharisees, you hypocrites! You build tombs for the prophets and decorate the graves of the righteous.

The Method of Our Reaction:

1 Cor 12:3 Therefore I tell you that no-one who is speaking by the Spirit of God says, "Jesus be cursed," and no-one can say, "Jesus is Lord," except by the Holy Spirit.

Matthew 13:11-13 Whenever you are arrested and brought to trial, do not worry beforehand about what to say. Just say whatever is given you at the time, for it is not you speaking, but the Holy Spirit. "Brother will betray brother to death, and a father his child. Children will rebel against their parents and have them put to death. All men will hate you because of me, but he who *stands firm* to the end will be saved.

Pr 14:12 There is a way that seems right to a man, but in the end it leads to death.

What do these scriptures tell us about our defense? What and who do we need? What do we need to know about our reaction in any given situation? How will we always receive a correct outcome?

We determine the Outcome:

2Ti 4:2 Preach the Word; be prepared in season and out of season; correct, rebuke and encourage—with great patience and careful instruction.

2 Cor 11:2 I am jealous for you with a godly jealousy. I promised you to one husband, to Christ, so that I might present you as a pure virgin to him.

3 But I am afraid that just as Eve was deceived by the serpent's cunning, your minds may somehow be led astray from your sincere and pure devotion to Christ.

4 For if someone comes to you and preaches a Jesus other than the Jesus we preached, or if you receive a different spirit from the one you received, or a different gospel from the one you accepted, *you put up with it easily enough*.

7 Was it a sin for me to lower myself in order to elevate you by preaching the gospel of God to you free of charge?

8 I robbed other churches by receiving support from them so as to serve you.

10 As surely as the truth of Christ is in me, nobody in the regions of Achaia will stop this boasting of mine.

11 Why? Because I do not love you? God knows I do!

12 And I will keep on doing what I am doing in order to cut the ground from under those who want an opportunity to be considered equal with us in the things they boast about.

13 For such men are false apostles, deceitful workmen, masquerading as apostles of Christ.

14 And no wonder, for Satan himself masquerades as an angel of light.

15 It is not surprising, then, if his servants masquerade as servants of righteousness. Their end will be what their actions deserve.

16 ¶ I repeat: Let no-one take me for a fool. But if you do, then receive me just as you would a fool, so that I may do a little boasting.

Mt 27:13 Then Pilate asked [Jesus], "Don't you hear the testimony they are bringing against you?"

14 But Jesus made no reply, not even to a single charge—to the great amazement of the governor.

Mt 15:4 So again Pilate asked him, "Aren't you going to answer? See how many things they are accusing you of."

5 But Jesus still made no reply, and Pilate was amazed.

What do these Scriptures say about how we react to others when we listen to the Holy Spirit? Given these Scriptures, what should we be doing as Christians when we go out and through our day? What simple steps should we take to prevent failed outcomes?

There is something we need. Without it, we can do nothing. What would that be?

Situational Question: When was a time when you were wronged, falsely accused, or vented upon for no apparent reason? How did you react and what was the outcome?

Experience Question: When was a time that you stood up for God or for what was right?

Application Question: Are you baptized with God's Holy Spirit? If so, how can you become more acquainted with Him?

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