

## Week#1 Dealing With our ANGER

### Verse Memorization List

<p><b><u>BE ANGRY, and SIN NOT</u></b></p> <p><b>Ec 7:9 Be not hasty in thy spirit to be angry: for anger resteth in the bosom of fools.</b></p> <p><b>Pr12:16 A fool's wrath is presently known: but a prudent man covereth shame.</b></p> <p><b>Pr14:17 He that is soon angry dealeth foolishly: and a man of wicked devices is hated.</b></p> <p><b>Pr14:29 He that is slow to wrath is of great understanding: but he that is hasty of spirit exalteth folly.</b></p> <p>Pr15:1 A soft answer turneth away wrath: but grievous words stir up anger. ...18 A wrathful man stirreth up strife: but he that is slow to anger appeaseth strife.</p> <p>Pr16:32 He that is slow to anger is better than the mighty; and he that ruleth his spirit than he that taketh a city.</p> <p>Pr19:11 The discretion of a man deferreth his anger; and it is his glory to pass over a transgression. 19 A man of great wrath shall suffer punishment: for if thou deliver him, yet thou must do it again.</p> <p>Pr20:2 The fear of a king is as the roaring of a lion: whoso provoketh him to anger sinneth against his own soul.</p> <p>Pr21:14 A gift in secret pacifieth anger: and a reward in the bosom strong wrath. 19 It is better to</p>	<p>dwell in the wilderness, than with a contentious and an angry woman. 24 Proud and haughty scorner is his name, who dealeth in proud wrath.</p> <p>Pr22:8 He that soweth iniquity shall reap vanity: and the rod of his anger shall fail. 24 Make no friendship with an angry man; and with a furious man thou shalt not go:</p> <p>Pr25:23 The north wind driveth away rain: so doth an angry countenance a backbiting tongue.</p> <p>Pr27:3 A stone is heavy, and the sand weighty; but a fool's wrath is heavier than them both. 4 Wrath is cruel, and anger is outrageous; but who is able to stand before envy?</p> <p>Pr29:22 An angry man stirreth up strife, and a furious man aboundeth in transgression.</p> <p>Pr30:33 Surely the churning of milk bringeth forth butter, and the wringing of the nose bringeth forth blood: so the forcing of wrath bringeth forth strife.</p> <p>Mt 5:22 But I say unto you, That whosoever is angry with his brother without a cause shall be in danger of the judgment: ... .Eph 4:26 Be ye angry, and sin not: let not the sun go down upon your wrath: cf Eph 4:31, Col 3:8, 21, Tit 1:7</p>
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Anger – *noun* A violent passion of the mind excited by a real or supposed injury; usually accompanied with a propensity to take vengeance, or to obtain satisfaction from the offending party. This passion however varies in degrees of violence, and in ingenuous minds, may be attended only with a desire to reprove or chide the offender. Anger may be inflamed till it rises to rage and a temporary delirium. 1828

## Thoughts on Anger Management

Anger issues have a cause, and pent up anger can be analyzed with some self awareness, i.e. being self-conscious.

Man is self-conscious, animals are not. When, I was young, my Italian mom, in English, would often ask me the bothersome question, "What in the world were you thinking?" As a result, in my lifetime, I would often stop and analyze what I was thinking, why I was thinking it, and what effect that thinking might have on my next decision. I was thus empowered to detect and circumvent stinking-thinking, well a lot of it anyway. That is the very best description of being self-conscious, and the world would be a far better place if more people would consider, "What in the world are you thinking?"

Once upon a time, in a land far away, I lay under my car replacing a very rusty muffler. I had a hammer in my hand, a hunk of rust the size of an acorn in my right eye, and when I shook my head to fling it out, my forehead met the rusty tip of a muffler clamp and spewed an impressive amount of blood into my left eye. I had the right to lose my temper. I consciously walked that thought into my mind: the circumstance I was in gave me every right!

I was previously told I had a short temper, that I had anger issues, and that I needed to get some anger management counsel. My mom's words taught me to be self-conscious. That day I began to consciously analyze what could make me lose my temper. It was a monumental step. Just the same, I won't tell you what I did with the hammer.

### Some Assignments

Assignment: Get a notebook, write by hand, verbatim, the first four verses of the list above. Read them aloud, write them a couple times.

Assignment: Analyze some things that make you angry; Some things that make you lose your temper; And some things to answer, what in the world were you thinking, when they did.

When we meet and talk be prepared to brainstorm a little about the things that might produce anger in a person, (circumstances, people, self, things, other?) ... Pastor Ed Rice

### PRECURSERS

This is a holistic effort involving Body Soul and Spirit; we are made in the image and likeness of God with these entities involved in our health and well being. There is often confusion in man discerning the difference between soul and spirit, but God is not confused, or confusing. Consider these two Bible verses: *For to be carnally minded*

*is death; but to be spiritually minded is life and peace. ... But the natural man receiveth not the things of the Spirit of God: for they are foolishness unto him: neither can he know them, because they are spiritually discerned.* (Rom.8:6 and 1Cor.2:14).

Humans were created in the image and likeness of God with body, soul, and spirit with physical needs, mental – emotional needs, and spiritual needs. Solomon, the wisest man on earth, God said so, observed, “*The spirit of man is the candle of the LORD, searching all the inward parts of the belly*” (Prov.20:27).

This is a faith based effort. Requiring faith in the WORD that became flesh and dwelt among us, the Lord Jesus Christ, the Only begotten Son of God; and requiring faith in the WORD of God that is quick and powerful and sharper than any two edged sword, able to divide the thoughts and intents of the heart (Heb.4:12). Those two can meet uniquely when you recite, or write, and pray these twelve verses of God's Word: John.3:16-18,36, 5:24, Romans 3:10,23, 5:8, 6:23, 10:9-10, 13. Contact your mentor if you need clarification on how to be born-again.. If you just talked to the Lord Jesus Christ about it, and accepted him as your Saviour, call your mentor and let him know you did.

One more thing, you can be angry and not in sin; “*Eph 4:26 Be ye angry, and sin not: let not the sun go down upon your wrath:*” Also make this distinction between anger and wrath; in general wrath involves extreme anger and generally involves belligerence (a hostile warlike attitude). Pretty much you can be angry with your hands in your pockets, but when you decide to bloody someones nose, you've transitioned into wrath. You taking steps in anger is generally a pretty dangerous territory.

### **Three Keys to Success**

#### **COMITTMENT – JOURNALING – THE WORD**

Make a **commitment** to pursue this effort. A commitment to God “*Ps 37:5 Commit thy way unto the LORD; trust also in him; and he shall bring it to pass. Pr 16:3 Commit thy works unto the LORD, and thy thoughts shall be established.*”

A commitment to OTHERS, talk therapy, and group therapy are powerful tools in mending behaviors. At least make a commitment to rehearse your progress with a mentor, and bounce things off of others, particularly other believers in a Bible believing church. Stay

connected.

A commitment to SELF, in pursuing this effort with self-discipline, getting supplies, doing the assignments and staying connected.

**Journaling**, “The act of regularly writing down thoughts, experiences, and reflections in a personal journal, often for self-exploration or emotional processing”, will be an essential part of learning in this effort. Writing assignments, writing out scriptures verbatim, and tracking ones progress with a pencil, brings remarkable insight and self conscious analysis. For the duration of this effort, make a commitment to be a writer.

**The Word**; this is a faith based effort, and faith cometh by hearing and hearing by the Word of God. It is the Word hidden in our hearts that brings the power of God to bear on our lives. It is that power alone that can transform our lives. Methods might reform, but God transforms.

*“Rom.12:2 And be not conformed to this world: but be ye **transformed** by the renewing of your mind, that ye may prove what is that good, and acceptable, and perfect, will of God.”*

Keep the notebook out and the pencil sharpened. Read through all those up-front angry verses, pick one or two favorites for memorization and write them when you rewrite those first four. Remember the word 'verbatim’, and have some thoughts to share when next you meet with your mentor.

Pastor Ed Rice

Keeping Track: Put something like this (below) in your notebook, add a check mark for each day you focused or worked a little on this effort.

	Sun	Mon	Tue	Wed	Thurs	Fri	Sat
Wk 1							
Wk 2							
Wk 3							
Wk 4							

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## Week#2 Dealing With our ANGER

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## Thoughts on Anger Management II

We have already made some great strides in dealing with anger issues in ones life. Write out and ponder the anger-issue verses from Proverbs 15, 16 and 19 in your notebook.

A key concept emphasized is to be self-conscious; to literally step back from yourself and in your conscious mind ask and answer the burning question, “What in the world were you thinking?” But on top of that self-awareness, the Born-again-saved Christian has the ability to talk to their “Counselor-On-Board” and ask the Lord Jesus Christ, our Saviour, *“Search me, O God, and know my heart: try me, and know my thoughts: And see if there be any wicked way in me, and lead me in the way everlasting”* (Ps.139:23-24).

What's further, is one can ask his Saviour, *“Who can understand his errors? cleanse thou me from secret faults. Keep back thy servant also from presumptuous sins; let them not have dominion over me: then shall I be upright, and I shall be innocent from the great transgression. Let the words of my mouth, and the meditation of my heart, be acceptable in thy sight, O LORD, my strength, and my redeemer”* (Ps.19:12-14).

These verses should be written in the notebook of the serious student, and they should be prayed often. The Psalmist and King, David, prayed 7 times a day! The Beloved Prophet Daniel, on his knees, facing Jerusalem, prayed three times per day. It might behoove the student to use one of the weekly calendars in his notebook to track his prayer life. Just saying.

When a person gets born-again-saved from the condemnation of sin, five specific things occur instantaneously. They are 1) Converted to Christ via *“Ac 20:21 ... repentance toward God, and faith toward our Lord Jesus Christ.”* 2) Justified by God *“Tit 3:7 That*

*being justified by his grace, we should be made heirs according to the hope of eternal life.*” 3) Quickened “*Col 2:13 And you, ... hath he quickened together with him, having forgiven you all trespasses;*” 4) Indwelt “*Rom.8:9 But ye are not in the flesh, but in the Spirit, if so be that the Spirit of God dwell in you. Now if any man have not the Spirit of Christ, he is none of his.*” 5) Baptized into Christ “*Mrk.1:8 I (John) indeed have baptized you with water: but he (Christ) shall baptize you with the Holy Ghost.*” A comprehensive study of each one of these is worthwhile, but not right here. Here let's just focus on #5.

The last of these, being baptized into Christ, has no water involved, rather it means that we are “wholly immersed into Christ.” If we are wholly immersed into Christ, we have a position there, and I'd like to take some liberty with that thought to convey that we can, on occasion, step out of that position. John 15 challenges us to “Abide in Christ”, but verse 7 recognizes that we might step out of that abiding position. We do not lose our salvation when we step out of position, but we lose an awful lot, and the chapter clarifies that stepping out of that position can bring chastisement.

Consequently a believer has the ability to step out of his *position* in Christ, step off into life, commit some “presumptuous” sin, and then come back and use 1John.1:9 to step back into position. Ponder that, in order for you to lose your temper in anger, you will need to step out of your position in Christ.

I came to a place in my life, where I would, in my conscious mind, ask permission to step out of position. That was a very big deal in my anger management. I could look back on my day, make a list of things that went awry, the dog had messed on the carpet, my thumb had closed in the screen door, a son had not taken out the garbage before

school, now I had rusty muffler parts lodged in my right eye, and blood filling my left one, ... I had every right to lose my temper and vent for a considerable time. I had earned the right, likely no one would see it but me, and I was going to take that hammer to the fender of that swine car.

“Lord, I need permission to step out of position, I think I deserve that right, I am going to throw a little fit right now, please excuse me, I'll be right back.”

I never thought that permission was forthcoming. I only finished the prayer out loud a couple times, in my conscious mind not even a dozen times. When I waited for an answer, or eventually when I barely started the prayer, God brought a smile to my face in some of the strangest of circumstances. Recall Proverbs 19:11 *“The discretion of a man deferreth his anger; and it is his glory to pass over a transgression.”*

When you are tempted with a “presumptuous sin” you might word just such a prayer, Write it down in your notebook, remember there is great power in being a journaler, power in answering the question, “What in the world are you thinking?” and power in praying *“Search me, O God, and know my heart: try me, and know my thought.”* Use the power.

Keeping Track: Put this in your notebook and add a check mark for each day you journaled, focused or worked a little on this effort. You might include some track of your prayer life. Evangelist Harold Boyd asked, “How long does it take you to have a sweet hour of prayer?” Praying three times per day just for meals takes 3 minutes per day; in 20 days, you'd have an hour of prayer! That's not so sweet.

	Sun	Mon	Tue	Wed	Thurs	Fri	Sat
Wk 1							
Wk 2							

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## Week#3 Dealing With our ANGER

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### Thoughts on Anger Management III

We have made some great strides exploring how to control anger issues in ones life. In your notebook write out and ponder the anger-issue verses above from Proverbs 20 and 21.

To summarize, Anger issues come from stinking thinking, and a self-consciousness helps us carefully analyze my mother's tough question "What in the world were you thinking?" As a born-again believer we have great resources to bring to bear on the question with a prayer, "*Search me, O God, and know my heart: try me, and know my thoughts: And see if there be any wicked way in me, and lead me in the way everlasting*" (Ps.139:23-24). One might prayerfully add those verses to our notebook again.

While answering mom's question we are listing some things that rise us to anger to evaluate the causes of our anger. Then, last week we looked at how we need to step out of our position as a sane, spirit controlled Christian, in order to "lose our temper" and throw a tissy-fit or temper-tantrum. Coincidentally, the same is true for any other "presumptuous sin" we might commit.

We are actually examining a means by which we are "transformed by the renewing of our mind", and it would behoove us to write out verbatim, Romans 12:1-3 in our notebook at this point.

When a sin gets a foothold in your life, particularly a presumptuous sin, more particularly an addictive sin, the following "Taking Back a Stronghold" strategy is particularly successful. .

#### Taking Back A Stronghold

Read this Card Daily for 30 days memorize it's verses,

#### Five Elements of a Victorious Walk

1. Genuine Repentance (Psalm 51) Do you see sin as an affront to a holy God or just remorse over the consequences. *Wash me thoroughly from mine iniquity, and cleanse me from my sin. For I acknowledge my transgressions: and my sin is ever before me. Against thee, thee only, have I sinned, and done this evil in thy sight..*

2. Taking back ground (Eph 4:27) Ground is given by sinful acts. This gives Satan legal jurisdiction in our lives. *Neither give place to the devil.*

3. Tearing down strongholds (2Cor 10:3-5) These are false belief systems that provide the enemy an area to bring destructive attacks. *For though we walk in the flesh, we do not war after the flesh: (For the weapons of our warfare are not carnal, but mighty through God to*

*the pulling down of strong holds;)* Casting down imaginations, and every high thing that exalteth itself against the knowledge of God, and bringing into captivity every thought to the obedience of Christ; And having in a readiness to revenge all disobedience, when your obedience is fulfilled.

4. Build towers of truth (Joh 8:32) these towers are a belief system based on the truth of God's Word *And ye shall know the truth and the truth shall make you free.*

5. Taking every thought captive (Phil 4:8) This is God's standard for right thinking. If you do not take your thoughts captive, they will captivate you. *Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things.*

My besetting Sin \_\_\_\_\_

My Stronghold Verse

*1 Cor. 6:19-20 What? know ye not that your body is the temple of the Holy Ghost which is in you, which ye have of God, and ye are not your own? For ye are bought with a price: therefore glorify God in your body, and in your spirit, which are God's.*

Place a check on each day you read this card, and an x for each commission of this besetting sin. Review this card with your Pastor weekly. Revenge each x each day.

A Bridge to Recovery program I work with has a thorough justification for your journaling. I'm including it here for "food-for-thought".

### **Welcome to Your Journal**

From Bridge to Recovery Addictions Recovery <https://recovery-bridge.com>

For some, journaling may seem difficult. For others, it can be a fun time to use gel pens and stickers. Regardless of "how" you journal, the only wrong way is to not journal at all! The ultimate purpose of journaling with your Bridge to Recovery program is to help you develop a personal, intimate relationship with Christ.

Journaling has many benefits, as you will read below. However, in the Bridge to Recovery workbooks, you will be asked to ponder, process, and pause. You will need to record your thoughts from these sections in your journal as part of your program. The word ponder simply means to "think carefully about something." The word process means to "take a series of

actions or steps in order to achieve a particular end.” And the word pause means “a temporary stop” which implies taking a brief time to cease all other activities in order to focus on something.

This is imperative because God tells us clearly in His Word that we need to abide in Him and abide in His Word. This is what the ponder, process, and pause emphasis helps you to achieve. The word abide comes from the Greek word *meno* which means to stay, continue, dwell, endure, be present, remain, stand, or tarry.

*“Abide in me, and I in you. As the branch cannot bear fruit of itself, except it abide in the vine; no more can ye, except ye abide in me. I am the vine, ye are the branches: He that abideth in me, and I in him, the same bringeth forth much fruit: for without me ye can do nothing.” (John 15:4-5).*

*“Then said Jesus to those Jews which believed on him, If ye continue in my word, then are ye my disciples indeed; And ye shall know the truth, and the truth shall make you free.” (John 8:31-32).*

*“Let that therefore abide in you, which ye have heard from the beginning. If that which ye have heard from the beginning shall remain in you, ye also shall continue in the Son, and in the Father.” (1 John 2:24).*

Journaling can help you to abide. While you may think you can do this without journaling, writing these thoughts down requires you to use more of your senses (sight, hearing, touch) which will help you to retain it longer and recall it later.

But that is not all. Journaling is beneficial to your whole being.

We have somewhat evaluated levels of anger to differentiate a difference between anger and wrath. This week we should add terms for lesser anger. Words like “peevd”, “annoyed”, “irritated”. None of these are Bible words, but we use them pretty regular to show minor to moderate anger, and they can build up and exasperate ones anger issues. A vulgar expression used by the carnal tongue is that we get peevd-off. It is swearing and vulgar when we mix up the pee in peevd. We might add Psalm 34:13 to our notebook.

## Week#4 Dealing With our ANGER

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## Thoughts on Anger Management IV

It is the Word of God that is “*quick, and powerful, and sharper than any twoedged sword, piercing even to the dividing asunder of soul and spirit, and of the joints and marrow, and is a discerner of the thoughts and intents of the heart*” (Heb.4:12). So, in your notebook write out and ponder the anger-issue verses from Proverbs 22-27 listed in bold above. Ponder how each verse might find application in your anger management, and journal a thought or two on each verse.

Last week we looked at “Taking Back A Stronghold”, and another emphasis on the importance of writing things down. This week I'd like that we learn some things from angry people in the Bible.

### Jonah's Anger

In two verses of Jonah 4 God asks Jonah, “Doest thou well to be angry?”

*Jon 4:4 Then said the LORD, **Doest thou well** to be angry?*

*Jon 4:9 And God said to Jonah, **Doest thou well** to be angry for the gourd? And he said, I do well to be angry, even unto death.*

Read the 11 verses of Jonah 4 and answer some questions, perhaps, if you can answer in complete sentences, you should answer in your notebook. If you are not familiar with Jonah's story or need a refresher, read Jonah chapter 1-4 first.

1. Why was Jonah angry?
2. How angry was Jonah?
3. What did God think of his anger?
4. How did God deal with Jonah's anger?
5. What verses of our anger-list might be applicable here?

### Naaman's Anger

Read the 27 verses of 2Kings chapter 5 and answer some questions, perhaps, if you can answer in complete sentences, you should answer in your notebook.

*2Kings.5:11-12 But Naaman was wrath, and went away, and said, Behold, I thought, He will surely come out to me, and stand, and call on the name of the LORD his God, and strike his hand over the place, and recover the leper. Are not Abana and Pharpar, rivers of Damascus, better than all the waters of Israel? may I not wash in them, and be clean? So he turned and went away in a rage.*

1. What made Naaman so very angry?
2. Who observed Naaman's anger and talked him down?
3. What tact or manner soothed Naaman's rage?

(The word "tact" means "Consideration in dealing with others and avoiding giving offense"; we should all have more of it.)

4. Can others talk us down from angry, rash, decisions?
5. What verses of our anger-list might be applicable here?

### **Jehoshaphat and God's Wrath**

Read the 11 verses of 2Chron.19 and answer some questions, try for complete sentences. One of my mom's favorite exclamation was "Jumping Jehoshaphat!" Dad rationalized it in a Bible lesson, that Jehoshaphat jumped into compromise so vile it brought down the whole nation of Judah. The next generation had to deal with the vile "Queen Athaliah" because of "Jumping Jehoshaphat." (2Chron.22-23) Consider:

2Chron.19:2 *And Jehu the son of Hanani the seer went out to meet him, and said to king Jehoshaphat, Shouldest thou help the ungodly, and love them that hate the LORD? therefore is wrath upon thee from before the LORD.*

1. Why was God's wrath upon Jehoshaphat?
2. Can we reconcile verse 2 with the command to love our enemies?
3. What brought a "nevertheless" into Jehoshaphat's life?
4. What 3 things did Jehoshaphat do in 2Chron.19 to amend his error?
5. Did Jehoshaphat 's amended ways circumvent all the consequences?
6. What verses of our anger-list might be applicable here?

### **God's Anger**

We can learn from God's Anger Management. It is a surprise to some that God reveals his anger management, so consider these verses:

**Moses** De 1:37 Also the LORD was **angry with** me for your sakes,

4:21 Furthermore the LORD was **angry with** me for your sakes,

**Israelites** De 9:8 Also in Horeb ye provoked the LORD to wrath, so that the LORD was **angry with** you to have destroyed you.

**Aaron** De 9:20 And the LORD was very **angry with** Aaron to have

destroyed him: and I prayed for Aaron also the same time.

**Israel** 1Ki 8:46 & 2Ch 6:36 If they sin against thee, (for *there is* no man that sinneth not,) and thou be **angry with** them, and deliver them to the enemy

**Solomon** 1Ki 11:9 And the LORD was **angry with** Solomon, because his heart was turned from the LORD God of Israel, which had appeared unto him twice,

**Israel** 2Ki 17:18 Therefore the LORD was very **angry with** Israel, and removed them out of his sight: there was none left but the tribe of Judah only.

**Israel** Ezr 9:14 Should we again break thy commandments, and join in affinity with the people of these abominations? wouldest not thou be **angry with** us till thou hadst consumed *us*,

**The Wicked** Ps 7:11 God judgeth the righteous, and God is **angry with** *the wicked* every day.

**Israel** Ps 85:5 Wilt thou be **angry with** us for ever? wilt thou draw out **thine anger** to all generations?

**Israel** Isa 12:1 And in that day thou shalt say, O LORD, I will praise thee: though thou wast **angry with** me, thine anger is turned away, and thou comfortedst me. ... Wow, that is a lot of anger.

READ Exod.32:9-14, where Moses is an advocate after Israel's golden calf caper; AND READ Num.14:10-21 where he advocates after their Kadesh-Barnea caper. Ponder these questions:

1. Was God's "threat" to destroy Israel, and raise up another, real?
2. What tact or manner of argument is in Moses' intercession? (The word "tact" means "Consideration in dealing with others and avoiding giving offense"; we should all have more of it.)
3. Did Moses "change God's mind"?
4. Have others talked us down from angry, rash, decisions?
5. What verses of our anger-list might be applicable here?

Consider, what Moses did for Israel, Jesus Christ does for us. In your notebook write out 1Jhn.2:1-2. Then from a dictionary (Noah Webster's 1828 preferred), write out definitions for 'Advocate' and 'Propitiation'.

Next week we will examine things that "appeased" God's wrath, and consider ways to build our own self-discipline. Jot more things in your journal, and we will talk more next week.



## Week#5 Dealing With our ANGER

### Verse Memorization List

<b><u>BE ANGRY, and SIN NOT</u></b>	
Ec 7:9 Be not hasty in thy spirit to be angry: for anger resteth in the bosom of fools.	dwell in the wilderness, than with a contentious and an angry woman.
Pr12:16 A fool's wrath is presently known: but a prudent man covereth shame.	24 Proud and haughty scorner is his name, who dealeth in proud wrath.
Pr14:17 He that is soon angry dealeth foolishly: and a man of wicked devices is hated.	Pr22:8 He that soweth iniquity shall reap vanity: and the rod of his anger shall fail. 24 Make no friendship with an angry man; and with a furious man thou shalt not go:
Pr14:29 He that is slow to wrath is of great understanding: but he that is hasty of spirit exalteth folly.	Pr25:23 The north wind driveth away rain: so doth an angry countenance a backbiting tongue.
Pr15:1 A soft answer turneth away wrath: but grievous words stir up anger. ...18 A wrathful man stirreth up strife: but he that is slow to anger appeaseth strife.	Pr27:3 A stone is heavy, and the sand weighty; but a fool's wrath is heavier than them both. 4 Wrath is cruel, and anger is outrageous; but who is able to stand before envy?
Pr16:32 He that is slow to anger is better than the mighty; and he that ruleth his spirit than he that taketh a city.	<b>Pr29:22 An angry man stirreth up strife, and a furious man aboundeth in transgression.</b>
Pr19:11 The discretion of a man deferreth his anger; and it is his glory to pass over a transgression. 19 A man of great wrath shall suffer punishment: for if thou deliver him, yet thou must do it again.	<b>Pr30:33 Surely the churning of milk bringeth forth butter, and the wringing of the nose bringeth forth blood: so the forcing of wrath bringeth forth strife.</b>
Pr20:2 The fear of a king is as the roaring of a lion: whoso provoketh him to anger sinneth against his own soul.	<b>Mt 5:22 But I say unto you, That whosoever is angry with his brother without a cause shall be in danger of the judgment: ...</b>
Pr21:14 A gift in secret pacifieth anger: and a reward in the bosom strong wrath. 19 It is better to	<b>.Eph 4:26 Be ye angry, and sin not: let not the sun go down upon your wrath: cf Eph 4:31, Col 3:8, 21, Tit 1:7</b>

Anger – *noun* A violent passion of the mind excited by a real or supposed injury; usually accompanied with a propensity to take vengeance, or to obtain satisfaction from the offending party. This passion however varies in degrees of violence, and in ingenuous minds, may be attended only with a desire to reprove or chide the offender. Anger may be inflamed till it rises to rage and a temporary delirium. 1828

## Thoughts on Anger Management V

In your notebook write out and ponder the anger-issue verses from Proverbs 29 to the end on our list above. Ponder how each verse might find application in your anger management, and journal a thought or two on each verse.

Last week we looked to learn some things from angry people in the Bible, some of God's anger, and Moses' being an advocate. This week I'd like that we learn some things that turned God's wrath, and some things that build self-discipline. Consider these verses:

### Things That Turn the Wrath of God. ... or not.

*Nu 25:11 Phinehas, the son of Eleazar, the son of Aaron the priest, hath **turned** my **wrath** away from the children of Israel, while he was zealous for my sake among them, that I consumed not the children of Israel in my jealousy.*

*2Ki 23:26 Notwithstanding the LORD **turned** not from the fierceness of his great **wrath**, wherewith his anger was kindled against Judah, because of all the provocations that Manasseh had provoked him withal.*

*2Ch 12:12 And when he (Rehoboam) humbled himself, the **wrath** of the LORD **turned** from him, that he would not destroy him altogether: and also in Judah things went well.*

*Ezr 10:14 Let now our rulers of all the congregation stand, and let all them which have taken strange wives in our cities come at appointed times, and with them the elders of every city, and the judges thereof, until the fierce **wrath** of our God for this matter be **turned** from us.*

*Ps 78:38 But he, being full of compassion, forgave their iniquity, and destroyed them not: yea, many a time **turned** he his anger away, and did not stir up all his **wrath**.*

*Ps 85:3-4 Thou hast taken away all thy **wrath**: thou hast **turned** thyself from the fierceness of thine anger. 4 Turn us, O God of our salvation, and cause thine anger toward us to cease.*

In your notebook, in complete sentences, name the things that turned away God's wrath in each verse above.

### Some Things About Self Discipline.

Self-discipline and character are in drastic decline in America. This shallowness of character is referenced in the Sower and the Seed parable, where Jesus explains:

*“ And these are they likewise which are sown on stony ground; who, when they have heard the word, immediately receive it with gladness; And **have no root in themselves**, and so endure but for a time:*

*afterward, when affliction or persecution ariseth for the word's sake, immediately they are offended”... they bear no fruit! (Mark.4:16-17).*

When a person with a character flaw, or character shallowness, gets genuinely born-again saved he brings the flaw/shallowness right into his “new-creature” life. We are “transformed by the renewing of our mind” (Rom.12:2). But some of us need more renewing than others. God can, ... but proactive, disciplined, consistent involvement will be required. A study of “Where Self-Discipline Comes From” can help.

When a child is raised with no, little, or poor discipline, they have no, little or poor self discipline. They are then launched into a world centered on “amusement” (to “muse” is to “think”, the 'a' prefix means “not-to”) and play video games 24-7.

It might be that nothing short of “shock-camp” can rehabilitate such a condition. There, they can be forced into a very strict disciplined life, that develops self discipline. One without it, blames others, blames circumstances, even blames authorities for their incompetent state. Christ can set one free from their bondage to sin, but an individual with no/poor self discipline and a shallow character, will become a Christian with no/poor self discipline and a shallow character. Steps to build discipline and character will be essential, as is a Philippians 4:13 mentality. “I can do all things through Christ which strengtheneth me.”

What does the Bible say about building character? It starts with responsible parenting:

*Deut 6:6-7 And these words, which I command thee this day, shall be in thine heart: 7 And thou shalt teach them diligently unto thy children, and shalt talk of them when thou sittest in thine house, and when thou walkest by the way, and when thou liest down, and when thou risest up.*

*Le 19:3, Eph 6:1-3 Ye shall fear every man his mother, and his father; ... Children, obey your parents in the Lord: for this is right. Honour thy father and mother; ... That it may be well with thee, and thou mayest live long on the earth.*

Arch-atheist Neil DeGrasse Tyson, HBO comedian Bill Maher, and Bill Nye the Science Guy have publicly promoted that any person teaching children the Bible are “science deniers” and should be charged with child abuse.<sup>1</sup> Shame on them, God will bring them to derision. In early life my parents taught me the Bible, and a “spare-not-the-rod” mentality, which I assembled in this list:<sup>2</sup>

1 Edward G. Rice, “A Systematic Theology for the 21st Century – Vol 6 Anthropology”, Lulu.com, 2019, pg 30, [GSBaptistChurch.com/theology](http://GSBaptistChurch.com/theology).

2 Spare\_rod\_not.lst Eph 6:1,2,3, Pr 17:25,26 19:18 22:6,15, 23:13,14 29:15,17

*Proverbs 17:25 A foolish son is a grief to his father, and bitterness to her that bare him. 26 Also to punish the just is not good, nor to strike princes for equity. 19:18 Chasten thy son while there is hope, and let not thy soul spare for his crying. 22:6 Train up a child in the way he should go: and when he is old, he will not depart from it., 15 Foolishness is bound in the heart of a child; but the rod of correction shall drive it far from him. 23:13 Withhold not correction from the child: for if thou beatest him with the rod, he shall not die. 14 Thou shalt beat him with the rod, and shalt deliver his soul from hell. 29:15 The rod and reproof give wisdom: but a child left to himself bringeth his mother to shame. 17 Correct thy son, and he shall give thee rest; yea, he shall give delight unto thy soul.*

Otherwise children **have no root in themselves**, and so, if they profess salvation, they might only endure but for a time. Dr. Clarence Doyle, a renowned youth camp director said, "It is easier to raise boys and girls than to repair men and women." And so, if a child is NOT trained up *in the way he should go*, what recourse is there to fix the adult? *De 8:5 Thou shalt also consider in thine heart, that, as a man chasteneth his son, so the LORD thy God chasteneth thee.*

Taking the trek that God has outlined might involve, *Chasten the adult while there is hope, and let not thy soul spare for his crying. Foolishness is bound in the heart of the adult; but the rod of correction shall drive it far from him. Withhold not correction from the adult: for if thou beatest him with the rod, he shall not die. Thou shalt beat him with the rod, and shalt deliver his soul from hell. The rod and reproof give wisdom: but the adult left to himself bringeth shame. Correct the adult, and he shall give thee rest; yea, he shall give delight unto thy soul.*

*Job 5:17 Behold, happy is the man whom God correcteth: therefore despise not thou the **chastening** of the Almighty.*

All of us can consciously with discipline, improve our self-discipline a little. It would be wise to do it with his help, rather than with his chastisement. Either way, there are steps in life that will get us there. "*Ps 37:23 The steps of a good man are ordered by the LORD: and he delighteth in his way. Though he fall, he shall not be utterly cast down: for the LORD upholdeth him with his hand.*"

People don't read enough; it takes self-discipline; especially when it's a 100 year old book, even when it's free. Some here might pursue a quick book review of Samuel Smiles 164 year old book "Self-Help" to better understand the scope of this lacking self discipline and failed work ethic problem. "Self-Help" by Samuel Smiles, 1866

<https://www.gutenberg.org/ebooks/935>

## Week#6 Dealing With our ANGER

Verse Memorization List (see Previous Handout)

In your notebook write out and ponder the three profoundest (for you) anger-issue verses from our list in the prior lessons. Journal a thought or two on each verse.

### Thoughts on Anger Management VI

Last week we looked to learn some things about curbing anger and building self-discipline. This week I'd like that we overview what we have learned and set a pace for ongoing growth into a spiritual maturity, with temperance, a spirit controlled temperament, and with an obliterated angry countenance.

Consider where-all we have been in this short journey. We have started with a list of Bible memory verses dealing with anger and controlling our spirit to quell it and manage it. Why start with the Word of God? Well; "*Ps 119:9 BETH. Wherewithal **shall a young man** cleanse his way? by taking heed thereto according to thy word.*"<sup>3</sup> "*Ps 119:11 **Thy word have** I hid in mine heart, that I might not sin against thee.*" "*Ps 119:105 NUN. Thy word is a **lamp unto** my feet, and a light unto my path.*"<sup>4</sup> "*Ps 119:165 **Great peace** have they which love thy law: and nothing shall offend them.*" "*Pr 3:5-6 Trust in the LORD with all thine heart; and **lean not unto** thine own understanding. In all thy ways **acknowledge him**, and he shall direct thy paths.*"<sup>5</sup>

After the power of God's Word was utilized the power of self-awareness was employed; unlike animals, humans can analyze what is going on in their own head. We can consciously ponder and answer my mom's question, "What in the world were you thinking?" There is great wisdom in doing that more often, it can eliminate much of our "stinking thinking." While pondering our thinking it behooves us to ask, and honestly answer God's question to Jonah, "Doest thou well to be angry?" Such self-awareness is a key tool in anger management.

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3 BETH is the second letter of the 22 letter Hebrew Alphabet (not Alph-a-bet because Hebrew has no vowels per se); Psalm 119 is an amazing acrostic of that Alphabet with each letter starting an octet of verses addressing an octet of Scripture names. It would behoove the genuine Bible student to take their King James Bible, write out and memorize that Hebrew Alphabet, as well as the octet of Scripture names. The author did that as a teenager and has been enthralled with it ever since.

4 NUN is the fourteenth letter of the 22 letter Hebrew Alphabet, see note above.

5 Bold underlined words were the Bible search criteria that found each verse.

After a little self reflection we learned the great power of watching others get angry, supposing that they utilized (or direly needed) these anger management tools. Bible characters often learned and used anger management (the jury is still out on Jonah); often tactfully, they had forces brought to bear on their angry stresses. Interestingly, so too did God himself. In people around us we watch anger management, or mismanagement, unfold, and some of our key verses touch this verse, “Mt 5:9 *Blessed are the **peacemakers**: for they shall be called the children of God.*” Especially here, analyzing anger management in our home, our spouse, and our marriage; talking about it openly and honestly, are keys to building good anger management.

Lastly, but just as importantly, we can get a good handle on our anger management, by discussing it with our Creator. Rightly so, we considered his advice in the key verse list memorized in our first step, but an intimate relationship with him is vital for our life, both eternal life, and our practical living. A born-again-saved individual has a Counselor on-board (Isa.9:6, Rom.8:9-11), and can have regular consults with him. Unchecked anger is a presumptuous sin, and when we ask he can counsel us on that: “Ps.19:12-14 *Who can understand his errors? cleanse thou me from secret faults. Keep back thy servant also from presumptuous sins; let them not have dominion over me: then shall I be upright, and I shall be innocent from the great transgression. Let the words of my mouth, and the meditation of my heart, be acceptable in thy sight, O LORD, my strength, and my redeemer.*” And again, “Ps.139:23-24 *Search me, O God, and know my heart: try me, and know my thoughts: And see if there be any wicked way in me, and lead me in the way everlasting.*”

Somewhere through all this we should have memorized Noah Webster's 1828 definition of 'anger' and let have an affect on our behavior:

“Anger – noun A violent passion of the mind excited by a real or supposed injury; usually accompanied with a propensity to take vengeance, or to obtain satisfaction from the offending party. This passion however varies in degrees of violence, and in ingenuous minds, may be attended only with a desire to reprove or chide the offender. Anger may be inflamed till it rises to rage and a temporary delirium. 1828”

If, instead of wandering through them one at a time, we had put

these four methodologies in our opening, we might not have comprehended their power; it's been worth the trip. "*Jas 1:4 But let patience have her **perfect work**, that ye may be perfect and entire, wanting nothing.*" Let's do one more exercise, then, I think we can better work on that "perfect and entire, wanting nothing" goal.

We also did a short study on self-discipline; if you got to this point in these lessons you have some of it. The same tools used to bring our anger under control can be used to refine our discipline, and it will take that to "give all diligence" and add six things to our faith.

Romans 12:2 stresses that your spiritual growth will come from mind control. "*And be not conformed to this world: but be ye transformed by the renewing of your mind.*" That is, **NOT to conform** one's self (i.e. one's mind and character) to the world's pattern, (NOT to fashion one's self according to worldliness) **but to be changed into another form**, to transform, to transfigure even as Christ appearance was changed and was resplendent with divine brightness on the mount of transfiguration (Matt.17:2, Mrk.9:2). As Paul wrote earlier, "*But we all, with open face beholding as in a glass the glory of the Lord, **are changed** into the same image from glory to glory, even as by the Spirit of the Lord.*" (2Cor.3:18). Let's transform.

2Peter gives the profound recipe for Christian growth, giving six ingredients to add to ones faith. It has been a tremendous help to this author to write these three verses out, in the format below, in the margin of my Bible. I did so because verse 10 says "If ye do these things, ye shall never fall" (2Pet.1:10); here God had Peter write the recipe for "never fall" and trust me, Peter new the cost of a fall. In anger management, we need that recipe.

Read through the verses below a couple times. Ponder the impact each could have on ones anger. Write them verbatim as here, with definitions included, in your notebook. If you are a neat writer, and have room in the margin of your Bible, write them there (I use a Pigma Micron™ 01 Archival Ink Pen from Sakura Color Products Corp. for waterproof, smear proof, bleed proof and fade proof Bible marking, just saying). After writing them in your notebook, write a few thoughts about how each attribute might impact your anger management.

These three essential Christians growth verses, that Peter said would cause you to "never fall" are expounded below:

2Peter 1:5-7 *And besides this* (i.e. all things that pertain unto life and godliness vr.3), *giving all diligence, add to your faith virtue;*

*and to virtue* (strength and moral excellence) **knowledge**; 6  
*and to knowledge* (A clear and certain perception of that

which exists, or of truth and fact, wherein there is a connection and agreement of our ideas, or a disagreement and repugnancy of them; knowledge comes from,

*Prvb.1:7 The fear of the Lord is the beginning of knowledge: but fools despise wisdom and instruction.*

*1:29 Because that they hated knowledge, and did not choose the fear of the LORD) temperance;*

*and to temperance* (habitual moderation and resistance in regards to indulgences of natural appetites and passions i.e. calmness and sedateness) **patience**;

*and to patience* (suffering afflicting pain, toil and calamity, with calm unruffled temper and endurance, without murmuring or fretfulness) **godliness**; 7

*and to godliness* (reverence for God's character and his laws, testimonies, ways, precepts, statutes, commandments, righteous judgments, and word of Psalms 119) **brotherly kindness**;

*and to brotherly kindness* (that temperament which delights in contributing to the happiness of others, which is exercised cheerfully in gratifying their wishes, supplying their wants, or alleviating their distresses; Noah Webster says, "Kindness ever accompanies love")

**charity** (the capstone of Christ-I-anity which is the Godly selfless Love captured in 1Corinthians 13).

Anger is a passion built into us by our Creator. I love this exercise in studying, thinking about and praying about our anger and our essential anger management. The process can surely apply and help with other "presumptuous sins." The Lord Bless you as you press forward in growth because of these lessons. Pastor Ed Rice



## **Week#7 Dealing With our ANXIETY and OCD**

### **Verse Memorization List**

*Prov.3:5-8 Trust in the LORD with all thine heart; and lean not unto thine own understanding. In all thy ways acknowledge him, and he shall direct thy paths.*

*Prov.3:7-9 Be not wise in thine own eyes: fear the LORD, and depart from evil. It shall be health to thy navel, and marrow to thy bones.*

*Psa.37:4,23 Delight thyself also in the LORD; and he shall give thee the desires of thine heart. ... The steps of a good man are ordered by the LORD: and he delighteth in his way.*

*Psa.119:9 BETH. Wherewithal shall a young man cleanse his way? by taking heed thereto according to thy word.*

*1Pet.5:6-7 Humble yourselves therefore under the mighty hand of God, that he may exalt you in due time: Casting all your care upon him; for he careth for you.*

*Psa.139:23-24 Search me, O God, and know my heart: try me, and know my thoughts: And see if there be any wicked way in me, and lead me in the way everlasting”*

*Psa.19:12-14 Who can understand his errors? cleanse thou me from secret faults. Keep back thy servant also from presumptuous sins; let them not have dominion over me: then shall I be upright, and I shall be innocent from the great transgression. Let the words of my mouth, and the meditation of my heart, be acceptable in thy sight, O LORD, my strength, and my redeemer.*

### **Thoughts on ANXIETY and OCD**

In this anger management short course we have exercised some valuable tools that can curb some of our “stinking thinking.” Foremost is the power of writing down, bringing to mind, memorizing and meditating on God's Holy Word. It has on-topic insights and instructions to live by. But equally we have exercised the power to get into one's own head and analyze what is going on in there. We have learned to answer my mom's question, “What in the world were you thinking?” These tools can effectively come to bear on the stinking-thinking involved in crippling anxiety attacks, and in obsessive-compulsive disorders. These are both passions gone awry; a 'passion' being “ The feeling of the mind, or the sensible effect of impression; excitement, perturbation or agitation of mind; as desire, fear, hope, joy,

grief, love, hatred.”<sup>6</sup> (I'd add anger, and anxiety to Websters 1828 listing.) These tools can bring these passions gone awry under subjection.

Recall first that a Christian is transformed by the renewing of the mind, “*And be not conformed to this world: but **be ye transformed by the renewing of your mind**, that ye may prove what is that good, and acceptable, and perfect, will of God*” (Rom.12:2). A good start then is to bring these 'mental defects' into our conscious mind, and consider what we are thinking.

Anxiety is “concern or solicitude respecting some event, future or uncertain, which disturbs the mind, and keeps it in a state of painful uneasiness.” Painful uneasiness, is bad but an anxiety-attack is “ a sudden episode of intense fear or panic that can cause a variety of physical and emotional symptoms.” Those symptoms include Rapid heartbeat, Shortness of breath, Sweating, Chest pain or tightness, Dizziness or light-headedness, Nausea or vomiting, Trembling or shaking, Feeling of impending doom or loss of control, accompanied by Intense worry or fear.

Such a panic-attack might be brought on by any number of phobias, but once you have been there it might be brought on just by a fear of going there again. We have all felt the onrush of a panic wherein some of those symptoms show up; an in front of the whole class book report in grade school comes to mind. It's a normal passion. But when it takes over our life and abnormally controls our mind in an ongoing saga, it is stinking-thinking and needs conquered, controlled, and put under subjection. The same tools used in anger management can be utilized in this battle for the mind. OCD is another anxiety disorder that can impact us abnormally.

Obsessive-Compulsive Disorder (OCD) is “*a disorder marked by uncontrollable and recurring thoughts (obsessions), repetitive and excessive behaviors (compulsions), and/or both.*” All three words are concerning, but again this is a condition that is, in moderation, present, or at least recognized, in all of us. I'd classify it as a self-discipline gone awry wherein it drives you to finish what you start, to pursue order and discipline relentlessly, and to demand structure and order to perfection. In moderation these attributes of discipline may be helpful, but OCD is a once rare form of a twisted anxiety. If you know who Adrian Monk is you know these symptoms; Fear of contamination or dirt; Doubting and having a hard time dealing with uncertainty;

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6 <https://webstersdictionary1828.com>, s.v. 'passion'.

Needing things to be orderly and balanced; Aggressive or horrific thoughts about losing control and harming yourself or others; Unwanted thoughts, including aggression, or sexual subjects or religious subjects.

The Mayo Clinic, Dec 2023, suggests: To calm OCD anxiety, practice **relaxation techniques** like deep breathing and **mindfulness**, engage in regular exercise, maintain a healthy lifestyle, and **seek professional support**. Use Relaxation Techniques: Deep Breathing: Engage in deep, slow breaths to calm your nervous system. Practice Mindfulness: Practice being present in the moment, focusing on your senses and thoughts without judgment.



The Mayo Clinic continues, OCD significantly impacts daily life by causing intrusive thoughts (obsessions) and repetitive behaviors (compulsions) that can interfere with work, relationships, and overall well-being, leading to distress and reduced quality of life. OCD triggers can be diverse, encompassing stressful life events, traumatic experiences, major life changes, sleep disturbances, and even reminders of common obsessions, ultimately leading to increased anxiety and compulsive behaviors. While individuals with OCD may exhibit behaviors that seem controlling due to their compulsions and anxiety, it's more accurate to say they're struggling with a fear of losing control and a need to manage anxiety through specific rituals and behaviors, rather than being inherently controlling.

These anxiety disorders are disorders because they interfere with our life, our relationships, and our walk with our Saviour. They need brought under control and put in subjection. For the Christian a faith based approach, as was undertaken in the anger management short course, can set us free from their bondage, and *“If the Son therefore shall make you free, ye shall be free indeed”* (John.8:36). Certainly what the Mayo Clinic advises is in perfect order for both panic attacks and for OCD, but it is lacking a human's 3<sup>rd</sup> dimension, our spiritual dimension. Relax, *“Casting all your care upon him (Christ); for he careth for you.”* Be mindful, Dear Lord, what in the world am I thinking? *“Search me, O God, and know my heart: try me, and know my thoughts.”* Lord, *“Who can understand his errors? cleanse thou me from secret faults. Keep back thy servant also from presumptuous sins; let them not have dominion over me: ... Let the words of my mouth, and the*

*meditation of my heart, be acceptable in thy sight, O LORD, my strength, and my redeemer.”* And finally, seek professional support, you have a counselor-on-board, talk to him, and let his word's talk to you.

To be honest, I had never actually witnessed someones full blown panic-attack until after I retired from the military and entered the ministry in 1995, and I never heard of OCD until Bev and I watched the Monk TV series starting in 2002. I have since seen to many symptoms of both in genuine believers, and was compelled to address that sort of stinking-thinking in this lesson series. I will likely get out my Roku and binge watch the Monk series after writing this. Not so much to laugh at the anxiety disorder with Andy Breckman's proding, as to consider the great power of our Counselor to fix all aspects or our stinking thinking.

MONK, The TV Series:After the unsolved murder of his wife, Adrian Monk develops obsessive-compulsive disorder, which includes his terror of germs and contamination. His condition costs him his job as a prominent homicide detective in the San Francisco Police Department, but he continues to solve crimes with the help of his assistant and his former boss. First episode date: July 12, 2002, Final episode date: December 4, 2009, Created by: Andy Breckman



Tony Shalhoub  
Adrian Monk



Traylor Howard  
Natalie Teeger



Ted Levine  
Leland Stottlemeyer



Jason Gray-Stanford  
Randy Disher

God Bless your walk with him.

Pastor Ed Rice

*Now unto him that is able to do exceeding abundantly above all that we ask or think, according to the power that worketh in us, Unto him be glory in the church by Christ Jesus throughout all ages, world without end. Amen.*