

## Week#3 Dealing With our ANGER

### Verse Memorization List

<p><b><u>BE ANGRY, and SIN NOT</u></b></p> <p>Ec 7:9 Be not hasty in thy spirit to be angry: for anger resteth in the bosom of fools.</p> <p>Pr12:16 A fool's wrath is presently known: but a prudent man covereth shame.</p> <p>Pr14:17 He that is soon angry dealeth foolishly: and a man of wicked devices is hated.</p> <p>Pr14:29 He that is slow to wrath is of great understanding: but he that is hasty of spirit exalteth folly.</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.</p> <p>19 A man of great wrath shall suffer punishment: for if thou deliver him, yet thou must do it again.</p> <p><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></p> <p><b>Pr21:14 A gift in secret pacifieth anger: and a reward in the bosom strong wrath. 19 It is better to</b></p>	<p><b>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.</b></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 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 “peeved”, “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 peeved-off. It is swearing and vulgar when we mix up the pee in peeved. We might add Psalm 34:13 to our notebook.