

Week#4 Dealing With our ANGER

Verse Memorization List

<u>BE ANGRY, and SIN NOT</u>	
<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. 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.</p> <p>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>

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 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 wroth, 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.