

## 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.

---

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 one's 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 knew 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 one's 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