

Week#1 Dealing With our ANGER

Verse Memorization List

<u>BE ANGRY, and SIN NOT</u>	
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.	Pr29:22 An angry man stirreth up strife, and a furious man aboundeth in transgression.
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.	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.
Pr20:2 The fear of a king is as the roaring of a lion: whoso provoketh him to anger sinneth against his own soul.	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
Pr21:14 A gift in secret pacifieth anger: and a reward in the bosom strong wrath. 19 It is better to	

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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