

Week#2 Dealing With our ANGER

Verse Memorization List

<p style="text-align: center;"><u>BE ANGRY, and SIN NOT</u></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. 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>
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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 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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