

# **Anger**

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*Anger is a very powerful emotion. It is one of the strongest of human passions. When anger arises, it demands a response. Anger does not go away on its own. Denied, it finds ways to express itself and tends to form roots of bitterness. Anger expressed without self-control is destructive, hurting many who stand in its way. There are things that make God angry. We'll look at those and at the guidelines He has set for us to follow in our anger. We'll also see how God can help when our anger has turned to bitterness.*

## **Almighty Anger**

*In the Bible there are many examples of God expressing His anger.*

1. How is God's anger described in the following verses?

Deuteronomy 29:28

Psalm 78:49

Psalm 90:7

2. What characteristics of God influence His anger?

Exodus 34:6-7

Psalm 33:5

Psalm 78:38

3. For what reason is God slow to anger according to Isaiah 48:9
4. Why was God angry with Solomon in 1 Kings 11:9-10?
5. Why was God angry with the Israelites in Deuteronomy 9:7?
6. Read Proverbs 6:16-19. Record the seven things that are detestable to God.
7. Do you think God is angry with you for acts similar to those described in the previous questions? If so, which ones?
8. Should you be afraid of God's anger (Psalm 90:11)?
9. How did the psalmist experience God's anger in Psalm 76:7?
10. How was the psalmist able to have hope in the face of God's anger (Psalm 130:3-4)?
11. How can we be saved from God's anger and experience His forgiveness (Acts 13:38; Rom. 5:8-11; 1 Thess. 1:10)?

*God's anger is mighty and powerful, and He expresses it in powerful ways. God's wrath is as great as the fear that is due Him, but we are saved from the wrath of God through the forgiveness of Jesus. See Romans 3:21-26.*

## **Jesus' Anger**

*Jesus had the same emotions we do. The Bible says He wept. He became angry when He saw things that were wrong in this world, and He used His anger to see that justice was done. We must follow Jesus' example regarding the expression of anger.*

1. Read John 2:13-16. What was the cause of Jesus' anger?
2. How did He respond and what changes took place for the better because of His response?
3. Imagine yourself in the temple watching Jesus. What do you think about the way Jesus responded?
4. Read Mark 3:1-6. What made Jesus angry (v. 5)?
5. How did He express His angry feelings? What changes took place because of His response?
6. Do you think Jesus did anything wrong when He expressed His anger?
7. Did Jesus ever sin when He was angry (Heb. 4:14-15)?
8. Is there anything about your life experience that you were or are still angry about?

9. How do you think Jesus want you to express that anger?

## **Our Anger**

*Jesus never sinned when He was angry, but He did express His anger. His expression of anger was always righteous because He is righteous. Our expression of anger is not always righteous because we are not always righteous. Our expression can be very destructive, destroying people and relationships, but we can learn to be like Jesus and let our anger motivate us to see that justice is done in our society.*

*In this section we will look at the ways we may sin when we are angry, what we learned from our parents about expressing anger, and the guidelines God gives us for expressing it.*

1. What warning does God give us concerning the expression of our anger in Ephesians 4:26?
2. What does letting the sun go down on your anger mean? Why is it wrong to be angry for more than a day?
3. What is it about our nature that explains why we need this guidance in expressing our anger (Rom. 1:29-32; Rom. 7:18; Gal. 5:19-21)?
4. Give examples from your own life when the expression of your anger came from your sinful nature.
5. What are the ways you sin when you are angry?

## **Our Parents' Example**

*Anger is an emotion we are all born with. As we grow, we watch our parents and learn to imitate the ways they express their anger. Answer the following questions to discover what you learned from them. Although we cannot blame our parents for the way we express our anger, understanding how we learned helps us evaluate the need for change.*

1. How did your father express his anger? What did he usually say or do when he was angry?
2. How did your mother express her anger? What did she usually say or do when she was angry?
3. What was it like for you to be around each of your parents when they were angry?
4. How do you express your anger? What do you do and say? Which of your parents are you most like when you express your anger?
5. What is it like for others to be around you when you express your anger? Ask those who live with you for their input.
6. In what ways would you like to express your anger differently?

## God's Example

1. In the following proverbs are some of the guidelines God has set for us to follow when expressing anger: Proverbs 15:1, Proverbs 16:32, Proverbs 29:11, Proverbs 29:22
2. How can you apply the wisdom of these proverbs to help you express your anger differently?
3. These proverbs emphasize self-control in the expression of anger. What is self-control a result of? According to Galatians 5:22-25 how can you have self-control?

4. What does self-control lead to?

James 1:19-20

2 Peter 1:5-8

5. What are the ways you can choose to control your anger?
6. Self-control is something that takes practice. Think of a time when you became angry this past week. What was your response? If you had used self-control in this situation, what would have happened? What would have been prevented?

## **The Desire to Get Even**

*When people are hurt, their first response is usually anger. The expression of this anger may be an attempt to hurt others as they were hurt. If people believe that the actions of others against them were not right in God's eyes, they may feel justified in getting even.*

1. What does the Bible say about wanting to get even?

Proverbs 24:17-18

Romans 12:19

2 Thessalonians 1:6

2. Is there anyone in your life experience that you would like to see hurt as much as you hurt? If so, how have you responded to this in anger?

3. What are some of the ways God wants you to respond?

Romans 12:20-21

Ephesians 4:32

Colossians 3:13-14

4. In what ways can you respond to your life experience anger, according to the above verses?

## **Bitter Roots**

*Many things happen that leave people feeling angry. If your experience was recent, your anger may be fresh. If you've experienced hurt from years ago, this anger may have formed roots of bitterness in your life. People often remain angry with those they loved and trusted the most during their experience.*

1. Is there anyone in your life experience with whom you are still angry? Pray and ask the Lord to reveal this truth to you.

2. What are you to do with your old anger (Eph. 4:31; Col. 3:8)?

3. What happens if you do not get rid of this anger?

Ephesians 4:26-27

Hebrews 12:15

1 John 2:9-11

4. Do you have any areas of anger concerning your life experience that you have tried to cover up or hide? Has God been speaking to you about any areas of anger?

5. How do we get out of the darkness of anger?



Ephesians 5:11

1 John 1:6-7

## **Review**

*Summarize what you have learned about anger by completing the following statements.*

God's anger is

Jesus expressed anger by

The thing about my life experience that makes me angry is

I want to respond to this anger by

The ways I sin when I am angry are

I have learned to express my anger by

I will practice self-control when I am angry by

For a long time I have had anger toward

I want to learn to forgive