

HOW TO FACE ANGER
How to Face Life's Challenges #5
September 24, 2023

Big Idea: Contain your anger to grow your relationships.

HOW TO KEEP YOUR ANGER CONTAINED

1. Define biblical anger boundaries. (Psalm 103:8)

- Mercy
- Grace
- Patience
- Love

2. Delay your response to anger.

- Delaying your response makes you a better listener. (James 1:19)
- Delaying your response makes you smarter. (Proverbs 14:29)
- Delaying your response calms quarrels. (Proverbs 15:18)
- Delaying your response makes you stronger. (Proverbs 16:32)

3. Discern why you are angry. (Genesis 4-6)

4. Deploy your anger for good not evil. (Genesis 4:7)

5. Drain your anger daily. (Ephesians 4:26-27)

DAILY REFLECTIONS ON JUDGING

Monday

Read Nehemiah 9. God allowed Israelites who were captives in Babylon to return to Jerusalem and rebuild the city wall that was in ruins. Afterward they gathered for a worship service as their leaders recounted their nation's history. Verse 17 describes the boundaries of God's anger. How did God use His anger within these boundaries to help the Israelites? Does your anger have good boundaries?

Tuesday

Read Proverbs 14:29, 15:18, 16:32, 19:11 and Ecclesiastes 7:9. What are the advantages of being "slow to anger"? Are you slow to respond when your anger is provoked? If not, why not? What would it take for you to slow your response? Pray about it today.

Wednesday

Read James 1:19-20 and James 3:1-12. It is well known that drinking alcohol reduces a person's inhibitions and often leads them to do or say things they regret. How does anger do something similar regarding the things we say to people? Based on James 1:19-20, what can you do to contain your anger and control your tongue?

Thursday

Read Ephesians 4:26. How is it possible to be angry and not sin? Does it mean you have to keep quiet and do nothing? Is that what Jesus did when he got angry about how people were being treated in the temple? (See Matthew 19:12-13.) Pray about how to respond to your anger in a way that honors Christ and helps people?

Friday

Read Matthew 5:21-26. How does Jesus feel about anger that results in insults? Is there someone in your life who has been on the receiving end of your angry insults? What does Jesus command us to do about it? Pray about how to seek reconciliation this week.