

TEACHER'S MANUAL

**UPROOTING ANGER:
Biblical Help for a Common Problem**

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Lesson 1: What is Anger? (PP#2)

Introduction: (PP#3)

1. Scripture has a great deal to say about anger; most importantly Scripture generates hope for angry people like us.
2. Anger is one of those sins which wars against the soul (1 Peter 2:11; Ephesians 4:31).

1. Anger is easier to describe than to define, and Scripture gives no definition but a working definition for anger is our whole-personed active response of negative moral judgment against perceived evil. (PP#4)

2. This definition imbeds several key ideas. What are they? (PP#5)

One: Our anger is an active response.

This means: It is something we do, not something we have.

Two: Our anger is a whole person active response.

This means: It involves the whole person and encompasses our whole package of beliefs, feelings, actions and desires.

Three: Our anger is a response against something. (PP#6)

This means: Anger reacts against some provocation.

QUESTION: What are some common provocations?

Four: Our anger, in essence, involves a negative moral judgment that we make. (PP#7)

This means: Anger objects to wrongs committed. It pits us against what we believe to be unjust or evil.

-- It is not always sinful as we will see later.

Five: Our anger involves a judgment against perceived evil. (PP#8)

This means: Anger arises from our personal perception—something we dislike or oppose.

--Our perceptions may or may not be accurate.

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--Our response may or may not be godly.

--It arises from our value system. Not all people are angered by the same things.

3. Puritan pastor Richard Baxter describes anger as “The rising up in the heart in passionate displacency against an apprehended evil, which would cross or hinder us of some desired good.” (PP#9)

- 1) Comes from within,
- 2) Is a negative-emotional response.
- 3) Opposes evil as we perceive it.
- 4) Comes when circumstances or people thwart our desires.

4. What are the three categories of anger given by the author? (PP#10)

One: **DIVINE** anger. The vast majority of biblical references to anger are about God.

How do you react to this statement: In one sense God is both the most loving and the most angry person in the universe.

God is angry against sin and sinners. His anger is perfect, pure, settled opposition to evil (Deut, 32:41; Psalms 2:4-5; Psalms 7:11)

List one OT and one NT verse that illustrates His anger: Psalms 18:7-8, 15 and John 3:36;
Romans 1:18

Two: **RIGHTEOUS HUMAN** anger. (PP#11)

What scripture passage shows a human with righteous anger? Exodus 32:19-20; cp. 32:9-10, 33-35

Three: **SINFUL HUMAN** anger. (PP#12)

Nearly all human anger is sinful.

5. What are two passages that show the subtleties of our evil, deceitful desires? James 1:13-15 and 3:13–4:12 (PP#13)

6. Read the following passages that contain sinful human anger: state who is angry and give a possible motive for their anger. (PP#14 & 15)

Daniel 2:12: The king against his wisemen – thwarted his desires

Gen 4:1-8: Cain, because he assumed that God was unjust.

Gen 27: Esau, because he had been deceived and cheated.

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Gen 39:11-19: Potiphar, because he wrongly believed that Joseph had wronged him.

Proverbs 19:3: The fool against God

What do we find in all of these OT texts? Angry people respond with their whole being – their thoughts, emotions, affections, words, actions, etc. to people they perceive to be wrong or harmful to their own interests. (PP#16)

Lesson 2: Is Your Anger Really Righteous? (PP#17)

“We begin this lesson by making a humble observation: most human anger is sinful...The most frequent Old Testament term for “anger” is “aph.” It denotes human anger forty-seven times. At least forty-two of them – eighty-nine percent – indicate sinful anger.” However, all too often we would be the first to say that our anger is of the righteous type. It is so easy to deceive our selves. But the Bible knows better.

1. Look up the following two verses and put them in your own words: (PP#18)

Jeremiah 17:9

Ephesians 4:22

2. In the book of Jonah we find a classic example of this self deception.

- How many times did God ask Jonah if he thought he had a right to be angry? **2**
- What was Jonah’s answer? **I do**
- How did God see his anger – was it right therefore righteous? **No**

3. How can we know if our anger is righteous? There are three criteria for determining if anger is righteous. They are: (PP#19)

One: Righteous anger reacts against actual sin.

Righteous anger does not result from inconvenience or violation of personal preference.

Two: Righteous anger focuses on God and His kingdom, rights, and concerns, not on me and my kingdom, rights and concerns. (PP#20)

Righteous anger focuses on how people offend God, not me.

Three: Righteous anger is accompanied by other godly qualities and expresses itself in godly ways. (PP#21)

- **Righteous anger remains self-controlled.**
- **It shows concern for the well-being of others.**
- **It seeks justice for the oppressed.**

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4. Seven Questions (p. 30) (PP#22)

- 1) Do you get angry about the right things?
- 2) Do you express your anger in the right way?
- 3) How long does your anger last?
- 4) How controlled is your anger?
- 5) What motivates your anger?
- 6) Is your anger “primed and ready” to respond to another persons habitual sins?
- 7) What is the effect of your anger?

5. Read Mark 3:1-6, and note how Jesus’ anger meets the criteria of righteous. (PP#23)

Criteria 1: Righteous Anger Reacts against Actual Sin.

Criteria 2: Righteous Anger Focuses on God and His Kingdom, Rights, and Concerns, Not on Me and My Kingdom, Rights, and Concerns.

Criteria 3: Righteous Anger Is Accompanied by Other Godly Qualities and Expresses Itself in Godly Ways.

6. Read Mark 10:13-16 (PP#24)

7. Read John 2:13-17 (PP#25)

8. How did Jesus respond to personal offenses (1 Peter 2:21-23). (PP#26)

9. Consider times when you have been offended, misused, rejected or overlooked. Did your anger meet the 3 criteria for righteous anger? (PP#27)

Lesson 3: Getting to the Heart of the Matter (PP#28)

One blows the other clams. These are the two extremes when it comes to expressing anger. The one who blows vents his anger in a tirade of ranting and raving, maybe even expressing his anger in physical gestures or actions. The one who clams express their anger internally by simmering and stewing. The external signs are less impressive yet unmistakable: pouting, giving the cold shoulder, and even crying. How can we learn to handle our sinful anger? As biblical Christians we know that mere behavioral modification is not enough. Jesus had plenty to say about whitewashed tombs filled with dead bones.

The key is to deal with the roots of anger. The world takes anger and blames it on someone or something else. Yet any of the provocations that might be sighted are not the problem. Man has been given a wonderful capacity to think and choose. Man is not a robot, rather we are active choosers and responsible free agents living before the Lord.

1. What or who do you blame for your anger? (PP#29)

Our Culture's Theories about the Cause of Anger:

- Inner, unconscious psychodynamic forces
- Childhood trauma or chronic bad nurturing
- Present sufferings
- Unmet emotional needs
- Physiological factors
- Satanic attacks

2. What is the real cause for our sinful anger? Read the following scriptures and then answer. (PP#30)

Mark 7:20-23 –Anger comes from the heart.

Luke 6:43-45 –Anger comes from the heart.

3. What is the heart? Read Hebrews 4:12 - focus in on the very end of the verse. What two things make up the concept of the biblical heart? **The heart is the inner self including our thoughts, will, affections and emotions.** (PP#31)

1) beliefs & 2) motives

The King James Version use two words: thoughts and intents: the NIV uses thoughts and attitudes. Our sinful anger rises from the sinful beliefs and motives that reign in the nature of man.

4. What does Proverbs 4:23 state? **The heart is the wellspring of life.** (PP#32)

In order to change anger in your heart, you must recognize and uproot your sinful beliefs and motives, and replace them with godly ones. (PP#33)

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5. Four pictures packed into James 4:1-3 describing the causes of anger. (PP#34)
 - 1) Anger arises from our entrenched desires and pleasures that “battle” within us.
 - 2) Unmet ruling “wants” or “desires” produce anger.
 - 3) Anger arises from coveting (grasping, greedy hearts generate conflicts).
 - 4) Anger comes from selfish motives. The sinful heart seeks to please itself more than God.

6. Are your desires ruling you? List three clues that can help you in determining the answer. (PP#35)
 - 1) A good desire is inordinate when it consumes you.
 - 2) A good desire becomes inordinate when you are will to sin to get it.
 - 3) A good desire becomes inordinate when you sin if you don’t get what you want.

7. Seven examples of these principles in action. (PP#36)
 - 1) Esau (Genesis 27)
 - 2) Balaam (Numbers 22)
 - 3) Balak (Numbers 24)
 - 4) Saul (1 Samuel 20)
 - 5) Herod (Matthew 2)
 - 6) Jesus at Nazareth (Luke 4)
 - 7) Silversmiths at Ephesus (Acts 19)

“Anger arises when we don’t get what we desperately want.”

Lesson 4: Repentance: The Road to Uprooting Heart Anger (PP#37)

1. “We saw in chapter 3 that the cause of anger lies in our hearts. Specifically, based on James 4 and supported by a host of other biblical texts, we saw that anger arises from hearts that are ruled by something other than Jesus Christ. We get angry when we don’t get what we deeply want. This is even true—and deceptively so—when what we want is not inherently bad. Among Christians, it’s often a good thing that we want too much or for selfish reasons.” (Robert D. Jones, *Uprooting Anger* (P & R Publishing, Phillipsburg, NJ, 2005), p. 61)

2. Give story on pp. 61-62 or one similar. Ask: **What are some typical wrong ways to respond to such treatment? (PP#38)**

- Yell
- Retreat and pout
- Tell a friend
- Call for backup

3. If we had a friend who had a firm biblical understanding of these matters, how might he counsel concerning each of these? (PP#39)

- Rather than yell we are called to nourish and cherish our wives.
- Rather than retreat we are called to love her as Christ loved the church (which is often sinful)
- Telling a friend is gossip
- Telling her friend is manipulative. In the case of these last two we should be going to the wife not others.

4. All of this is good but **what has our friend missed?** He hasn’t confronted the heart. He has not gone after the James 4 issues.

5. There is hope for the one who will humble himself and admit that his anger is sinful. What is it according to James 4: 6? **Grace (PP#40)**

- List the two types of grace mentioned by the author and give two scripture references for each of them. (PP#41)

Forgiving Grace (Hebrews 4:16) & (1 John 8-2:2)

Enabling Grace (Hebrews 4:16) & (2 Cor 12:9-10)

- God’s grace enables us to forgive those people whose offenses would otherwise provoke anger. It empowers us to progressively overcome long-term patterns of judgment, venting, and claming. It provides the foundation for repentance in our own lives.

6. Turn to James 4 once again. **How should we respond to this offer of grace? Through repentance.** What must take place for repentance to be true? (PP#42)

James 4:4-5 – **God calls us to reject our worldly lovers.**

James 4:6 – **God calls us to repent of our sinful ruling desires.**

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James 4:7-8 – God calls us to resist the devil by rejecting his lies and drawing near to God.

James 4:11-12 – God calls us to resign our God-playing.

7. What does repentance look like? I throw away my statute book. I drop the charges. I cover your offenses with the blanket of Christian love and erase them from my ledger. (PP#43)

8. One of the things that keep us from the repentance God's requires is that instead of owning our own guilt and sin we tend to see ourselves as victim and blame-shift. **What are some of the ways that we blame-shift when it comes to anger?** (PP#44)

9. One of the ways to help us identify the ruling and sinful desires behind our anger is to write it out. Complete this statement: **I am angry now because I wrongly think that I must have _____.** Then repent of the ruling desire – of the way you have been letting it control your heart. (PP#45)

10. What about the case of serious sin against us? We apply the principles of Romans 12:14-21. (PP#46)

- Bless those who persecute you (v.14)
- Have true concern for the other person (v.15)
- Reject pride and judgmentalism (v.16)
- Never seek pay-back (v.17)
- Strive for peace (v.18)
- Never seek revenge, but leave room for God's wrath (v.19)
- Overcome evil with good (vv. 20-21)

Lesson 5: Changing Our Angry Behavior: Sinful Revealing (PP#47)

There is a saying that is so applicable to our discussion on anger: sinful roots produce sinful fruits. Heart change must be accompanied by behavioral change. The most popular approach among both secular and Christian counselors views angry behavior as either ventilating (blowing up) or as internalizing (clammings up). Venters explode, clammers stuff. Another way to say it is that people chose either to express their anger or to hide their anger. Both strategies, of course, are sinful. Both revealing anger and concealing anger offend God and sabotage relationships and call for specific biblical steps of correction and replacement.

1. How is anger revealed in the following scripture passages? (PP#48)

Genesis 39:19-20 – Potiphar “burned with anger.”

Numbers 20:6-12 (Psalm 106:32-33) – Moses strikes the rock; note that God did not applaud Moses for getting his anger off his chest.

Matthew 2:16 – Murdered children.

2. Revealed anger can be seen in many ways. How do you make your anger obvious to others?

3. Not only does the Bible show examples of the expression of sinful anger it also gives directions and warnings against it. Read Matthew 5:21-22 and give two observations. (PP#49)

Observation # 1: Jesus recognized anger as the moral equivalent of murder.

Observation # 2: Anger in the heart typically comes out in curses from the lips.

4. In Ephesians 4:31-32 the apostle Paul tells us that we are to put off a number of things and that we are to put on a number of things, also. What are they? (PP#50)

Put Off: _____

Put On: (PP#51) _____

5. On pages 81-88 the author mentioned a number of passages from Proverbs. What do we learn? (PP#52)

Proverbs 12:18

Proverbs 14:16-17

Proverbs 14:29

Proverbs 15:1

Proverbs 29:11

Proverbs 16:32

Proverbs 22:24-25

Proverbs 19:19

6. Beginning on page 88 we are given practical strategies and steps for change. Seven items are listed. (PP#53 & 54)

1. Repent of the evil desires that produce your angry behavior and receive God’s forgiving, enabling grace.

2. Own responsibility for your angry behavior and identify it as evil before God and man.

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3. Confess and renounce your angry behavior before God and others.
4. Believe anew in Christ and his gospel promises to angry people.
5. Commit yourself to taking active, concrete steps to replace your angry behavior with Christlike words and actions.
6. Establish and carry out a workable temptation plan.
7. Continue to prayerfully study Scripture, and Scripture-based resources, on relevant topics.

Lesson 6: Changing Our Angry Behavior: Sinful Concealing (PP#55)

There is a saying that is so applicable to our discussion on anger: sinful roots produce sinful fruits. Heart change must be accompanied by behavioral change. The most popular approach among both secular and Christian counselors views angry behavior as either ventilating (blowing up) or as internalizing (clammng up). Venters explode, clammers stuff. Another way to say it is that people chose either to express their anger or to hide their anger. Both strategies, of course, are sinful. Both revealing anger and concealing anger offend God and sabotage relationships and call for specific biblical steps of correction and replacement. Last time we dealt with revealing anger; this time our topic will be concealing anger

1. Those who deal with their anger by concealing it often resort to various ways to escape. What might be some of those ways? **Such things might include excessive or binge eating, television (such as soaps for fantasy relief), or getting overly involved in a hobby or child's life.** How do you deal with the anger you conceal?

2. Two key biblical passages for those who conceal anger. (PP#56)

- Leviticus 19:16-18 (Cp. Proverbs 27:5-6; Galatians 6:1)

What happens when we fail to deal properly with hatred in the heart, through confrontation or forgiveness?

- Ephesians 4:26-27; 4:30-5:2

What results when we fail to deal with our anger in a godly, immediate way?

3. Beginning on page 103 we are given practical strategies and steps for change. Seven items are listed. (PP#57)

1. **See the sinfulness and ugly consequences of your bitter heart and concealing behavior.**

2. **Turn to Jesus Christ in repentance and faith, and believe that he fully forgives you.**

3. **Forgive your offender from your heart.**

- If you do not forgive: (PP#58, 59, 60, 61)

a) **You are forgetting the size of the massive sin debt for which God forgave you (Matthew 18:21-35; Ephesians 4:32; Colossians 3:13).**

b) **You are declaring that you do not need God's forgiveness in your life (Matthew 6:12-15; 18:21-35; Mark 11:25).**

c) **You are declaring that you do not need God's mercy on the Day of Judgment (Micah 6:8; Matthew 5:7; James 2:13).**

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- d) You are assuming God's role as Judge (Genesis 50:19; Romans 12:19; James 4:12).
 - e) You are forgetting the fact that the offender, as a sinner, is in one sense deceived and enslaved by his sin. You lack compassion (Luke 23:34a; John 8:34; Ephesians 4:30-5:2; Colossians 3:12-14).
 - f) You are forgetting the fact that you, as a sinner, are capable of the same sin and that the same root sin may already reside in you (Proverbs 16:18; Jeremiah 17:9; 1 Corinthians 10:12; Hebrews 3:12-13).
4. Resist the countertemptation to vent your anger. (PP#62)
 5. Replace your concealing behavior with godly speech that ministers to others.
 6. Pursue biblical peacemaking and problem-solving.
 7. Continue to pray, to study Scripture (and Scripture-based resources), and to enlist the prayers, counsel, and accountability of fellow believers. (PP#63)

Lesson 7: Anger against God and Self (PP#64)

Anger with God: (PP#65)

Is it ever right or okay to be angry with God? Is it okay to vent your anger towards God? These are questions that all of us have probably wondered about at one time or another. In your present situation you may be wondering about God. Where is He? What is He doing about all this? Why would He allow this to come into my life? Why does He not take away the pain? The questions are not wrong, but to become angry towards God is! Let's see why.

1. Our definition of anger: **our whole-personed active response of negative moral judgment against perceived evil.**
2. When we apply this definition to our anger against God, what does it imply? **That God has done something wrong or evil.**
3. Kay Arthur insightfully cuts to the core. **“You get angry at God,” she observes, “because God did not do what you thought he should or the way he should do it or not do it.” (PP#66)** Notice that we accuse God of not doing *what* (actions or inactions) he should do, or not doing it in the *way* (manner) he should, or not doing it *when* (timing) he should. In short we want what we want when we want it, and when God does not deliver, we judge Him.

* Do we have the right to do this?

4. Site two biblical occasions in which a person got mad at God (PP#67)

Genesis 4:4-7 – Cain

1 Chronicles 13:9-12 – David;

* Why did each of the individuals involved get angry?

5. The solution to sinful anger towards God lies in humbling ourselves and continually repenting of our remaining unbelief and rebellion. Each of us needs to realize that behind everything that takes place is the sovereign hand of God. We must reject the lies that deny God's goodness, power, and wisdom. We must affirm his righteousness, love and justice. (PP#68)

* Read Genesis 50:20; Job 1-2 & 38-42; Psalm 115:3; Daniel 4:35; Romans 8:28-29. What do these passages have to say about God's sovereignty?

6. “If anger against God is sin, how do we deal with our doubts and questions about his providential dealings, especially amid our suffering?” Examine Hab 1:1-4, 12-2:1; 3:18-19; Psalm 13. (PP#69)

7. What common elements do we find: (PP#70 & 71)

- **Suffering – God's people going through difficult times.**

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- Prayer – They voiced their questions directly to God. They moved toward God, not away from Him.
- Faith – In the trenches they submitted to God and clung to basic truths about Him.
- Humility – They expressed their concerns with reverence and submission.
- Renewal – They grew spiritual through the experience.

Anger with Self (PP#72)

1. Why do we get angry at ourselves?

2. When we get mad at ourselves over some failure, we actively direct our anger inward. Our response is a negative whole-personed response, from the heart, against something we did or failed to do. In chapter one we learned of three types of anger the bible speaks about: Divine anger; man's righteous anger; and man's sinful anger. No where do we see that anger being directed against self. However it does speak about the condemning power of one's conscience. (Rom 14:22-23; 1 Corinthians 4:2-4; 1 John 3:19-21) What do these scripture passages have to say concerning our conscience?

3. Five ways in which the Bible addresses the matter of self-anger. Any or all of them may underline a person's experience of being angry at himself. A person who is angry with himself: (PP#73 & 74)

- May simply be expressing his unwillingness to grasp and receive God's forgiveness.
- May not see or be willing to acknowledge the depth of his own sinful nature.
- May be venting his regrets for failing to achieve a certain cherished desire.
- May be trying to establish or live under his own standards of righteousness.
- May have ascended to the throne of judgment and declared himself to be his own judge.

4. God's grace is sufficient for sinners such as you and me. He promises to forgive our sin if we will humbly come to Him, with a repentant heart, and ask Him to forgive us. Our conscience need no longer bother us for God has put the sin away. The blood of Jesus Christ washes us clean. His promise of daily grace cascades upon us like a vigorous waterfall. See Psalms 103:12, Isaiah 1:18; 1 John 1:9. (PP#75)

Lesson 8: Helping Others Deal with Anger (PP#76)

As we begin this chapter we must understand a few things. First, we do not have to be perfect to help someone else. If we had to be, we would never be able to help anyone – for none of us are perfect. Having said this however, we must have dealt with our own sin. In **Matthew 7:5** Jesus said, **Thou hypocrite, first cast out the beam out of thine own eye; and then shalt thou see clearly to cast out the mote out of thy brother's eye.**

Secondly, we should know that if the Lord has allowed us to overcome our anger problem we are in an excellent position to help others. Paul in writing to the Corinthians said, **Blessed be God, even the Father of our Lord Jesus Christ, the Father of mercies, and the God of all comfort; Who comforteth us in all our tribulation, that we may be able to comfort them which are in any trouble, by the comfort wherewith we ourselves are comforted of God. 2 Cor. 1:3-4.**

Thirdly, the Lord states we have a responsibility to help others. **Galatians 6:1-2** states, **Brethren, if a man be overtaken in a fault, ye which are spiritual, restore such an one in the spirit of meekness; considering thyself, lest thou also be tempted. [2] Bear ye one another's burdens, and so fulfil the law of Christ.** The understanding here is that we love the Lord with all our heart, soul, and strength and we are seeking to honor him in our own lives as we seek to help others.

This chapter offers us the opportunity to reach out and minister to others in such a way as to bring glory to our Great God. So how do we minister God's truth in specific ways to angry people?

1. A three-step plan for helping angry friends: (PP#77 & 78)

1) Enter the person's world, understand him and his situation and give gospel hope (1 Cor. 10:13; Heb. 4:16). (PP#79)

- You may use a resource such as "Journaling a Problem Incident" found in Appendix A. (PP#80 & 81)

2) Help the person to root out his sinful heart beliefs and motives that cause sinful anger and to embrace the God of grace. (PP#82)

- Examine the causes of conflict. Use "Cause of Conflicts" worksheet in Appendix A (PP#83)
- What personal needs does the person feel are not being met that is causing conflict? Use "Inventory of Personal Needs" worksheet in Appendix A to help them identify their idols. (PP#84)
- Three truths that are particularly vital for those with angry hearts: (PP#85)
 - a) God is the righteous judge of your offenders (Rom. 12:14-21).
 - b) God is the merciful forgiver and righteous judge of your sins (Matt. 18:21-35; Eph. 4:32).
 - c) God is your good, loving and sovereign Father (Rom. 8:28-39).

3) Help the person to control his sinful anger expressions and replace them with godly words and actions. (PP#86)

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- Review the practical strategies and steps for change found in lesson 4. Seven items are listed. (PP#87 & 88)
 - a) Repent of the evil desires that produce your angry behavior and receive God's forgiving, enabling grace.
 - b) Own responsibility for your angry behavior and identify it as evil before God and man.
 - c) Confess and renounce your angry behavior before God and others.
 - d) Believe anew in Christ and his gospel promises to angry people.
 - e). Commit yourself to taking active, concrete steps to replace your angry behavior with Christlike words and actions.
 - f) Establish and carry out a workable temptation plan.
 - g). Continue to prayerfully study Scripture, and Scripture-based resources, on relevant topics.

- A tool such as "Controlling Your Angry Behavior" found in Appendix A can be helpful. (PP#89)

Lesson #9: Why You Must Deal with Your Sinful Anger (PP#90)

What we have learned: (PP#91)

- Anger is a whole-personed negative reaction of moral judgment against a perceived wrong.
- Everyone has an anger problem that can manifest itself in a host of forms and degrees. It is rarely righteous, although we tend to deceive ourselves.
- God calls us, in dependence on His forgiving and empowering grace, to uproot anger from our hearts.
- Specific strategies for change for both the root and fruit of anger
- We have a marvelous Redeemer who we desperately need.

So it all comes down to this. We have learned a lot about anger, but knowing is not doing. What should motivate us to do what we know needs to be done? (PP#92)

1. In a broad sweeping sense we need to do it because God commands us to (Ephesians 4:22-24, 31; Colossians 3:5-8).
2. In Christ, God provides all we need to do so. His Spirit and His Word are sufficient to change us (Colossians 2:9-10; 2 Timothy 3:16-17; 2 Peter 1:3).
3. Yet the Bible provides more than broad principles. God supplies compelling motives to change our anger. Three reasons we should change our anger habits. (PP#93)

Reason # 1: To avoid injury, and promote the well-being of, our physical and spiritual health. (PP#94)

- Proverbs 14:29-30 (physical)
- Psalms 66:18; Matthew 5:21-22 (spiritual)
- “Of the seven deadly sins, anger is probably the most fun. To lick your wounds, smack your lips over grievances long past, roll over your tongue the prospect of bitter confrontation still to come, to savor to the last toothsome morsel both the pain you are given and the pain you are giving back – is a feast fit for a king. The chief drawback is that what you are wolfing down is yourself. The skeleton at the feast is you.” Frederick Buechner. (PP#95)

Reason # 2: Avoiding damage to, and promoting growth in our interpersonal relationships (Ephesians 4:26-27, 31; Colossians 3:8). (PP#96) Failure to get rid of anger prevents the proper unity, functioning and growth of Christ’s body.

Reason # 3: Avoiding God’s displeasure and bringing Him honor and delight. (PP#97)

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- The worst result of anger is that it dishonors, displeases and offends the Lord (Ephesians 4:30; James 1:19-20; 1 Tim 2:8). (PP#98)