

Calgary L'chaim Bible Fellowship

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Overcoming Anger and Bitterness

A Torah Study with Saskatoon Ecclesia

Text: Ephesians 4:31-32, James 1:19-20

Date: _____

1. Think Biblically

- a. Remember that God has promised to take care of you in any situation. (Psalm 23:1-6, 37:5)
- b. Confess all sinful thoughts to God (1 Jn 1:9) and ask for help to change us (1 Thess 5:17)
- c. Remember God's forgiveness is the basis for us to forgive others (Matt 18:21-35)
- d. Remember that our love for others mirrors our love to God (1 Jn 2:9-11)
- e. Be a blessing to others (Matt 22: 37-39)
- f. Discipline your mind to think on the things that pleases the Lord (Phillipians 4:8)
- g. Be kind and tender towards the individuals you are irritated with (1 Cor 13: 4-8, Eph 4:32)

2. Speak Biblically

- a. Confess to the Lord, and to those individuals you fail to love in a biblical manner (Ps 51:1-4, James 5:16, 1 Jn 1:9)
- b. Edify others by speaking of the goodness of the Lord and the recent difference He is making in your life (Luke 20:10, Eph 4:29)
- c. Do not talk evil of others (Prov 10:18, Eph 4: 29)
- d. Let your speech be seasoned with salt or sugar (Eph 4:15, 25, 29, Col 4:6)
- e. Encourage others to seek after God (Matt 5:9)

3. Act Biblically

- a. Forgive others (Eph 4:32, Col 3:13)
- b. Pray with Thanksgiving (Phil 4:6)
- c. Memorize Scriptures (Psalm 119:9)
- d. Cast your burdens to the Lord (1 Pet 5:7) and pray for those who persecute you (Matt 5:44)
- e. Seek reconciliation with those you have offended (Matt 5:23-24)
- f. Bless other people :
 - Regardless of how you feel (James 4:17)
 - Especially to those who seem to be your enemies (Mat 5:23-24)
 - With kindness and tender-heartedness (Eph 4: 31-32)
 - Take advantage of any situation to minister or serve (Matt 20: 25-28)
 - Practicing biblical stewardship to honor the Lord (Psalm 241)
 - and be of practical help to others (Eph 5:15-17)