

A Lesson on ANGER
Calgary L'chaim Bible Fellowship
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For Saskatoon Bible Study Group (Ecclesia)

Study Text: Ephesians 4: 31-32; James 1:19-20

Date: _____

Introduction:

Anger and bitterness are detrimental outbursts of emotion to biblical love, harmonious relationships, and maturity to Christ. Failing to put off anger and bitterness grieves the Holy Spirit, gives the enemy (Satan) an opportunity in your life, obscures witness to others, and disrupts the unity in the Body of Messiah.

Dealing with anger and bitterness requires obedience to God's Word in every circumstance and with every person, even if feeling dictates otherwise.

I. Biblical View:

Anger (great displeasure, animosity) that is quickly expressed is characteristic of your old self apart from Yeshua Messiah and is contrary to Scriptures.
(Galatians 5:19-20, Colossians 3:8, James 1:19-20)

II. Our Hope:

The Torah (The Scriptures) commands us to put away anger and bitterness.
(Psalm 37:8, Eph 4:31, Colossians 3:8)
It is possible to do it!
(1 Cor 10:13, Heb 2:17-18, 4:15-16)

III. We need to change:

We are to control our Spirit (Prov 25:28), be slow to anger (James 1:19) and deal with anger quickly (Eph 4:26-27).

We are to put off anger, wrath, bitterness, quick-temperedness, dissension, abusive speech, and strife, and you are not to take account a wrong suffered (Matt 5:21-22, I Cor 13:5, Eph 4: 31, Col 3:8, I Tim 2:8, Titus 1:7).

Instead we are to put on patience, kindness, humility, bearing with one another, tender-heartedness, forgiveness, love and self-control (Eph 4:31-32, Col 3:12-14).

IV. Practice:

Think of the circumstances or relationships in which we are tempted to become angry or bitter. How to overcome anger and bitterness in those situations and formulate a plan in dealing with it in situations that arise quickly or unexpectedly, diligently do what we plan on doing to avoid further sin in regard to anger and bitterness (James 1:22-25, 4:17).

Finally, practice biblical love (Prov 10:12, I Cor 13:4-8, I Pet 1:22, 4:8, I Jn 4:11)

By forgiving others just as God has forgiven you (Mark 11:25)

By doing kind and tenderhearted deeds to the very individuals with whom you become irritated with (Eph 4:32, I Pet 3:8-9).