

November 20, 2016
The Bridge Bible Fellowship
Pastor Paul S. Brown
Eph. 4:26-27; Mt. 5:21-26

“Tough Questions: Dealing with Anger – Part Four”

I. General Observations:

II. Satan’s Purpose

III. Satan’s Plan (Eph. 4:26f)

IV. God’s Prescription (Eph. 4:26f) – proper responses of a new creature:

A. Positive: “Be Angry” (at the things that make God angry)

B. Negative – Do not sin! (Ps. 37:8; Prov. 14:29; 15:18; 29:11, 22)

1. Trust in God’s _____ (Eph. 4:26; 2 Sam. 15-19; Psalms 3-4)

• **Background: 2 Sam. 15-18 – Absalom’s Rebellion / Conspiracy / Insurrection**

a. _____ (Ps. 3 & 4)

b. _____ out to God (Ps. 3:1 - 4:1; cf. 1 Pet. 5:7; Phil. 4:6-7)

c. _____ error with truth (Ps. 4:2-3)

d. _____ (Ps. 4:4; 99:1)

e. **Do not _____ (Ps. 4:4; 119:11)**

A Puritan said, “I am determined so to be angry as not to sin, therefore to be angry at nothing but sin.”
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f. _____ (Ps. 4:4; 1:1; Josh. 1:8; Ps. 77:6, 11-12)

g. _____ in God, His Word, His Spirit, not in human strength or wisdom (Ps. 4:5-8)

2. Deal with it _____ (Eph. 4:26; Mt. 5:21-26; Eccl. 7:9)

3. Leave no _____ for the devil (Eph. 4:27; James 4:7-8; 1 Pet. 5:8-10)

a. His _____ with anger

b. His _____ with anger

1) _____ results (Ps. 31:10; 32:3-5; Jonah 4)

2) _____ results (Eph. 4:27, 31; Phil. 4:2f; 2 Cor. 2)

4. Give an _____ to God

a. To be your _____ (Rom. 12:17-21; 1 Sam. 25:36-39)

b. To be your _____ (2 Sam. 16:5-14; Phil. 1:12ff; James 1:2-4; 2 Pet. 1; Heb. 12:2-4; 1 Pet. 2:21-25)

*“He who is slow to anger is better than the mighty,
and he who rules his spirit, than he who captures a city.” (Prov. 16:32)*

APPLICATION: No more temper tantrums! It’s time to mature emotionally!

- Acknowledge the Problem! Confess it!
- Consider the:
 - Physical – eating properly, sleeping enough, exercise, time of month...
 - Social – enjoying life; dates; time with friends; avoiding angry people
 - Emotional – music; deal with past relational problems
 - Spiritual – daily worship: Word of God, prayer, fellowship, evangelism, service, discipleship
- Acknowledge God’s sovereignty and get God’s viewpoint on everything!

Discussion & Application:

1. How has our study the past two weeks on the things that make God angry impacted you? Are there specific areas where you have repented? Are there specific areas where you now feel more righteous indignation and are doing something about it in a godly way?
2. Read Mt. 5:21-26. How did Jesus interpret and apply the command not to murder? How was that different from what the Pharisees of His day were saying? What was the point Jesus was making? How serious is the problem of sinful anger?
3. What do we mean when we say that God is sovereign? How much of the time is He sovereign? How does (should) trusting in His absolute sovereignty at all times impact us in the day-to-day problems we experience?
4. What would happen if every time we felt anger in our hearts about something we first talked to God before talking to anyone else? What would that look like? What might you say to God when you feel anger in your heart? What would you ask Him for that would help you be a godly instrument of His in the situation?
5. What does it mean to “not let the sun go down on your anger”? What happens to our “anger” if we don’t deal with it right away? Does it get better or worse? Give examples.
6. Do you have a problem with anger? If so, please get biblical counseling from one of our pastors, elders, or biblical counselors. This is a problem that will have serious consequences in your relationships and hinder your testimony of God’s saving grace. We would love to help you have victory in this area as you learn to walk in the power of the Holy Spirit (Gal. 5:22-23).

Blanks: **Sovereignty; constantly; cry; confront; Tremble; sin; Meditate; Trust; immediately; place; method; results; Physical; Spiritual; opportunity; Avenger; Teacher**