

15 Days on
ANGER



...*anger* rests in the bosom of fools.

Ecclesiastes 7:9

Day 1: Using a thesaurus or dictionary, do a word study of the word *anger* and *wrath*. List synonyms / antonyms / definitions.

According to your word study above, are there õrightö and õwrongö forms of anger? If yes, how would you categorize them?

Day 2: How does the Bible describe anger? Reword each definition in these passages:

- Isaiah 5:25
- Isaiah 51:17
- Matt 5:21-22

Day 3: What is harmful anger as indicated in these Proverbs:

- Proverbs 15:1-2
- Proverbs 22:24-25
- Proverbs 25:23
- Proverbs 29:22

Day 4: What are some consequences of sinful anger? Summarize these passages below:

- Proverbs 20:2
- John 3:36
- Romans 2:5-8

Day 5: Read about the disagreement between Paul and Barnabas in Acts 15:36-41. What was the consequence of that anger? (Read Colossians 4:10 to find out if the dispute was ever resolved.)

Day 6: Does (Did) God ever get angry? Summarize the reason for His anger in each of these passages:

- Zechariah 1:2-4

- Zechariah 10:1-3

- Ezekiel 7:3-4

- Psalm 2:1-5 (Psalm 10:16)

- Romans 1:18-19

Day 7: What do you learn about the character of God in these scriptures?

- Psalm 103:8-9; Psalm 30:5

- Psalm 2:12

- Isaiah 57:15-19

- Ezekiel 20:8-10; Ezekiel 5:13

Day 8: Read Psalm 4:4 and Ephesians 4:26-27. Is it possible to be angry and not sin? What are ways you can use anger in a constructive way and not a destructive way?

Day 9: Read John 2:13-17. Why was Jesus so angry? What makes His anger righteous and acceptable?

Is it a surprise that pious men can become angry in their service to God? What would cause such anger?

Day 10: Read 2 Samuel 13:1-22. Were Absalom and David's anger justified?

Day 11: Read Jonah 4:1-11 Was Jonah's anger justified?

Day 12: Read Exodus 3:11-14, 4:1-16 Why was God angry with Moses?

Day 13: Read Exodus 32:1-35. Describe the anger displayed in this chapter.

Day 14: Read these verses and summarize what God (Jesus) did concerning His anger.

- Romans 5:9-11

- Jeremiah 3:12-22

- Deuteronomy 29:24-28 (Jeremiah 32:37)

- 1 Thessalonians 5:9-11

Day 15: Read the passages below. Summarize actions for a believer when he/she battles anger issues.

- Matthew 5:25-26

- Ephesians 4:29-32

More Thoughts On...
Anger

"He who angers you, conquers you."

- Author Unknown

"No matter how just your words may be, you ruin everything when you speak with anger."

- John Chrysostom

"Hot heads and cold hearts never solved anything."

-Billy Graham

"Be not angry that you cannot make others as you wish them to be, since you cannot make yourself as you wish to be."

-Thomas a Kempis

"When you resort to shouting in conflict, you are reacting in the flesh. You have lost control of the only person you can control: yourself."

- Neil T. Anderson

"Of the Seven Deadly Sins, anger is possibly the most fun. To lick your wounds, to smack your lips over grievances long past ... to savor to the last toothsome morsel both the pain you are given and the pain you are giving back -- in many ways it 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

"So there is such a thing as perfect hatred, just as there is such a thing as righteous anger. But it is a hatred for God's enemies, not our own enemies. It is entirely free of all spite, rancor and vindictiveness, and is fired only by love for God's honor and glory."

- John Stott

"If we would be angry and not sin (says one), we must be angry at nothing but sin; and we should be more jealous for the glory of God than for any interest or reputation of our own."

- Matthew Henry

"As long as we continue to live as if we are what we do, what we have, and what other people think about us, we will remain filled with judgments, opinions, evaluations, and condemnations. We will remain addicted to putting people and things in their "right" place."

- Henri J.M. Nouwen

Further Reading On...
Anger

Putting Off Anger: A Biblical Study of What Anger is and What to Do About It
By John Coblenz

Uprooting Anger: Destroying the Monster Within by Kay W. Camenisch

From Anger to Intimacy Study Guide: How Forgiveness Can Transform Your Marriage
By Gary Smalley and Ted Cunningham

Anger: Handling a Powerful Emotion in a Healthy Way by Gary Chapman

Controlling your Anger Before it Controls You by Gregory L. Jantz