

Anger 101: What You Really Need to Know About Anger

➤ Six Bad Things Anger Does

1. It becomes a _____: the more we are angry, the more we become angry.

Do not make friends with a hot-tempered man, do not associate with one easily angered, or you may learn his ways and get yourself ensnared. (Prov 22:24-25)

2. It reduces our ability to _____ clearly.

A quick tempered man does foolish things. (Prov 14:17a)

3. It upsets the chemical balance of our bodies and can cause _____.

Reckless words pierce like a sword, but the tongue of the wise brings healing, healing to the one who speaks and to the one who listens. (Prov 12:18)

4. It makes the people we love angry at us.

A gentle answer turns away wrath, but a harsh word stirs up anger. (Prov 15:1)

5. It pushes the _____ we love away from us.

Better to live on a corner of the roof than share a house with a quarrelsome wife [or husband]. (Prov 25:24)

6. It gives my family a poor _____ that will affect my children, grandchildren and generations to come.

You must not bow down to them or worship them, for I, the LORD your God, am a jealous God who will not tolerate your affection for any other gods. I lay the sins of the parents upon their children; the entire family is affected—even children in the third and fourth generations of those who reject me. But I lavish unfailing love for a thousand generations on those [□] who love me and obey my commands. (Ex 20:5-6)

➤ Six Truths We Need to Know About Anger

1. We get angry because real life is not the way we think it _____ to be.

Refrain from anger and turn from wrath; do not fret — it leads only to evil. (Ps 37:8)

2. Expressing your anger does not lessen your anger. It usually _____ it.

...stirring up anger produces strife. (Prov 30:33c)



3. How you deal with your anger was _____.

You were taught, with regard to your former way of life, to put off your old self, which is being corrupted by its deceitful desires; to be made new in the attitude of your minds; and to put on the new self, created to be like God in true righteousness & holiness. (Eph 4:22-24)

4. Your partner is not _____ for making you angry. _____ are.

But I [Jesus] tell you that anyone who is angry with his brother will be subject to judgment. (Matt 5:22a)

5. Anger is a _____ emotion. It is a symptom that indicates something else is happening inside us.

- 1) _____ — Hurt by a sharp word, lack of appreciation, or our mate's forgetfulness about something important to us. We cover it with anger.
- 2) _____ — Afraid our partners will override us, control us, verbally attack us, ignore us, or disagree with us. To protect ourselves from that fear, we attack in anger.
- 3) _____ — When things don't go the way we want, or the way we think they "ought to," we get frustrated. Or when confronted with a problem we can't solve, we get frustrated.

6. We get angry when we _____ something but don't get it.

James 4:1-2 states this very clearly — What causes fights and quarrels among you? Don't they come from your desires that battle within you? You want something but don't get it.

➤ COUPLE SHARING

1. The worst thing anger does to me is _____. Why?

2. One truth I need to acknowledge about anger is _____. Why?