

Overcoming Anger Workshop

Emotions were created in us but aren't to control us/ The severity of my thoughts

Matthew 5:22 But I say to you that everyone who is angry with his brother will be liable to judgment; whoever insults his brother will be liable to the council; and whoever says, 'You fool!' will be liable to the hell of fire.

Proverbs 29:22 A man of wrath stirs up strife, and one given to anger causes much transgression.

God's Anger

Exodus 34:4 - 9

4 So Moses cut two tablets of stone like the first. And he rose early in the morning and went up on Mount Sinai, as the LORD had commanded him, and took in his hand two tablets of stone.

5 The LORD descended in the cloud and stood with him there, and proclaimed the name of the LORD.

6 The LORD passed before him and proclaimed, "The LORD, the LORD, a God merciful and gracious, slow to anger, and abounding in steadfast love and faithfulness,

7 keeping steadfast love for thousands, forgiving iniquity and transgression and sin, but who will by no means clear the guilty, visiting the iniquity of the fathers on the children and the children's children, to the third and the fourth generation."

8 And Moses quickly bowed his head toward the earth and worshiped.

9 And he said, "If now I have found favor in your sight, O Lord, please let the Lord go in the midst of us, for it is a stiff-necked people, and pardon our iniquity and our sin, and take us for your inheritance."

Numbers 10:34 - 11:2

34 And the cloud of the LORD was over them by day, whenever they set out from the camp.

35 And whenever the ark set out, Moses said, "Arise, O LORD, and let your enemies be scattered, and let those who hate you flee before you."

36 And when it rested, he said, "Return, O LORD, to the ten thousand thousands of Israel."

11:1 And the people complained in the hearing of the LORD about their misfortunes, and when the LORD heard it, his anger was kindled, and the fire of the LORD burned among them and consumed some outlying parts of the camp.

2 Then the people cried out to Moses, and Moses prayed to the LORD, and the fire died down.

Psalm 30:1 - 5

1 A Psalm of David. A song at the dedication of the temple. I will extol you, O LORD, for you have drawn me up and have not let my foes rejoice over me.

2 O LORD my God, I cried to you for help, and you have healed me.

3 O LORD, you have brought up my soul from Sheol; you restored me to life from among those who go down to the pit.

4 Sing praises to the LORD, O you his saints, and give thanks to his holy name.

5 For his anger is but for a moment, and his favor is for a lifetime. Weeping may tarry for the night, but joy comes with the morning.

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Psalm 145:8 The LORD is gracious and merciful, slow to anger and abounding in steadfast love.

Mark 3:1 - 5

1 Again he entered the synagogue, and a man was there with a withered hand.

2 And they watched Jesus, to see whether he would heal him on the Sabbath, so that they might accuse him.

3 And he said to the man with the withered hand, "Come here."

4 And he said to them, "Is it lawful on the Sabbath to do good or to do harm, to save life or to kill?" But they were silent.

5 And he looked around at them with anger, grieved at their hardness of heart, and said to the man, "Stretch out your hand." He stretched it out, and his hand was restored.

Man's Anger

Genesis 4:5 - 8

5 but for Cain and his offering he had no regard. So Cain was very angry, and his face fell.

6 The LORD said to Cain, "Why are you angry, and why has your face fallen?"

7 If you do well, will you not be accepted? And if you do not do well, sin is crouching at the door. Its desire is contrary to you, but you must rule over it."

8 Cain spoke to Abel his brother. And when they were in the field, Cain rose up against his brother Abel and killed him.

Daniel 2:9 - 13

9 if you do not make the dream known to me, there is but one sentence for you. You have agreed to speak lying and corrupt words before me till the times change. Therefore tell me the dream, and I shall know that you can show me its interpretation."

10 The Chaldeans answered the king and said, "There is not a man on earth who can meet the king's demand, for no great and powerful king has asked such a thing of any magician or enchanter or Chaldean.

11 The thing that the king asks is difficult, and no one can show it to the king except the gods, whose dwelling is not with flesh."

12 Because of this the king was angry and very furious, and commanded that all the wise men of Babylon be destroyed.

13 So the decree went out, and the wise men were about to be killed; and they sought Daniel and his companions, to kill them.

Exodus 32:15 - 20

15 Then Moses turned and went down from the mountain with the two tablets of the testimony in his hand, tablets that were written on both sides; on the front and on the back they were written.

16 The tablets were the work of God, and the writing was the writing of God, engraved on the tablets.

17 When Joshua heard the noise of the people as they shouted, he said to Moses, "There is a noise of war in the camp."

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18 But he said, "It is not the sound of shouting for victory, or the sound of the cry of defeat, but the sound of singing that I hear."

19 And as soon as he came near the camp and saw the calf and the dancing, Moses' anger burned hot, and he threw the tablets out of his hands and broke them at the foot of the mountain.

20 He took the calf that they had made and burned it with fire and ground it to powder and scattered it on the water and made the people of Israel drink it.

3 Ways in which we can examine our Anger

- Is my anger appropriate for the situation?
- Is the intensity of my anger okay?
- Is the length of my anger prolonged?

Is my anger appropriate for the situation?

Jonah 3:4 - 4:2

4 Jonah began to go into the city, going a day's journey. And he called out, "Yet forty days, and Nineveh shall be overthrown!"

5 And the people of Nineveh believed God. They called for a fast and put on sackcloth, from the greatest of them to the least of them.

6 The word reached the king of Nineveh, and he arose from his throne, removed his robe, covered himself with sackcloth, and sat in ashes.

7 And he issued a proclamation and published through Nineveh, "By the decree of the king and his nobles: Let neither man nor beast, herd nor flock, taste anything. Let them not feed or drink water,

8 but let man and beast be covered with sackcloth, and let them call out mightily to God. Let everyone turn from his evil way and from the violence that is in his hands.

9 Who knows? God may turn and relent and turn from his fierce anger, so that we may not perish."

10 When God saw what they did, how they turned from their evil way, God relented of the disaster that he had said he would do to them, and he did not do it.

4:1 But it displeased Jonah exceedingly, and he was angry.

2 And he prayed to the LORD and said, "O LORD, is not this what I said when I was yet in my country? That is why I made haste to flee to Tarshish; for I knew that you are a gracious God and merciful, slow to anger and abounding in steadfast love, and relenting from disaster.

Proverbs 27:3 A stone is heavy, and sand is weighty, but a fool's provocation (wrath) is heavier than both.

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Is the intensity of my anger okay?

Ecclesiastes 7:9 Be not quick in your spirit to become angry, for anger lodges in the heart of fools.

Proverbs 15:18 A hot-tempered man stirs up strife, but he who is slow to anger quiets contention.

Ephesians 4:31 - 32

31 Let all bitterness and wrath and anger and clamor and slander be put away from you, along with all malice.

32 Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you.

Titus 1:7 - 8

7 For an overseer, as God's steward, must be above reproach. He must not be arrogant or quick-tempered or a drunkard or violent or greedy for gain,

8 but hospitable, a lover of good, self-controlled, upright, holy, and disciplined.

Is the length of my anger prolonged?

Ephesians 4:26 - 27

26 Be angry and do not sin; do not let the sun go down on your anger,

27 and give no opportunity to the devil.

What to do if I'm out of bounds in one of these areas?

Psalms 4:4 Be angry, and do not sin; ponder in your own hearts on your beds, and be silent.
Selah

Psalms 37:8 Refrain from anger, and forsake wrath! Fret not yourself; it tends only to evil.

Proverbs 15:1 A soft answer turns away wrath, but a harsh word stirs up anger.

James 1:19 Know this, my beloved brothers: let every person be quick to hear, slow to speak, slow to anger;