

## I'm a Christian and I'm Angry! What Now?

**Colossians 3:8: (NASB) *But now you also, put them all aside: anger, wrath, malice, slander, and abusive speech from your mouth.***



We all get angry. In today's social media world, we can easily find a platform to express that anger. Our anger develops when we hear or see something that we interpret as causing fear, frustration or offense. We react to our perception and the seeds of anger are sown and grown in an instant. Once angry, we often find it justifiable to lash out with our own brand of challenge, retaliation or defiance. Our anger has now grown from a personal internal emotion into a larger and more threatening external action which is usually destructive and not constructive. As Christians, what are we supposed to do with this human instinct? Should we allow ourselves to get angry? Both God and Jesus got angry, so does that give us permission?

2021 was one of the worst years on record in the United States with more than 700 road rage-related shootings across the country. Customer service, restaurant and airline workers report increasing abuse from customers. People are unraveling. We are angry over politics, local issues and global issues. We live in an angry world both online and in person.

Anger is an emotion. It does not ride alone and is usually a secondary emotion, a response to real or perceived experiences.

This article lists three categories of experiences for anger:

(Source: Gadi Gilam; Talma Hendler, *Deconstructing Anger in the Human Brain, Current Topics in Behavioral Neurosciences*, December 2015)



**ALL ANGER CAN BE TRACED BACK TO THESE THREE THINGS BECAUSE ANGER IS A SECONDARY EMOTION BUILT UPON SOMETHING ELSE.**

Controlled anger can be energizing - it can give us the courage to have that difficult conversation we need to stand up for ourselves or those we love or get involved with a worthy cause.

***Usually when people are sad, they don't do anything. They just cry over their condition. But when they get angry, they bring about a change. — Malcolm X***



We have a current-day example of this with the war in Ukraine. When Russia attacked Ukraine to take away their freedom, the Ukrainians' response was: "Over my dead body!" The anger at being attacked gave them strength and courage to stand when no one in the world thought they could, least of all the Russians. This is an inspirational example, but it is hugely unfortunate. These people are standing up to protect their homes. That anger at being unjustly attacked has strengthened their defense.

Let's establish the biblical definitions of anger. First, we will look at just two of the several words for anger in the Old Testament:



**Anger:** Strong's Exhaustive Concordance #639 'aph; properly, the nose or nostril; hence, the face, and occasionally a person; also (from the rapid breathing in passion) ire

1 Samuel 24:8: (KJV) *David also arose afterward, and went out of the cave... and when Saul looked behind him, David stooped with his **face <639>** to the earth, and bowed himself.*

The word *face* here is the same Hebrew word that can be translated as *anger*. David was in a position to kill Saul but decided that would be going against the LORD's will. Saul had a difficult love-hate relationship with David. He tried to kill David on more than one occasion, but David was able to diffuse the situation by walking away and not engaging. If someone is directing their anger towards us, saying "calm down" often antagonizes them further. We may need to walk away instead of escalating things by arguing back or trying to prove our point and talk later when they are calmer.



When working with people in lots of situations where I am trying to diffuse anger, I have learned to not back down, but to pause and tell the person, "Let's you and I both take a breath so that we can reset..." Generally, because it is a suggestion, it gives people time to calm down.

The term for that is "cognitive reappraisal" - taking a step back from the provocation and trying to see it from a different viewpoint. Focusing on breathing or counting can help. Some people visualize their anger as a speed limit. You will want to mentally put the brakes on around 75 miles per hour before your "car" spins out of control. James 1:19 tells us to *be quick to hear, slow to speak and slow to anger*. We might add: Be quick to de-escalate our anger. We will return to this scripture later.



**The next example:**

2 Samuel 12:5: (KJV) *And David's **anger <639>** was greatly kindled against the man; and he said to Nathan, As the LORD liveth, the man that hath done this thing shall surely die.*

David was condemning himself with this statement, because he was the man in the story Nathan was telling him. This form of anger was the kind that shows in the face.



Psalms 106:39-40: (KJV) <sup>39</sup>Thus were they defiled with their own works, and went a whoring with their own inventions. <sup>40</sup>Therefore was the **wrath <639>** of the LORD kindled against his people, insomuch that he abhorred his own inheritance.

The wrath of the LORD is against injustice, sin and darkness.

Here is the second word for *anger* in the Old Testament we are considering today:

**Anger**: Strong's Exhaustive Concordance #599 *'anaph*; to breathe hard, i.e., be enraged

Psalms 85:5: (KJV) *Wilt thou be **angry <599>** with us for ever? Wilt thou draw out thine anger to all generations?*

Old Testament anger is often depicted as an emotion that is outwardly and noticeably displayed, especially in the face.



Here are the two primary New Testament words for anger. These represent the internal emotion of anger:

**Anger**: Strong's Exhaustive Concordance #3709 *orge*; properly, desire (as a reaching forth or excitement of the mind), i.e. (by analogy,) violent passion (ire, or [justifiable] abhorrence); by implication punishment

It seems the New Testament anger is more of an INTERNAL emotion, but it is still anger.

Mark 3:4-5: (NASB) <sup>4</sup>And he said to them, *Is it lawful to do good or to do harm on the Sabbath, to save a life or to kill? But they kept silent.* <sup>5</sup>After looking around at them with **anger <3709>**, *grieved at their hardness of heart, he said to the man, Stretch out your hand. And he stretched it out, and his hand was restored.*

Jesus was very moved - his state of mind had changed. He was angry at the hypocrisy of the people complaining about making somebody whole by healing them! He is showing them another level of righteousness. Jesus was angry here. We will further discuss his anger later.

Romans 1:18: (NASB) *For the **wrath <3709>** of God is revealed from heaven against all ungodliness and unrighteousness of men who suppress the truth in unrighteousness...*

God's anger in the New Testament is similar to what we saw in the Old Testament.

**Anger**: Strong's Exhaustive Concordance #3710 *orgizo*; to provoke or enrage, i.e. (passively) become exasperated



Think of what it feels like to be in an exaggerated rage. We throw up our hands, expressing frustration in handling a problem.

A good example is from the Parable of the Prodigal Son when the father is talking to the older brother once the younger brother has come home:

Luke 15:27-28: (NASB) <sup>27</sup>And he said to him, *Your brother has come, and your father has killed the fattened calf because he has received him back safe and sound.* <sup>28</sup>But he became **angry <3710>** and was not willing to go in; and his father came out and began pleading with him.

The older brother was angry, enraged and exasperated. He was jealous of the attention given to his brother. Examples of human anger are frequent in the Bible.



*Wrath* <2372> in the New Testament is a major step beyond anger. While anger is primarily an inward emotion, wrath is an outward passionate expression of that inward emotion.

**Wrath:** Strong's Exhaustive Concordance #2372 *thumos*; passion (as if breathing hard)

The King James Version translates this word as fierceness, indignation, wrath

Thayer's Greek-English Lexicon: 1) passion, angry, heat, anger forthwith boiling up and soon subsiding again, 2) glow, ardour, the wine of passion, inflaming wine (which either drives the drinker mad or kills him with its strength)



Would you say this is like having outbursts of rage?

Yes. This word is primarily used to describe humanity's over-the-top passions. It is often used in Revelation to describe God's overt wrath towards the evil systems of this world like false Christianity.

From God's perspective, it is never used against individuals, just against groups. From a human perspective, it is never used in a good and justifiable way:

2 Corinthians 12:20: (NASB) *For I am afraid that perhaps when I come I may find you to be not what I wish and may be found by you to be not what you wish; that perhaps there will be strife, jealousy, **angry tempers <2372>**, disputes, slanders, gossip, arrogance, disturbances...*

The phrase *angry tempers* is this word for *wrath*. It is a dripping, angry outward manifestation that the apostle says we should not have.

Romans 2:7-8: (NASB) *<sup>7</sup>To those who by perseverance in doing good seek for glory and honor and immortality, eternal life; <sup>8</sup>but to those who are selfishly ambitious and do not obey the truth, but obey unrighteousness, **wrath <3709>** and **indignation <2372>**.*



IS MY ANGER PRODUCTIVE OR ALARMING?

ANGER IS AN INTERNAL REACTION OR RESPONSE, AND IT APPEARS ALL THROUGHOUT THE BIBLE. BOTH GOD AND JESUS ARE SHOWN TO EXHIBIT ANGER IN SPECIFIC CIRCUMSTANCES AND FOR SPECIFIC REASONS.

ANGER, THEREFORE, CAN BE ACCEPTABLE, BUT ONLY IF IT'S APPROPRIATELY EXPRESSED IN CERTAIN CIRCUMSTANCES. DOES MY ANGER FIT THIS DESCRIPTION?

We are lining up some definitions to understand anger in both the Old and New Testaments. Understanding what anger is and why we become angry is a strong first step to knowing how to use it appropriately.

**Why did God seem so angry so often in the Old Testament?  
What can we learn from His anger?**

God's anger, especially in the Old Testament, is the best place for us to lay the foundation for understanding and applying anger appropriately. When we observe God's anger, it is important that we remind ourselves that His anger ALWAYS has an ultimate purpose of blessing all humanity!

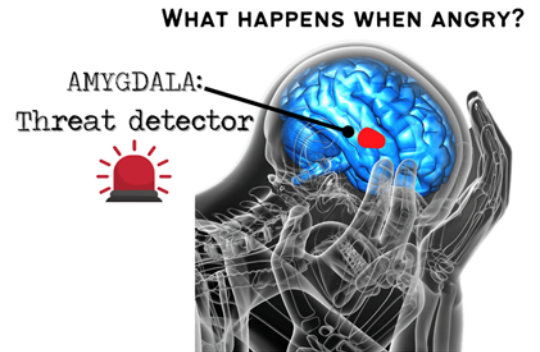




Before observing God's anger, let's begin to put the science of human anger in perspective:

**What happens when angry? *The Brain When You're Angry, Neuro Champions***

- What exactly is happening in our brains when we're angry? A lot of what happens has to do with our amygdala, a small almond shaped structure in the center of our brain. The amygdala is known as our threat detector and it's responsible for sending out an alarm through our brain and body when it thinks we're in danger, giving us the chance to protect ourselves. The amygdala coordinates the release of the neurotransmitter catecholamine, which causes a burst of energy at the same time our fight or flight response is triggered. This causes our body to flood with the hormones adrenaline and noradrenaline. Our heart rate increases, our attention focuses, our breathing gets quicker, and our digestion stops to save energy. Our blood flow increases throughout our body, getting our muscles ready for action. The increased blood flow also reaches our faces, which might get a bit flushed, which is why people get described as being red with anger. Being in this state means that our body is prepared for flight.*



All these things happen inside our body, physiologically, without us being aware.



I completely understand that physical reaction she just described in the audio clip. Whenever I hear the slightest inkling of animal abuse, an immediate, involuntary and visceral reaction occurs in my body. My face gets hot and red, I start sweating and my stomach lurches. I can't help it. My mind immediately starts thinking of all the bad things I want to happen to the person responsible. If something pops up on TV, I stick my fingers in my ears and sing La, La, La... until my husband can grab the remote and turn it down. True story - this is called the "suspension of disbelief." My husband has to listen to the story and sweetly rewrites it for me. He tells me that the actress, Angelina Jolie, swoops down to grab the injured cat, dog, duck or horse to live out its life safely on her island. I know this is not true, but I have to focus on this happy ending or I will be up all night angry and crying for days.

This is such a dramatic experience. Anger changes us, and sometimes, like Julie said, the change is uncontrollable. As Christians what do we do about that? How do we manage it?

(Source: *In Your Anger Do Not Sin: The Propriety of Anger in Christian Response*, Jacob M. Reich) When either God's holiness or His love is threatened by sin and evil, God becomes angry. Interestingly, the Old Testament has 455 places where anger is listed; of that total, 375 specifically refers to God experiencing anger. All these occurrences of anger were God's responses to threats to His holiness and love. But since God is a holy and righteous God, His anger is never sinful, but is a righteous anger.



We should look at God's righteous anger with respect. We cannot transfer our human reactions to God's anger. That is what mythology was all about, making gods in their own image.

**Before looking at God's anger, let's observe His motivation:**

Ezekiel 33:11: (NASB) *Say to them, As I live! declares the Lord GOD, I take no pleasure in the death of the wicked, but rather that the wicked turn from his way and live. Turn back, turn back from your evil ways! Why then will you die, O house of Israel?*

God was pleading with Israel to *turn back from this evil*. God says He takes pleasure in life, not death. This is important; God's motivation is towards life.

How do we learn from, and therefore avoid, being the subject of God's anger? Being the subject of God's anger never ends well. There are always consequences. There are several steps to this:



**Recognize that His anger is focused against sin and that His favor waits for us to come back to Him:**

Psalms 85:4-7: (NASB) *<sup>4</sup>Restore us, O God of our salvation, and cause Your indignation toward us to cease. <sup>5</sup>Will You be **angry <599>** with us forever? Will You prolong Your **anger <639>** to all generations? <sup>6</sup>Will You not Yourself revive us again, that Your people may rejoice in You? <sup>7</sup>Show us Your lovingkindness, O LORD, and grant us Your salvation.*

*Restore us, O God - We have to place ourselves in a position where restoration is possible - that is called repentance.*

**Repentance means unlearning all the self-conceit and self-will that we have been training ourselves into. — C.S. Lewis**

God is angry, but He is the *God of our salvation*. Why is He angry? He is angry at sin. He is waiting for us to repent.



**Recognize that God's anger is often provoked by man's rejection of His grace and deliverance:**

Hebrews 3:7-14: (NASB) *<sup>7</sup>Therefore, just as the holy spirit says, Today if you hear his voice, <sup>8</sup>do not harden your hearts as when they provoked me, as in the day of trial in the wilderness, <sup>9</sup>where your fathers tried me by testing me, and saw my works for forty years. <sup>10</sup>Therefore I was angry with this generation, and said, They always go astray in their heart, and they did not know my ways; <sup>11</sup>as I swore in my **wrath <3709>**, They shall not enter my rest.*

The Apostle Paul is quoting what happened in the Old Testament after Israel was rescued from Egyptian slavery. They rejected God even on the heels of being delivered! God's anger is provoked by our rejection of His grace and deliverance.



**Learn from the experiences of others. Appreciate God's deliverance to us given through Jesus:**

*<sup>12</sup>Take care, brethren, that there not be in any one of you an evil, unbelieving heart that falls away from the living God.*

The Hebrews here had that *evil, unbelieving heart*. We know the story of that generation, those adults who were released from slavery, who did not make it



through those forty years to enter into the promised land. That was their consequence for rejecting God's deliverance.



**Be proactive in learning and passing on the lessons of God's purposeful anger. Stay focused on what we have learned and work at holding fast to our calling:**

*<sup>13</sup>But encourage one another day after day, as long as it is still called Today, so that none of you will be hardened by the deceitfulness of sin. <sup>14</sup>For we have become partakers of Christ, if we hold fast the beginning of our assurance firm until the end.*

*We have become partakers of Christ, IF we hold fast...until the end. We are to be proactive, learn and pass on the lessons. God's anger is there to teach, not to beat anyone down. Because His plan includes all of mankind, that teaching will provide valuable lessons for everyone in the future.*



**Know with certainty that God's anger is a tool of His redemptive plan:**

*2 Peter 3:9: (YLT) The Lord is not slow in regard to the promise, as certain count slowness, but is long-suffering to us, not counselling any to be lost but all to pass on to reformation.*

*God is not slow in regard to the promise. He is long-suffering because His plan allows for none to be lost, but all to pass on to reformation. Everyone is given an opportunity to learn and live in the resurrection.*



**Realize that the anger of God has specific seasons in which it is necessary, and these seasons ultimately lead to eternal peace and unity:**

*Zephaniah 3:8-9: (NASB) <sup>8</sup>Therefore wait for Me, declares the LORD, For the day when I rise up as a witness. Indeed, My decision is to gather nations, to assemble kingdoms, to pour out on them My indignation, all My burning **anger <639>**; for all the earth will be devoured by the fire of My zeal.*

That sounds powerful, mean and completely destructive. Are we talking about God's anger being reconstructive and positive? How can this be? Then we read verse 9...

*<sup>9</sup>For then I will give to the peoples purified lips, that all of them may call on the name of the LORD, to serve Him shoulder to shoulder.*

Verse 9 is the other side of the story. It is the reason for His anger. He is not physically destroying the people, as they could not have *purified lips* if they are burned up! We see throughout the Bible that God's anger has a restorative, redemptive and positive purpose.

It is hard to wait on the LORD. Sometimes good things happen to bad people, and we have to trust that He knows the best way to handle whatever is causing our righteous anger. Sometimes we get angry and frustrated because we have lost a loved one too soon in death. That anger is to be expected. Sometimes we are angry and scared because we get a medical diagnosis that is going to turn our lives upside down. When put in the right context, these strong emotions can fuel us to not to give in, but to fight and push towards healing.





IS MY ANGER PRODUCTIVE OR ALARMING?

GOD'S ANGER IS AN EXAMPLE OF ANGER WITH POSITIVE PURPOSE. ANGER WITH RIGHTEOUSNESS AND GOD'S WILL AS ITS DRIVER CAN BE A TOOL OF HEALING.

IS MY ANGER SUCH A TOOL, OR IS IT RECKLESS EMOTIONS THAT BRING DESTRUCTIVE TIDAL WAVES OF SENSELESS AND GODLESS THOUGHTS AND ACTIONS?

Anger comes in stages. When left unchecked, it can easily become vindictive against someone else. This is a huge warning sign that we have gone too far. Are we about to take some action, like evil speak or neglect a commitment out of anger toward someone? If so, we may develop a vindictive spirit and further damage our characters. When we are vindictive, we are discarding the grace of God because we are the ones taking control. Removing God's grace from our mind and focus is idolatry because now we are seeing everything through the lens of "self" and not godly righteousness.

It is such a relief to have God's anger in context. We can now use it as an inspirational teaching tool for our own emotions.

When focusing on assessing our own anger, we need a template. What did Jesus' anger look like?

The Bible says Jesus was tested in all areas of life, just as we are. That means he was tested in relation to the processing of his own human anger. This is a relief, as we can observe his responses to the things that provoked him to anger and use them as a guide to help us as we overhaul our own human anger.



Before we get to looking at Jesus' template for anger, let's review a few Old Testament observations regarding anger:

Proverbs 14:29: (NASB) *He who is slow to anger has great understanding, but he who is quick-tempered exalts folly.*

We are not suggesting we should never be angry again. This says *he who is slow to anger*, not "he who does not get angry at all." Anger is still a part of us, but this is not an excuse to just be angry.



If picturing your anger as a speed limit does not appeal to you, consider rating your anger in the moment on a scale of one to 10. This helps redirect your brain from an emotional response to a logical response. It can help you determine if there is real cause for your anger or if you are overreacting. If your rage is a six or higher, walk away so it does not turn into a nine. (Suggestion from Stephen Dansiger, *Mindfulness for Anger Management*)



Ecclesiastes 7:9: (NASB) *Do not be eager in your heart to be angry, for anger resides in the bosom of fools.*

The personal question here is:

Does anger live  
in your heart?

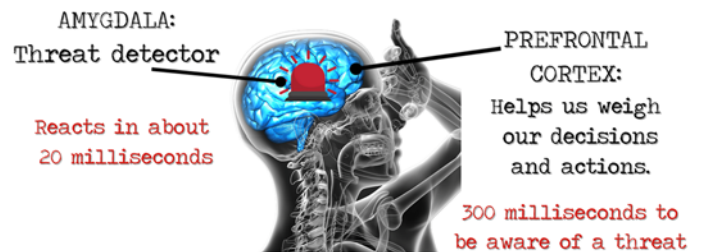


Or does it just  
visit periodically?

Chronic anger, an anger “frequent flyer,” may be a sign this emotion is hiding something else like fear, sadness, feeling out of control, resentment and even depression. It could be a symptom - not a cause. It is usually a reaction, a response to something else.

 How the brain reacts, *The Brain When You're Angry, Neuro Champions*

- *Have you ever struggled to remember what was said during a really explosive argument? The high level of arousal makes it difficult for new memory to be formed because our ability to concentrate is significantly decreased. As a threat detector, the amygdala works so fast that an alarm is sent out and we start to physically react before our prefrontal cortex - the part of the brain responsible for helping us weigh up our decisions and actions - can even recognize that there's a threat. It takes us about 300 milliseconds to be aware of a threat, but our amygdala will react to the same threat in about 20 milliseconds. Our brains work so that we can react to something quickly, but this means we don't really have time to think about the consequences. This might be why when you lose at your video game, you throw your remote across the room in anger regardless of what it might hit or break; the amygdala is overriding the prefrontal cortex.*



We have a physiological response that can really wreak havoc. We have to be aware so that we can control our anger.



I get angry when God is misrepresented by other Christians. Justice, wisdom, power and love are often under assault by those who should know better. That's the reason we started Christian Questions, so that God's word could define itself with a clear, harmonious plan for all mankind. The Good News has been forgotten by many. People often look at God through tradition and Dark-Age teachings. Often God is looked at as having evil intentions because they believe He has created a place of torment for three quarters of the human family. This means they think God failed His creation. Nothing could be further from the truth, since Jesus died for all. I want to stand up for God but in a Christlike way, not allowing my emotion to overpower me. Unfortunately, I have failed a few times - I'm still working on it.



When someone misrepresents something that moves us so much, we might shake on the inside, but we need to create a godly response to these triggers for even righteous anger.

**The brain's physiological responses show us that anger can easily get out of control:**

Ephesians 4:26: (NASB) *Be **angry <3710>**, and yet do not sin; do not let the sun go down on your **anger <3950>**.*

This second word for anger in this verse is a different Greek word:

**Anger:** Strong's Exhaustive Concordance #3950 *parorgismos*; rage

Thayer's Greek-English Lexicon: indignation, wrath, exasperation

This assures us just having an angry emotion is not sinful. Festering, persistent and chronic anger - and all it spider cracks out to be - is where we have a problem.



Here all this time I thought if I just don't go to bed angry, I am fine - which is hard enough - but now I can't even be exasperated? This standard is so high! I need to work even harder at giving the situation upsetting me over to my heavenly Father before my head hits the pillow!

Because anger is such a big emotion, we need to have a very high standard. We are not going to get to that standard overnight, and many of us may not get there in this lifetime! What matters is that we crawl forward, working at not only not going to bed angry but not even exasperated. It is hard to do but not impossible. We want to work towards this goal.



Lately when I get angry, I immediately stop and begin to pray. LORD, please help me see where I am wrong in the situation, please help me calm down, please help me to figure out how to calm this situation. This is one way to pull back that speed limit by getting to God immediately.

This is a good introduction to what Jesus showed us to do. When we stop and pray to ask, *where am I wrong?* it puts us in a better mindset rather than being angry at someone else.

**What did Jesus teach and do regarding anger? First, his words:**

Matthew 5:43-45: (NASB) <sup>43</sup>*You have heard that it was said, You shall love your neighbor and hate your enemy.* <sup>44</sup>*But I say to you, love your enemies and pray for those who persecute you,* <sup>45</sup>*so that you may be sons of your Father who is in heaven; for He causes His sun to rise on the evil and the good, and sends rain on the righteous and the unrighteous.*

Good things happen to bad people. God sends the rain and the sun to both the unrighteous and the righteous. *Love your enemies and pray for those who persecute you* - pray for God's grace to be shown to them, and for them to see something bigger and better. Loving our enemy is not a preference; it is a responsibility. Love those who would see us hurt or embarrassed because God allows blessings to them as well.



### Learning Anger Management from Jesus:

We often tell our children to “use your words” when they are angry. We as Christian adults should learn to “use his words” when WE are angry! Jesus is our model. WHAT would he say? HOW would he say it? WHY would Jesus say it? This takes a lot of introspection.

Prolonged anger seems like more trouble than it is worth if we have to keep autopsying it to keep checking on what is really going on!



Check out our CQ Kids videos:  
**DID JESUS EVER GET ANGRY?**  
[christianquestions.com/youtube](http://christianquestions.com/youtube)

Jesus did get angry several times.

### For example, the clearing of the Temple at Passover time:

John 2:13-17: (KJV) <sup>13</sup>...Jesus went up to Jerusalem <sup>14</sup>and found in the temple those that sold oxen and sheep and doves, and the changers of money sitting: <sup>15</sup>And when he had made a scourge of small cords, he drove them all out of the temple, and the sheep, and the oxen; and poured out the changers' money, and overthrew the tables; <sup>16</sup>and said unto them that sold doves, Take these things hence; make not my Father's house an house of merchandise. <sup>17</sup>And his disciples remembered that it was written, The zeal of thine house hath eaten me up.

The problem was not the selling of the animals for sacrifice. It was that the money changers had evil intentions. The millions of Jews coming to Passover each year needed sacrifices to present to God. The selling took place outside the Temple proper, called the outer courts. Temple tax was charged in Roman currency, the Tyrian shekel, which had to be bought at a high premium. Jesus in Matthew 21:13 called the sellers robbers. They were stealing from the people for excessive profit. Jesus drove them out because they were thieves. There was a righteous reason behind his anger here.

What did Jesus do about the abuses being perpetrated in the Temple?

- Jesus did not seek to do harm.
- He did seek to stop the extortion. This was a surgical attack on the wrongdoing.
- Jesus drove out the animals - they could be easily recovered.
- He did not set the doves loose as they would not be easily recovered. They were needed by the poor who could only afford to buy doves for their sacrifices.

Jesus did this with surgical accuracy - he was never out of control. He had a scourge, a whip of small cords, which he used to scatter the animals and the people, but he was deeply in control over his actions because he had a clear objective.



### Learning Anger Management from Jesus:

When action is necessary to restore order, be sure to only restore the order that needs restoring without causing vengeful and unnecessary damage or loss. Is this what we are doing with our anger?

Jesus restored the order by turning over the tables, letting them fight over their money. He did not make anything unrecoverable. He just stopped the wrong. Is this the way I handle my anger, or do I want to do one last thing to let them know how I really feel?

What about us? How do we go about changing our angry reactions to appropriate and godly responses? Colossians 3 gives us seven practical personal purification steps that can be applied to anger.



### Focus on **GODLINESS THROUGH CHRIST** rather than earthly things:

Colossians 3:2-4: (NASB) <sup>2</sup>Set your mind on the things above, not on the things that are on earth. <sup>3</sup>For you have died and your life is hidden with Christ in God. <sup>4</sup>When Christ, who is our life, is revealed, then you also will be revealed with him in glory.

Look UP!

Anger Management  
**APPLICATION**




### QUESTION your anger:

Genesis 4:6-7: (NASB) <sup>6</sup>Then the LORD said to Cain, Why are you **angry <2734>**? And why has your countenance fallen? <sup>7</sup>If you do well, will not your countenance be lifted up?...

**Anger:** Strong's Exhaustive Concordance #2734 *charah*; to glow or grow warm; figuratively (usually) to blaze up, of anger, zeal, jealousy

Do not just accept anger - question it. WHY are we angry?

Again, anger is often a secondary emotion. Cain was jealous. It might be as simple as we are hungry, tired or feeling defensive.



**IS MY ANGER PRODUCTIVE OR ALARMING? WHAT KIND OF SEEDS DOES MY ANGER PLANT?**

FOR HUMAN ANGER TO HAVE ANY CHANCE OF BEARING THE FRUIT OF RIGHTEOUSNESS, IT MUST BE EXPRESSED WITHIN THE GUARDRAILS OF GODLY RESTRAINT. EVEN THOUGH JESUS' APPROPRIATELY-EXPRESSED ANGER DID NOT ALWAYS CHANGE MINDS, IT ALWAYS PLANTED KINGDOM SEEDS OF REPENTANCE FOR THOSE WHO WERE WRONG.

How about when we spout off on social media? Are we jealous? Feeling superior? Hiding behind anonymity to feel powerful and feed our cause? We need to question our own motivation and anger.

Jesus' anger always planted positive seeds because it pointed to something righteous. Does my anger do that? Looking at how Jesus handled his own righteous anger is a major step in our ability to deal with unrighteous acts.



## What is the bottom line? How can I transform my anger from a destructive force to a positive force?

If we truly are the Christians we claim to be, then transformation should be written all over every aspect of our lives. Our personal anger belongs right in the middle of this transformation work. If we are diligent to read, absorb and follow the Scriptures, we absolutely can rein in the destructive influences of our anger. It is possible, but we do have to work at it.

### How to physically control it, *The Brain When You're Angry, Neuro Champions*

- However, we do have control over this instinctive response. Something as simple as chewing gum can activate our parasympathetic nervous system. This is the opposite of our fight-or-flight response. It's our rest-and-digest response. By chewing gum, the body is forced to prepare for digestion, which you would not do in the fight-or-flight response. Actively controlling our breathing also activates our parasympathetic nervous system. It decreases our heart rate, lowers blood pressure and slows breathing. Breathe in through your nose for four seconds and then breathe out through your mouth for six seconds. So, remember the amygdala is our brain threat detector. The amygdala reacts quicker to threats than our prefrontal cortex, and when we're angry it can be hard to remember what we said.*

#### WE DO HAVE CONTROL OVER THIS INSTINCTIVE RESPONSE:



Actively controlling our breathing also activates our parasympathetic nervous system.



It decreases our heart rate, lowers blood pressure and slows breathing.

Deep breathing and chewing gum are practical ways of calming down and looking objectively at the issue.

Rick, we have seen you angry, although it is rare because you are generally positive and upbeat. What makes you angry?



I get angry when someone is publicly demeaned with injustice or cruelty. I have a hard time handling that. Here is an example. Someone close to me, who I know very well, was having a tragically bad time in their life. We were working to encourage and stand by them. Another couple we know wanted to help too. We all got together and had a cup of coffee at a McDonald's. The husband of this other couple did not know the whole story and began to claim a perspective that thoroughly belittled and humiliated this individual going through such a difficult time. I was listening thinking this was not right, accurate or factual. I told the husband there was more to the story than he knew and to stop. But he didn't stop; he just kept going and it kept getting worse. The demeaning and the insults were getting bigger. I said out loud, *Enough already!* At this point, my wife left to get coffee, seeing things were not going well.

I am a little man, and this guy was about twice my size, but he just didn't stop. The insults, the belittling, the integrity-shredding he was doing was too much for me, so I got up, walked up to him and stood literally right in front of his

face, about 4 inches away, and lectured him: "How dare you speak out of such ignorance; you were not there, I was. I know what happened. Did you know this...? No? Then why do you speak? I have been telling you to stop. Do not say another word about this person because you are misrepresenting him. I have had enough!"

He apologized. I was sorry it had to get to that point, but I didn't know how else to stop it. He was saying it out loud in a public place, and I had had enough. Even telling the story, I can feel it welling up in me because this person in distress did not at all deserve what they were getting.

These seven steps in Colossians 3 are overall about purifying ourselves to be more spiritually-minded. We are applying each step to anger.



**Consider yourself dead to your SINFUL DESIRES:**

**Colossians 3:5-7:** (NASB) <sup>5</sup>Therefore consider the members of your earthly body as dead to immorality, impurity, passion, evil desire, and greed, which amounts to idolatry. <sup>6</sup>For it is because of these things that the **wrath <3709>** of God will come upon the sons of disobedience, <sup>7</sup>and in them you also once walked, when you were living in them.



**DECIDE to leave any form of retaliation in God's hands:**

**Romans 12:17,19:** (NASB) <sup>17</sup>Never pay back evil for evil to anyone... <sup>19</sup>Never take your own **revenge <1556>**, beloved, but leave room for the **wrath <3709>** of God, for it is written, *Vengeance is Mine, I will repay, says the Lord.*



**Revenge:** Strong's Exhaustive Concordance #1556 *ekdikeo*; to vindicate, retaliate, punish

As much as I might want to take revenge on those who hurt animals, this next stage of anger isn't available to me. I must mentally do better.

This is an important way of looking at this - this next stage of revenge is NOT available to us. Why? Because the Scriptures say, *Never take your own revenge...leave room for the wrath of God.* He knows how to apply appropriate vengeance and consequence that will eventually teach and change. We must let it be.



**Consider yourself dead in your BROKEN REACTIONS:**

**Colossians 3:8-9:** (NASB) <sup>8</sup>But now you also, put them all aside: **anger <3709>**, **wrath <2372>**, malice, slander, and abusive speech from your mouth. <sup>9</sup>Do not lie to one another, since you laid aside the old self with its evil practices.

**Wrath:** Thayer's Greek-English Lexicon: 1) passion, angry, heat, anger forthwith boiling up and soon subsiding again, 2) glow, ardour, the wine of passion, inflaming wine (which either drives the drinker mad or kills him with its strength)



(Reference: <https://www.sciencefocus.com/the-human-body/why-social-media-makes-us-so-angry-and-what-you-can-do-about-it/>)

- “Righteous” outrage has become the defining emotion of our society.
- Anyone with a smartphone has the power to anonymously and safely bully, hurl abuse, humiliate and belittle.
- Our own bias gears us towards accepting news and stories that appeal to our own opinion. Algorithms from social media companies keep feeding that bubble, contributing to extremism and polarization.



The online tone of some professing to be Christians is at times alarming and quite sad. “Righteous” outrage is often emotional, falsely righteous outrage.



**PAUSE and RECALL** past broken reactions:

Acts 26:11: (NASB) *And as I punished them often in all the synagogues, I tried to force them to blaspheme; and being **furiously enraged** <1693> at them, I kept pursuing them even to foreign cities.*

**Furiously enraged:** Strong’s Exhaustive Concordance #1693, *emmainomai*; to rave on, i.e. rage at: - be mad against

The Apostle Paul is talking about his previous life before his conversion to Christianity when he was known as Saul, persecuting Christians to their death. He was an angry man, out of control going in the wrong direction.

We appreciate how honest he is with us about what he did. No excuses, no justifications, just: *these are the awful, shameful things I did. Learn from me.*

Pause and recall. Compare ourselves to Paul’s good example. Remind ourselves how we can do better the next time.



Replace what you are dead to with **RENEWAL** in Christ. Nature abhors a vacuum - we have to fill that space with something positive:

Colossians 3:10-11: (NASB) *<sup>10</sup>And have put on the new self who is being renewed to a true knowledge according to the image of the One who created him—<sup>11</sup>a renewal in which there is no distinction between Greek and Jew, circumcised and uncircumcised, barbarian, Scythian, slave and freeman, but Christ is all, and in all.*

*Put on the new self* - there is no room for the “new” self if the old self is all happy and full of itself! Put the old self away.



**UNDERSTAND** that renewal is a process. Be dedicated to it:

Titus 1:7: (NASB) *For the overseer must be above reproach as God's steward, not self-willed, not quick-tempered <3711>, not addicted to wine, not pugnacious (eager or quick to argue, quarrel or fight), not fond of sordid gain.*

Quick-tempered: Strong's Exhaustive Concordance #3711 *orgilos*

Thayer's Green-English Lexicon: prone to anger, irascible

In other words, having the tendency to be easily angered. Having a short fuse. Testy. Thin-skinned, touchy, crotchety, people have to walk on eggshells around you. Overly sensitive to offenses or criticism. Does this ever sound like us?

Every minister of Christ is not perfect in all these things, but they need to be growing in that development. We should be dedicated to this renewal process.



**As you do better,**



set the quickness of your temper on a longer timer. Get angry not nearly as much until finally you can just smile instead of being irritated.



**Replace your SINFUL DESIRES with a Christlike heart:**

Colossians 3:12-13: (NASB) *<sup>12</sup>So, as those who have been chosen of God, holy and beloved, put on a heart of compassion, kindness, humility, gentleness and patience; <sup>13</sup>bearing with one another, and forgiving each other, whoever has a complaint against anyone; just as the Lord forgave you, so also should you.*

There is not a lot of room for anger or anything negative if our hearts are full as described.



**REALIZE** that simple irritability can blind you to true godliness:

John 7:23: (NASB) *If a man receives circumcision on the Sabbath so that the Law of Moses will not be broken, are you angry <5520> with me because I made an entire man well on the Sabbath?*

Angry: Strong's Exhaustive Concordance #5520 *cholao*; from #5521; to be bilious, i.e. (by implication) irritable (enraged, "choleric")

This word means to be spiteful or irritable. In other words, Jesus is saying: *I just healed him, and you are going to be irritated with me?* The Pharisees were blinded to the goodness of the miracle because they were irritable at Jesus telling them they were doing wrong. Irritability can be a blinding factor in our Christian walk. We of all people have everything to be joyful about





because we know the plan of God and walk by His grace through His son. We have to recognize when we get irritable and do what we can to turn it around.

**Get mad, then get over it. – Colin Powell**

Easy to memorize - hard to apply!



Replace your **BROKEN REACTIONS** with love and peace - fill the void:

Colossians 3:14-15: (NASB) <sup>14</sup>*Beyond all these things put on love, which is the perfect bond of unity.* <sup>15</sup>*Let the peace of Christ rule in your hearts, to which indeed you were called in one body; and be thankful.*

This is *agape* love - the selfless kind of love that is not expecting anything in return. This process brings us to this special kind of love that goes beyond our natural human reactions.



**SEEK OUT** godly responses when anger begins to swell:

James 1:19-20, 22: (NASB) <sup>19</sup>*...But everyone must be quick to hear, slow to speak and slow to **anger <3709>**;* <sup>20</sup>*for the **anger <3709>** of man does not achieve the righteousness of God.* <sup>22</sup>*But prove yourselves doers of the word, and not merely hearers who delude themselves.*



*The anger of man does not achieve the righteousness of God - this is good to memorize!*

The anger we feel is most likely *the anger of man*, so face it, focus and develop what is necessary to replace this anger.



Allow **CHRIST'S WORD** to dwell in you and **MIRROR JESUS:**

Colossians 3:16-17: (NASB) <sup>16</sup>*Let the word of Christ richly dwell within you, with all wisdom teaching and admonishing one another with psalms and hymns and spiritual songs, singing with thankfulness in your hearts to God.* <sup>17</sup>*Whatever you do in word or deed, do all in the name of the Lord Jesus, giving thanks through him to God the Father.*

This is not just an emotional encouragement, singing hymns together. This comes at the end of all the Christian growth of the church at Colossae. It is the epitome of what we have become. We reach this stage in the process by maturity, not emotion.



**CHOOSE** the leadings of God's spirit over those of your own spirit:

Ephesians 4:30-32: (NASB) <sup>30</sup>*Do not grieve the holy spirit of God, by whom you were sealed for the day of redemption.* <sup>31</sup>*Let all bitterness and **wrath <2372>** and **anger <3709>** and clamor and slander be put away from you, along with all malice.* <sup>32</sup>*Be kind to one another, tender-hearted, forgiving each other, just as God in Christ also has forgiven you.*



*Wrath* <2372> here is that “bad wrath” word - an outburst of rage.

We want to choose the leadings of God’s spirit over our own. We may have an anger problem, but it is not an excuse. It needs to be dealt with in a Christ-like way. For those with a big problem with anger, we encourage you to seek professional help. It is always appropriate to seek help through counseling so that we can be God-honoring.



IS MY ANGER  
PRODUCTIVE OR  
ALARMING?

ANGER IN ITS APPROPRIATE PLACE AND PRESENTED WITH GODLY PRINCIPLES AND ATTITUDE IS A TOOL OF RIGHTEOUSNESS. HUMAN ANGER IS NOT NATURALLY THIS WAY.

LET US DECIDE TODAY TO EMBARK ON THE JOURNEY OF DERAILING OUR ALARMING ANGER AND REPLACE IT WITH WISE AND PASSIONATE RESPONSES THAT WILL ONLY GLORIFY GOD.

I am a Christian and I am angry! What now?

Pause, consider, take a breath, look at the Scriptures, get some help so that as you go through life, you can realize you are angry. Likely that anger is not righteous indignation. This may be a difficult point to get to.

We see from the example of Jesus how he never did anything to hurt anybody, but he did stop the evil. We first need to learn how to control ourselves. Follow the Scriptures, work together, strive to reach the higher standards of God’s righteousness because God’s anger is always productive. Is ours?

*So, I’m a Christian and I’m angry! What now?  
For Jonathan, Rick, Julie and Christian Questions...  
Think about it...!*

All quoted scriptures are from the 1995 version of NASB unless otherwise indicated.



Join us next week for our podcast on May 23, 2022  
Ep. 1230: Why Would God Bless Two Immoral Women?



## Bonus Material and Study Questions

### Another example of Jesus being angry with positive anger (excerpt only):

**Matthew 23:13-15:** (KJV) <sup>13</sup>But woe unto you, scribes and Pharisees, hypocrites! For ye shut up the kingdom of heaven against men: for ye neither go in yourselves, neither suffer ye them that are entering to go in. <sup>14</sup>Woe unto you, scribes and Pharisees, hypocrites! For ye devour widows' houses, and for a pretence make long prayer: therefore ye shall receive the greater damnation. <sup>15</sup>Woe unto you, scribes and Pharisees, hypocrites! For ye compass sea and land to make one proselyte, and when he is made, ye make him twofold more the child of hell than yourselves.

What made Jesus angry? His love for God, his love for righteousness and his love for those who were hurting themselves in their own hypocrisy and unrighteousness. Looking closely, we can see he did not publicly call out any individual, but he did call out the entire class of Pharisees.



### Righteous anger is always focused on helping and never on venting:

**Ephesians 4:25-32:** (NASB) <sup>25</sup>Therefore, laying aside falsehood, speak truth each one of you with his neighbor, for we are members of one another. <sup>26</sup>Be angry, and yet do not sin; do not let the sun go down on your anger, <sup>27</sup>and do not give the devil an opportunity.

### Do I speak truth or exaggeration? Is my anger positive to build up or devilish and full of ego?

<sup>28</sup>He who steals must steal no longer; but rather he must labor, performing with his own hands what is good, so that he will have something to share with one who has need. <sup>29</sup>Let no unwholesome word proceed from your mouth, but only such a word as is good for edification according to the need of the moment, so that it will give grace to those who hear.

### Am I personally responsible for me? Do my words reflect Jesus or sin?

<sup>30</sup>Do not grieve the holy spirit of God, by whom you were sealed for the day of redemption. <sup>31</sup>Let all bitterness and wrath and **anger <3709>** and clamor and slander be put away from you, along with all malice. <sup>32</sup>Be kind to one another, tender-hearted, forgiving each other, just as God in Christ also has forgiven you.

### Who is honored by my behavior? Is God's power in me being REFLECTED or REJECTED?

#### All uses of *wrath* in the New Testament:

**Wrath:** Strong's Exhaustive Concordance #2372 *thumos*; passion (as if breathing hard)

The King James Version translates this word into English as fierceness, indignation, wrath

Thayer's Green-English Lexicon: 1) passion, angry, heat, anger forthwith boiling up and soon subsiding again 2) glow, ardour, the wine of passion, inflaming wine (which either drives the drinker mad or kills him with its strength)

**Luke 4:28:** (KJV) *And all they in the synagogue, when they heard these things, were filled with **wrath <2372>**.*

**Acts 19:28:** (KJV) *And when they heard these sayings, they were full of **wrath <2372>**, and cried out, saying, Great is Diana of the Ephesians.*

**Romans 2:8:** (KJV) *But unto them that are contentious, and do not obey the truth, but obey unrighteousness, **indignation <2372>** and **wrath <3709>**.*



2 Corinthians 12:20: (KJV) *For I fear, lest, when I come, I shall not find you such as I would, and that I shall be found unto you such as ye would not: lest there be debates, envyings, **wraths <2372>**, strifes, backbitings, whisperings, swellings, tumults.*

Galatians 5:20: (KJV) *Idolatry, witchcraft, hatred, variance, emulations, **wrath <2372>**, strife, seditions, heresies.*

Ephesians 4:31: (KJV) *Let all bitterness, and **wrath <2372>**, and anger, and clamour, and evil speaking, be put away from you, with all malice.*

Colossians 3:8: (KJV) *But now ye also put off all these; anger, **wrath <2372>**, malice, blasphemy, filthy communication out of your mouth.*

Hebrews 11:27: (KJV) *By faith he forsook Egypt, not fearing the **wrath <2372>** of the king: for he endured, as seeing him who is invisible.*

Revelation 12:12: (KJV) *Therefore rejoice, ye heavens, and ye that dwell in them. Woe to the inhabitants of the earth and of the sea! for the devil is come down unto you, having great **wrath <2372>**, because he knoweth that he hath but a short time.*

Revelation 14:8: (KJV) *And there followed another angel, saying, Babylon is fallen, is fallen, that great city, because she made all nations drink of the wine of the **wrath <2372>** of her fornication.*

Revelation 14:10: (KJV) *The same shall drink of the wine of the **wrath <2372>** of God, which is poured out without mixture into the cup of his indignation; and he shall be tormented with fire and brimstone in the presence of the holy angels, and in the presence of the Lamb:*

Revelation 14:19: (KJV) *And the angel thrust in his sickle into the earth, and gathered the vine of the earth, and cast it into the great winepress of the **wrath <2372>** of God.*

Revelation 15:1: (KJV) *And I saw another sign in heaven, great and marvellous, seven angels having the seven last plagues; for in them is filled up the **wrath <2372>** of God.*

Revelation 15:7: (KJV) *And one of the four beasts gave unto the seven angels seven golden vials full of the **wrath <2372>** of God, who liveth for ever and ever.*

Revelation 16:1: (KJV) *And I heard a great voice out of the temple saying to the seven angels, Go your ways, and pour out the vials of the **wrath <2372>** of God upon the earth.*

Revelation 16:19: (KJV) *And the great city was divided into three parts, and the cities of the nations fell: and great Babylon came in remembrance before God, to give unto her the cup of the wine of the fierceness of his **wrath <3709>**.*

Revelation 18:3: (KJV) *For all nations have drunk of the wine of the **wrath <2372>** of her fornication, and the kings of the earth have committed fornication with her, and the merchants of the earth are waxed rich through the abundance of her delicacies.*

Revelation 19:15: (KJC) *And out of his mouth goeth a sharp sword, that with it he should smite the nations: and he shall rule them with a rod of iron: and he treadeth the winepress of the fierceness and **wrath <3709>** of Almighty God.*





**More partial quotes from the following article on anger:** (Source: [In Your Anger Do Not Sin: The Propriety of Anger in Christian Response](#), Jacob M. Reich)

When people experience anger, what has happened that they feel that emotion? Andrew D. Lester says anger arises when some outside force poses a threat to us, thereby sparking anxiety and raising an internal alarm that we need to respond to.

He describes three forms the threat could take. It could be a physical threat, such as illness, natural disaster, war, or anything that would harm our physical well-being. It could be a threat to our social self. God has created us with a need for love and to show love. Thus, the body interprets anything that disrupts that need for love as a threat. Finally, it could be a threat to our self-esteem. Lester splits this into two sub-threats: conscience and ideal self. The threat from conscience comes when we did or did not do something according to our values, which leaves us feeling guilty. The threat from ideal self comes when we are not living as we think we should be living. Once the threat has been internally determined, our bodies then produce a response to meet the threat. Lester describes the response as being three part in nature. There is a bodily response (increased blood pressure, adrenaline rush, etc.), a cognitive response (calculating the nature of the threat and determining alternative action), and an emotional response—of which anger is usually the second emotion people feel.

This last part might be surprising to people. When they later recall the event, the emotion they might remember more is their anger. The anger had been so strong in the moment that, even though the event had been long over, people still recalled how strong their anger was. But is anger the first emotion people feel in such a case, or is it something else? Timothy Smith believes anger is not the primary emotion. As he puts it, "Anger is a secondary emotion... Our anger is triggered when a primary emotion is not completely and properly resolved."

Anger, then, is the "response" emotion, one that flows out of another emotion that has not been settled. What, then, would be those emotions that trigger anger? Lester names fear as an initial emotion. Smith says fear is just one of three possible emotions people feel in such a circumstance. The other two are anxiety and emotional hurt/rejection. With all three emotions, it is necessary to "identify the experience," as Smith calls it. This means determining which emotion (fear, hurt, or anxiety) one is feeling and then confronting it appropriately. If this is not done, then anger will emerge and take over the body.

Concerning outward anger, which he calls explosive anger, he says, Explosive, angry behavior is never constructive. It not only hurts the person at whom it is directed, it destroys the self-esteem of the person who is out of control. No one can feel good about themselves when they think about what they have done. In the heat of such angry explosions, people say and do things they later regret. Undisciplined anger that expresses itself in verbal and physical explosions will ultimately destroy relationships.

Outward expression of anger can be extremely harmful. "Letting it out" has the potential to wreck even the best of dear, close relationships with others. If someone vents their anger out loud, they could possibly attack even their friends and family. This, then, creates a domino effect. When someone becomes angry, they could take it out on loved ones. After this, the loved ones could feel unsafe. Knowing their loved one has the ability to really lash out at them, it could become difficult for people to continue to trust them. If left unchecked, that explosive anger could dissolve the offender's relationship with those they care about.

## Christian Questions Weekly Newsletter

CQ Rewind Show Notes and Study Questions

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# Study QUESTIONS

## Ep.1229: I'm a Christian and I'm Angry, What Now?

<https://christianquestions.com/character/1229-angry/>

See:



1. What are three things that cause anger? Is anger typically the primary emotion in a situation? When can anger be positive? Describe techniques that might be used in "cognitive reappraisal."  
(See 1 Samuel 24:8, James 1:19)
2. What are some of the main differences in the expression of anger between the Old and New Testaments? How does the New Testament word for "wrath" (Strong's #2372) go a step beyond anger?  
(See 1 Samuel 24:8, 2 Samuel 12:5, Psalms 85:5, 106:39-40, Mark 3:4-5, Luke 15:27-28, Romans 1:18, 2:7-8, 2 Corinthians 12:20)
3. What is the motivation behind God's anger? (See Ezekiel 33:11)  
What is God's anger focused against? (See Psalms 85:4-7) How should we respond to this?  
What provokes God's anger? (See Hebrews 3:7-11) Of what should this make us aware?  
What is the warning here? What should be our proactive mission? (See Hebrews 3:12-14)  
What must we keep in mind about God's anger? (See 2 Peter 3:9)  
How does Zephaniah 3:8-9 illustrate the purpose of God's fierce anger?
4. What is a reasonable viewpoint towards our own anger? As Christians, should we ever get angry?  
What is a warning that we are too angry? What might the anger be hiding? What are some guidelines to manage and control anger? (See Proverbs 14:29, Ecclesiastes 7:9, Ephesians 4:26, Matthew 4:43-44)
5. What incidents caused Jesus' anger? How did he use his anger effectively to stop evil?
6. What simple steps can we use to calm down in a provoking situation? (See John 2:13-17, Matthew 21:13)
7. How can we transform our anger from a destructive force to a positive force? See Colossians 3:2-17  
Where should our focus be? (verses 2-4)  
What should we do when we feel anger? (Genesis 4:6-7)  
What should we avoid to not be in a position of covetousness leading to anger? (verses 5-7)  
Should we relieve our anger through revenge? Why? (Romans 12:17, 19)  
What are our "broken reactions"? Why are these dangerous to us and others? (verses 8-9)  
How does Paul help us with this application? (Acts 26:11)  
How does replacing our old reactions help us? (verses 10-11) How do we do this? (Titus 1:7)  
What kind of heart should we work on? (verses 12-13)  
How does irritability thwart our development? (John 7:23)  
What else will help our growth? (verses 14-15) What should our state of mind be? (verses 16-17)  
How do we achieve this? (Ephesians 4:30-32)
8. What are some previous times in your life when you have been angry? How have you responded?  
How might you respond differently in the future?