

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?