ANGER

Compiled by Lewis Armstrong

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Genesis 4:5-8

5 but He did not respect
Cain and his offering.
And Cain was very angry,
and his countenance fell.
6 So the LORD said to
Cain, "Why are you
angry? And why has your
countenance fallen? 7 If
you do well, will you not
be accepted? And if you
do not do well, sin lies at
the door. And its desire *is*
for you, but you should
rule over it."8 Now Cain
talked with Abel his
brother; and it came to
pass, when they were in
the field, that Cain rose up
against Abel his brother
and killed him.

Explain what the sin of anger lead to for Cain.

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1 Samuel 20:30-34

30 Then Saul's anger was
aroused against Jonathan,
and he said to him, "You
son of a perverse,
rebellious *woman!* Do I
not know that you have
chosen the son of Jesse to
your own shame and to
the shame of your
mother's nakedness?
31 For as long as the son of
Jesse lives on the earth,
you shall not be
established, nor your
kingdom. Now therefore,
send and bring him to me,
for he shall surely die."
32 And Jonathan answered
Saul his father, and said to
him, "Why should he be
killed? What has he
done?" 33 Then Saul cast a
spear at him to kill him,
by which Jonathan knew
that it was determined by
his father to kill David.
34 So Jonathan arose from
the table in fierce anger,
and ate no food the
second day of the month,
for he was grieved for
David, because his father
had treated him
shamefully.

What caused his anger?

Psalm 37:8-9

8 Cease from anger, and
forsake wrath; do not
fret—*it* only *causes* harm.
9 For evildoers shall be cut
off; But those who wait on
the LORD, They shall
inherit the earth.

Exactly what would cause us to not wait on the Lord?

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Proverbs 12:16

A fool's wrath is known
at once, but a prudent *man*
covers shame.

Why is anger so easily recognized?

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Proverbs 14:17

A quick-tempered *man*
acts foolishly, and a man
of wicked intentions is
hated.

Describe someone who you would characterize this way.

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Proverbs 14:29

He who is slow to wrath
has great understanding,
But *he who is* impulsive
exalts folly.

What is the virtue of slowly if at all becoming angry?

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

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Proverbs 15:18
A wrathful man stirs up strife, but *he who is* slow to anger allays contention.
How difficult is it to work with someone who is resentful?

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Proverbs 16:32
He who is slow to anger *is* better than the mighty, And he who rules his spirit than he who takes a city.
What are some rewards of being slow to anger?

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Proverbs 19:11
The discretion of a man makes him slow to anger, and his glory *is* to overlook a transgression.
What can a man slow to anger accomplish?

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Proverbs 19:19
A man of great wrath will suffer punishment; for if you rescue *him,* you will have to do it again.
How do we rescue someone?

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Proverbs 22:24
Make no friendship with an angry man, and with a furious man do not go,
Explain our relationship with an angry person.

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Proverbs 25:28
Whoever *has* no rule over his own spirit is *like* a city broken down, without walls**.**
Describe this situation.

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Proverbs 27:3
A stone *is* heavy and sand *is* weighty, but a fool's wrath *is* heavier than both of them.
How would this be such a burden for a person?

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Proverbs 29:8-9
[8] Scoffers set a city aflame, But wise *men* turn away wrath. [9] *If* a wise man contends with a foolish man, whether *the fool* rages or laughs, *there is* no peace.
What happens if a wise man tries to reason with a foolish man?

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Proverbs 29:11
A fool vents all his feelings, but a wise *man* holds them back.
Describe a situation where this is true

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Proverbs 29:22
An angry man stirs up strife, and a furious man abounds in transgression.
What would be the result in the church if we had such a person in our midst.

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Ecclesiastes 7:9
Do not hasten in your spirit to be angry, for anger rests in the bosom of fools.
Explain the danger of anger.

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Jonah 4:3-5

[3] Therefore now, O LORD, please take my life from me, for *it is* better for me to die than to live!" [4] Then the LORD said, "*Is it* right for you to be angry?" [5] So Jonah went out of the city and sat on the east side of the city. There he made himself a shelter and sat under it in the shade, till he might see what would become of the city.

How did God help Jonah deal with his anger?

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Matthew 5:22

But I say to you that whoever is angry with his brother without a cause] shall be in danger of the judgment. And whoever says to his brother, 'Raca!' shall be in danger of the council. But whoever says, 'You fool!' shall be in danger of hell fire.

What are the results of anger?

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Luke 4:26-28

[26] but to none of them was Elijah sent except to Zarephath, *in the region* of Sidon, to a woman *who was* a widow. [27] And many lepers were in Israel in the time of Elisha the prophet, and none of them was cleansed except Naaman the Syrian." [28] So all those in the synagogue, when they heard these things, were filled with wrath,

What caused the Jews to be angry?

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Acts 7:54-58

[54] When they heard these things they were cut to the heart, and they gnashed at him with *their* teeth. [55] But he, being full of the Holy Spirit, gazed into heaven and saw the glory of God, and Jesus standing at the right hand of God, [56] and said, "Look! I see the heavens opened and the Son of Man standing at the right hand of God!" [57] Then they cried out with a loud voice, stopped their ears, and ran at him with one accord; [58] and they cast *him* out of the city and stoned

What was causing their anger?

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Romans 2:5

But in accordance with your hardness and your impenitent heart you are treasuring up for yourself wrath in the day of wrath and revelation of the righteous judgment of God,

How precarious a situation is presented here?

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Romans 12:19
Beloved, do not avenge yourselves, but *rather* give place to wrath; for it is written, "Vengeance *is* Mine, I will repay," says the Lord.
What relief is presented hers?

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1 Corinthians 13:4-5
Love suffers long *and* is kind; love does not envy; love does not parade itself, is not puffed up;
5 does not behave rudely, does not seek its own, is not provoked, thinks no evil;
What does love help us deal with?

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Galatians 5:12
I could wish that those who trouble you would even cut themselves off!
Describe the type of people that will not enter heaven.

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Galatians 5:19-21
9 Now the works of the flesh are evident, which are: adultery, fornication, uncleanness, lewdness,
20 idolatry, sorcery, hatred, contentions, jealousies, outbursts of wrath, selfish ambitions, dissensions, heresies,
21 envy, murders, drunkenness, revelries, and the like; of which I tell you beforehand, just as I also told *you* in time past, that those who practice such things will not inherit the kingdom of God.
Describe the type of people that will not enter heaven.

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Ephesians 4:26-27
26 "Be angry, and do not sin": do not let the sun go down on your wrath,
27 nor give place to the devil.
What is the result for those who manifests outbursts of wrath

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Ephesians 4:31
Let all bitterness, wrath, anger, clamor, and evil speaking be put away from you, with all malice.
What can we do to put these away?

Ephesians 5:6
Let no one deceive you with empty words, for because of these things the wrath of God comes upon the sons of disobedience.
How do we handle this challenge?

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Philippians 2:14
Do all things without complaining and disputing,
How do we achieve the best possible results?

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Colossians 3:8
But now you yourselves are to put off all these: anger, wrath, malice, blasphemy, filthy language out of your mouth.
What is the best way to deal with these situations?

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1 Timothy 2:8
I desire therefore that the men pray everywhere, lifting up holy hands, without wrath and doubting;
How can one pray if these characteristics exist?

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Titus 1:7
For a bishop must be blameless, as a steward of God, not self-willed, not quick-tempered, not given to wine, not violent, not greedy for money,
Why is it critical that in the selection of elder that they demonstrate these traits?

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James 1:19-20
19 So then, my beloved brethren, let every man be swift to hear, slow to speak, slow to wrath;
20 for the wrath of man does not produce the righteousness of God.
How should we deal with the situations that come up in our daily lives?

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1 John 2:9
He who says he is in the light, and hates his brother, is in darkness until now. 10 He who loves his brother abides in the light, and there is no cause for stumbling in him.
11 But he who hates his brother is in darkness and walks in darkness, and does not know where he is going, because the darkness has blinded his eyes.
Compare and contrast the situation here?

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How does everyone controlling anger help a congregation grow and prosper?

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