

PBC Men's Ministry

Wednesday Night Study

June 9, 2010

We can handle anger biblically by not returning evil for good (Genesis 50:21; Romans 12:21). This is key to converting our anger into love. As our actions flow from our hearts, so also our hearts can be altered by our actions

Read Matthew 5:43-48. That is, we can change our feelings toward another by changing how we choose to act toward that person. This may be easier said than done, and it will take a lot of discipline to change the way you feel about a person who has hurt you or someone you know.

We can handle anger biblically by communicating to solve the problem. There are four basic rules of communication shared in Ephesians 4:15, 25-32: (Read the passages out loud)

- 1) Be honest and speak (Ephesians 4:15, 25). People cannot read our minds. We must speak the truth in love.
- 2) Stay current (Ephesians 4:26-27). We must not allow what is bothering us to build up until we lose control. Dealing with and sharing what is bothering us before it gets to that point is important.
- 3) Attack the problem, not the person (Ephesians 4:29, 31). Along this line, we must remember the importance of keeping the volume of our voices low (Proverbs 15:1).
- 4) Act, not react (Ephesians 4:31-32). Because of our fallen nature, our first impulse is often a sinful one (v. 31). The time spent in "counting to ten" should be used to reflect upon the godly way to respond (v. 32) and to remind ourselves how anger is to be used to solve problems and not create bigger ones.

Finally, we must act to solve our part of the problem (Acts 12:18). We cannot control how others act or respond, but we can make the changes that need to be made on our part. Overcoming a temper is not accomplished overnight. But through prayer, Bible study, and reliance upon God's Holy Spirit, ungodly anger can be overcome. Just as we may have allowed anger to become entrenched in our lives by habitual practice, we must also practice responding correctly until it becomes a habit itself.

(Discussion)

End the study in prayer and ask God to help direct and guide us through our times of anger and to try to implement the principles mentioned in this study.