

43 Controlling Anger

Chapter

Ephesians 4:26–27, James 1:19–20

Today's Lesson:



1. To understand that "being angry" is a negative form of anger and "righteous indignation" is a positive form of anger.
2. To understand that anger is an emotion that can be tolerated and controlled.

Open Your Heart



Medicine That Suppresses Anger

A married couple who had a serious fight went to have counseling with a psychiatrist. After hearing what had happened to the couple, the doctor brought out a large container filled with a yellow-colored medicine. Then he said, "If there is any situation where you get angry, take 3 spoonfuls of this medicine. However, you must keep it in your mouth for a full minute before swallowing; then you will see a great effect." So from then on, the couple took the medication every time they got angry, and surprisingly, after 3 minutes of taking it, their emotions calmed down. After time passed, they revisited the doctor because they were out of the yellow medication. Then the doctor gave the following answer: "Actually, the yellow-colored medicine was just sugar water. You were able to avoid fighting because while you had the sugar water in your mouth for three minutes, you had the time to cool down your anger."



Understanding Today's Lesson

When we view anger, we must have a proper and balanced perspective. Most people tend to view anger as a sin and something negative. But anger is also an emotion that God has given to man, and even God gets angry with our sins. Jesus also expressed a holy form of anger when cleansing the temple. Even when David fought Goliath, David was in a state of anger. All these forms of anger are for the glory of God, and it comes from the sense of justice. This kind of anger becomes great energy and great strength to an individual, and it helps one fulfill the work of God.

On the other hand, there is a negative form of anger that we often describe as fury, irritation, and rage. These forms of anger come from selfishness and self-interest, and when it is not well controlled, it can lead to a loss of discernment and cause you to easily fall into sin. It can also cause you to make excuses that will give place to the devil in your heart. So, in the end, these negative forms of anger can cause significant damage not only to ourselves but also to others. Therefore, we should be able to control these negative forms of anger well. Anger is an emotion that one can control, and a man who controls anger is a man who can also control himself. Only those who know how to control themselves can love others with maturity.

Every problem starts from within. The Bible states that people who are slow to anger are those who are truly exceptional. Through His longsuffering, Jesus set an example for how we must all control our anger. Then, how can I control my anger and be slow to anger?

Notes:



Memorizing Bible Verses

He who is slow to anger is better than the mighty, And he who rules his spirit than he who takes a city.

(Proverbs 16:32)



Meditate

On These Verses

1. After you have meditated on the following verses, give a title of the verse or write a short summary of the verse. Also, write down things you have felt about the verse, or other verses that it has reminded you of.

(Genesis 4:5–8)

(2 Chronicles 26:19~21)

(Galatians 5:22~23)

2. After reading 1 Samuel 17:26~28, write down how the anger David had towards Goliath is different from that of Eliab's anger towards David.



Changing

Directions

After reading 2 Samuel 16: 5~12 three times, answer the following questions:

1. Was Shimei's curse on David just or unjust?

2. What do you think of Abishai's reaction to this?

3. What do you think of David's reaction in contrast to that of Abishai? Though he was a powerful king, why did David react in such a way?

4. What was the secret to David being able to control his feelings of unfairness and anger?

5. How do I usually act when I get angry? Please find and write down a portion of the main passage that you can apply to help you control anger.



Applying

The Word to My Life

For as the body without the spirit is dead, so faith without works is dead also.
(James 2:26)

1. Please write down how you will apply what you learned today throughout this week.

1.)

2.)

3.)

2. Look back and reflect on how successful you were at applying last week's lesson.



Praying

To Live According to the Word

Let us pray that we can always be happy and have the habit of being grateful throughout our lives. And let us pray that we can control our anger without acting impulsively.

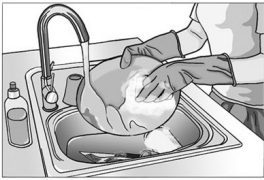


Our Story

A Body Without a Spirit

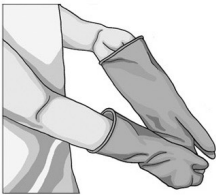


Here are some rubber gloves.



Rubber gloves are made for our hands.

When our hands are inside of them, they fulfill their role as rubber gloves.



However, rubber gloves without our hands...



...are useless.

The same goes for Man. Something more important than our physical body is our spirit. The body without the spirit is useless, just like the rubber gloves without our hands.

For as the body without the spirit is dead, so faith without works is dead also. (James 2:26)

Jealousy Caused by Competition

While the devil was passing through the Libyan desert, he ended up at a place where a few people were harassing a pilgrim. The pilgrim was easily able to overcome their offers of evil intent. Seeing their failed attempts, the devil approached them to teach them a better method.

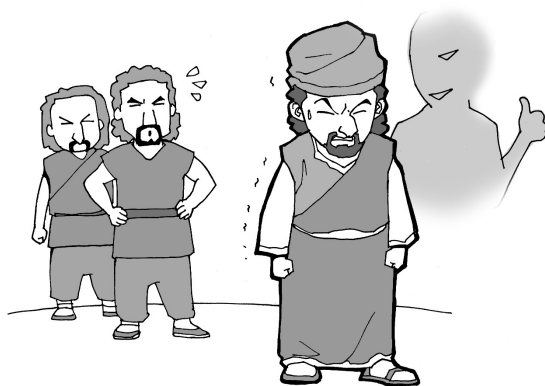
"You're acting so childish. I'll give it a try."

The devil drew near the pilgrim and whispered.

"Your brother just became the bishop of Alexandria."

Then all of a sudden the pilgrim's calm face changed into a face full of jealousy. Then the devil turned to the people and told them,

"This is the method I would like to recommend."





Wednesday

Sermon

Date. | |

Title:

Speaker:

Main Passage:



Sunday

Sermon

Date.

|

|

Title:

Speaker:

Main Passage: