

**4** Do not make friends with the hot-tempered, do not associate with those who are easily angered, Prov 22v24  
**Why should you not associate with someone who is quick to get angry? What is likely to happen?**  
An angry person stirs up dissension, and a hot-tempered person commits many sins. Proverbs 29v22

**5** But the LORD replied, "Have you any right to be angry?" Jonah 4v4  
**What was Jonah angry about? Did he have a right to be angry?**  
This is a really good question to ask ourselves. The problem is our first answer tends to be yes! We always believe our anger is fully justified. ("I do," Jonah said. "I am angry enough to die." 4v9) Just because we feel this way does not mean it is justified. God had to remind Jonah of the big picture.  
**Do you have a right to be angry? Why? Why not?**

**6** God asked Cain a similar question. "Why are you angry? Why is your face downcast? If you do what is right, will you not be accepted? But if you do not do what is right, sin is crouching at your door; it desires to have you, but you must master it." Genesis 4v6-7

**What was the danger in Cain's anger? What did God want Cain to do with his anger?**

**!** Cain's anger was classic. It was directed at the wrong person  
It grows. Pride > Resentment > Jealousy > Anger > Hatred . Murder  
It resulted in murder and judgement.

**?** **Ask why am I angry?**  
Identify the cause of the anger and make sure it does not spill over into other areas of your life.  
Eg A man has a bad day at work, he comes home and takes it out on his wife, she takes it out on the kids, the kids kick the cat. Anger in one area tends to effect every area in you life.  
**What is this anger going to make me do if I let it?**

**7** A gentle answer turns away wrath, but a harsh word stirs up anger. Proverbs 15v1  
**What is this verse telling us to do?**  
This verse does not say to avoid the issue, it does say to be reconciliatory rather than to inflame the situation more.  
**Suppose someone is angry with you. What might a 'gentle answer' be?**

A politician (quoting Elton John) recently said "Sorry is the hardest word in the English Language. " **Should it be?**

**?** **What do you do when someone is angry with you?**  
**Does everyone show their anger in the same way?**  
Some people get violent, some sulk other plot revenge. For some anger makes them confront, but others it causes them to avoid confutations. Some peoples anger is obvious, but others show not outward signs that they are angry.  
**What was Ahab's anger profile? 1 Kings 21v1-4 What was Cain's?**

**?** Do not be quickly provoked in your spirit, for anger resides in the lap of fools. Ecclesiastes 7v9  
Fools give full vent to their rage, but the wise bring calm in the end. Proverbs 29v11, Proverbs 15v18  
**How would you do this?**

Proverbs suggests that it is not just the answer that is the trick, but rather that the answer comes out of a person who is themselves, wise, calm and patient. We act out of who we are, or rather who we are letting God make us.

**8** But I tell you that anyone who is angry with a brother or sister will be subject to judgment. Again, anyone who says to a brother or sister, 'Raca,' is answerable to the Sanhedrin. And anyone who says, 'You fool!' will be in danger of the fire of hell. Matthew 5v22

**?** In this passage Jesus is talking about the sins that we keep with in us being as bad as the sins we do. (lust=adultery)  
**If you keep your anger against some one inside does that make it OK?**  
**What is the result likely to be?**

It is not just that a grudge is likely to build and in the end lead to something drastic. In the end it is not always the person you are angry at that you lash out at. Sometimes it is just whoever happens to be around when you can bear it no longer. While we are building up to it, everyone around us gets 'blessed' with our frustration and bad temper. Internalised anger makes us a grumpy person.

Unresolved anger makes us uptight inside. As a result we end up unhappy and we miss something in our relationship with God and others. Anger destroys us, this is why the Bible is so keen we learn to forgive.

**✓** There is a particular kind of Psalm that is called a psalm or imprecation eg Psalm 137. These psalms effectively say. "God I am angry with this person – destroy them!" Some people get offended that these Psalms are in the Bible, but when you are angry the best thing you can do with that anger is to talk to God about it. Instead of taking revenge yourself to put the issue of justice in God's hands. Such a practice is great form of release, it makes it much less likely that we will act in our anger and actually makes it easier to forgive.

**9** Love... is not rude, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. 1 Cor 13v5  
**Why is Love not easily angered? What happens if you keep no record of wrongs?**  
Above all, love each other deeply, because love covers over a multitude of sins. 1 Peter 4v8  
**What does this verse mean?**

**10** I want men everywhere to lift up holy hands in prayer, without anger or disputing. 1 Timothy 2v8  
**What is this verse telling us to do? What do you think Paul means by it?**

Paul is saying that worship and prayer needs to be free of anger and disputing. Effectively that anger or unforgiven will "hinder our prayers." 1 Peter 3v7. Jesus says the same thing. Matthew 5v23-24  
The last place anger needs to be found is in the church.

**?** **What makes you angry? Who are you angry with?**  
**How do you deal with your anger? What are you going to do next time you are angry?**

## Bible Study

### Ten Verses on Anger



Judah did evil in the eyes of the LORD. By the sins they committed they stirred up His jealous anger more than their fathers had done. 1 Kings 14v22, Deuteronomy 31v29, Exodus 4v14, Nehemiah 9v17.

The most frequent use of the word anger and angry in the Bible is with regard to God.

#### What makes God angry?

In the countries around Israel the gods were very unpredictable. You could never be certain what would please them or make them angry on any given day. What pleased them one day might make them angry the next. (This helped people deal with the unpredictability of life). By contrast, God is always angry at the same things. (This is one of the reasons the law was so important, it took the guesswork out of pleasing God.)



#### Why do we need to know what makes God angry?

##### Why is it safe for God to be angry?

God can be trusted in His anger. His anger is always a just and righteous anger. Ours tends to be a self centred and unjust anger. What is more anger tends to make us lose control, God does not have this problem. We need to know what makes God angry so that we can avoid it. God's anger is a precursor to God's judgement, therefore it is intended to help us avoid judgement.



This is not just a First Testament thing.

Because of these, the wrath of God is coming. Colossians 3v6

But whoever rejects the Son will not see life, for God's wrath remains on him." John 3v36 (Romans 2v8)

It is easy to think of God as an angry God! But God's anger does not define his nature. Consider these verses: But you, O Lord, are a compassionate and gracious God, slow to anger, abounding in love. Psalm 86v15 For his anger lasts only a moment, but his favour lasts a lifetime: Psalm 30v5



My dear brothers and sisters, take note of this: Everyone should be quick to listen, slow to speak and slow to become angry, because our anger does not produce the righteousness that God desires. James 1v19-20

#### What is the connection between listening and not becoming angry?

It is easy to get angry as a knee-jerk reaction when we hear something and flare up before we know the whole story. Someone once said "do not criticise my what until you know my why." **What does this mean?**

Often it is not until we know the reason for an action that the action makes sense. Don't fly off the handle!



#### Why doesn't human anger produce God's righteousness?

##### What do you think James is saying here?

Human anger is a dangerous anger, especially when we think our anger has divine approval. We tend to do drastic things. This does not bring about God's purposes in the world or anything good in us. According to Psalm 37v8 our anger, wrath and fretting lead only to evil. Leave anger and judgement to God. James is keen that we take the opposite approach.



#### Read James 3v18 – What does bring about righteousness?

##### What makes you angry?

We should get angry about the things that make God angry, but most of the time the things that make us angry are personal. When we don't get our own way, we feel threatened, disrespected or we lose something whether it is physical or emotional. Anger comes from a sense of being hurt. When we act out of this anger bad things follow, because we are hurt we pass that hurt on to others. **What should we do instead?**



"In your anger do not sin": Do not let the sun go down while you are still angry, and do not give the devil a foothold. Ephesians 4v26-27

#### What does it mean "in your anger do not sin"?

The Bible does not say that anger is a sin, in this verse it is treated as inevitable that at times we will be angry. It is what we do with anger that is dangerous. Being angry is a bit like being drunk, we tend to do things that we would not otherwise do and will later regret. Anger robs us of self-control. This opens the door for us to sin. It gives the devil an easy way into our lives. **What kind of sins come from anger?**

#### What does "Do not let the sun go down while you are still angry" mean? Why is this a good idea?

Anger broods and grows, it vents itself in revenge, violence and destruction. Paul is saying don't let this happen, deal with the anger before it becomes a grudge. Deal with it before it creates in you emotions you cannot control.

**What should you do when you are angry?** **How do you deal with anger?** (Give t

**What effect will anger have in your life if you entertain it?** **How do you feel when you are angry?** a safe v



Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. Ephesians 4v31 **What should make you angry?**

There is a righteous anger. It sees injustice and feels the need to feed the poor, to bind up the broken hearted, free the captive and preach the gospel. (Not punish the oppressor) Righteous anger is seen in what it produces, good not evil.

The day we get angry enough to do what God has called us to do will be a great day. Zeal for your house consumes me. John 2v17. But let justice roll on like a river, righteousness like a never-failing stream! Amos 5v24