

Biblical Help for the Anger in All of Us
By Pastor Phil Layton, Gold Country Baptist Church (2/6/2011)

1. Defining your anger (Eph. 4:26-32)
2. Discerning your heart (James 4:1-3)
 - A. Recognize your inner desires – the _____ problem
 - B. Repent of your inordinate desires – the _____ for that moment
 - C. Re-orient yourself to God’s desires – the _____ for the future
3. Dealing with the heart of your anger (James 4:6-12)
4. Desiring and pursuing lasting change (Col. 3:5-17, Eph. 4:23, Rom. 12:2)

Below is adapted from Robert D. Jones, Uprooting Anger, chapters 5 and 6

FOR OUTBURSTS OF ANGER:

1. Repent of the evil desires that produce your angry behavior and receive God’s forgiving, enabling grace
2. Own responsibility for your angry behavior and identify it as evil before God and man
3. Confess and renounce your angry behavior before God and others
4. Believe anew in Christ and His gospel promises to angry people
5. Commit yourself to taking active, concrete steps to replace your angry behavior with Christlike words and actions. Ex:
 - a. Self-control (Prov. 16:32; 25:28; 29:11; Gal. 5:23)
 - b. Godly speech (Prov. 10:19-21, 31-32; 12:18; 15:1; Eph. 4:25-32)
 - c. Biblical peace-making and problem-solving (Matt. 5:9, 23-26, 18:15-17, 21-35; Luke 17:3-4; Rom. 12:18, 14:19; 2 Tim. 2:22, etc.)
6. Establish and carry out a workable temptation plan
 - a. Avoid unnecessary occasions that tempt you to show anger
 - b. Remove yourself when possible, as quickly as possible, from explosive situations
 - c. In the midst of the temptation, ask Christ for strength, and recite key verses or biblical truths you have memorized (ex: Prov. 15:1, 12:18, 29:11, 16:32, 25:28, etc.)
 - d. Enlist mature believers to pray for you, counsel you, hold you accountable, and be available during and after crises
7. Continue to prayerfully study Scripture and Scripture-based resources on the topic

Further Biblical Helps for Anger

Below is adapted from Stuart Scott, The Exemplary Husband, p. 268-70

Before anger hits again:

1. Confess your past sins of anger to God and others who have been aware of it. Explain your intentions to be gentle patient, patient, and humble in the future and ask for forgiveness (Matthew 5:23-24)
2. Ask God to work in this area of your life and help you to put forth full effort toward Christlike change (2 Corinthians 9:8)
3. Come up with the right thoughts to combat the wrong ones you typically have. Write them out. Use Scripture or Scriptural concepts in your new thoughts. Include thankfulness in your new thoughts. Put your new thoughts in prayer form whenever you can (Romans 12:2)
4. Memorize some verses on anger and some verses on gentleness, patience, forgiveness, or humility (Ephesians 4:23)
5. Since anger always involves pride, selfishness or both, seek to put on loving and humble thoughts and actions daily. Make a list of times and ways you can show love and humility (John 13:35; 1 Corinthians 13:4-7; 1 Peter 5:5).
6. Determine what godly desires and goals you should be fixed on in situations in which you typically become angry (Psalm 40:8; 1 Corinthians 10:31).
7. Do a study on the patience and long-suffering God has with you (Numbers 14:18; Psalm 145:8; 2 Timothy 2:15, etc.)
8. Be alert, ready to exercise self-control and to change your thinking. Watch out for situations and thoughts you have discovered. Make a list of each one (1 Pet. 1:13)
9. Ask others to hold you accountable for your anger (Gal. 6:1-2; Heb. 10:24-25)

At the time you are tempted to become angry or beginning to become angry:

1. Pray for God's help (Hebrews 4:16)
2. Put off being angry (Proverbs 14:17)
3. Put on gentleness, patience, and humility (Proverbs 16:32; James 1:19)

If you fail and become sinfully angry:

1. Ask yourself, "How did I sin?" Be specific
2. Ask yourself, "If I had this to do over again, what should I think or do differently?"
3. Take care of your sin and anger as soon as possible (Ephesians 4:26)
4. Confess and ask forgiveness of God and anyone else who may have been aware of, or the recipient of, your sinful anger. Be specific about how you were sinfully angry; wrong thinking, wrong actions, lack of love, etc. (Psalm 32:5; James 5:16)
5. Tell God and others what you plan to do in the future instead of becoming sinfully angry (Psalm 119:59-60)
6. Be on guard once again (1 Peter 5:8)