

Confident 2 Counsel Fellowship

How to Help Someone with Anger — Part 1

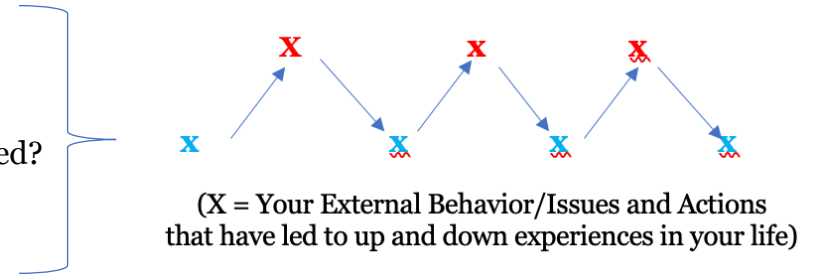


The Problem — Can you tell me what happened?

Can you tell me what you ***did*** when this happened?

Can you tell me what you were ***thinking*** when this happened?

Can you tell me what you ***wanted*** when this happened?



The Perspective — Would you like to know what God’s Word says about this problem?

Note: Then let’s learn to describe how you are thinking and acting in biblical terms.

Key Thought — Anger is a sinful action that can be seen as a weapon that is used to try and create fear in others so they will give you what your heart is after, or used to punish someone because they won’t give you what your heart is after.

The Biblical Example of Sinful Ager

- ◆ King Saul (1 Sam. 18:1-9; 20:30-34)

What Happens When You Get Angry?

- ◆ **Conflict** — A hot-tempered man stirs up strife . . . (Prov. 15:18).
- ◆ **Foolish behavior** — A quick tempered man acts foolishly . . . (Prov. 14:17).
- ◆ **Broken relationships** — A brother offended is harder to be won than a strong city . . . (Prov. 18:19).

- ◆ **More anger** — Contrary to the rationale behind the psychological technique of catharsis, expressing anger doesn't get your anger out. In fact, anger produces anger, because anger is habit-forming. A man of great anger will bear the penalty, for if you rescue him, you will only have to do it again (Prov. 19:19).
- ◆ **Other sin** — A hot-tempered man abounds in transgression (Prov. 29:22). Anger is never a lonely sin: hot-tempered people abound in hurtful words, irate shouting, lies, false accusations, gossip, slander, bitterness, and a host of other evils
- ◆ **Satanic opportunity** — Do not let the sun go down on your anger, and do not give the devil an opportunity (Eph. 4:26-27). Retained anger gives Satan an opportunity to divide churches, families, and other relationships. In short, anger is Satan's playground.
- ◆ **God is dishonored** . . . the anger of man does not achieve the righteousness of God (James 1:20).



The Practice — Would you like to know what God's Word says you should do about this problem?

- ◆ **Put off:** What does God want you to stop doing (both inwardly and outward)?
- ◆ **Be renewed in your mind:** How does God want your thinking—your theology (beliefs about God and the Bible), values, attitudes, desires, motivations, and expectations—to change?
- ◆ **The Gospel Connection:** How can you apply the Gospel to your current situation?
- ◆ **Put on:** What does God want you to start doing? Stopping sin is not enough: what is the godly behavior that God wants you to start doing (both inwardly and outward)?



For additional in-depth teaching on this subject see the **Digging Deeper Helps** section on our website