
G. ADDRESSING EMOTIONAL NEEDS

G.8: How do I deal with anger?

[Ephesians 4:26-27]

A STORY

Many times, during my ministry between ages 35-60 I found myself filled with anger because people didn't produce the results I wanted. This created frustration and then I would make things worse by manipulating the people or the situation to my point of view. Many people did what I wanted but they did not experience me as a spirit filled leader but as a self-centered person who wanted his way. This caused them to push away from me. This has grieved me and I believe the Holy Spirit. Does the Lord want this behavior? The answer is no. Let's look at some verses that will allow God to show us his desire.

Ephesians 4:26:

"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 4:29-31:

"Do not let any unwholesome talk come out of your mouth, but only what is helpful for building others up according to their needs, that it may benefit those who listen. And do not grieve the Holy Spirit with whom you were sealed for the day of redemptions. Get rid of all bitterness, rage and anger, brawling and slander along with every form of malice."

DISCUSSION AND DISCOVERY

1. What are some of the key concepts in these passages about anger?
2. What does it mean to not let sun go down while you are angry?
3. What can happen if we don't keep anger in control?
4. How can we grieve the Holy Spirit?
5. Summarize your perspective from the Bible on anger.

APPLICATION AND ACCOUNTABILITY

6. What are the issues you are facing in the area of anger?
7. How long has this been going on?
8. What are some of the things you regret about your anger?
9. What did you discover about anger in these passages?
10. What do you think is at the source of your anger?
11. What do you want to see differently in this area of your life?
12. What will it look like when you are being spirit filled and overcoming anger?
13. What would be the first step to move in this direction?
14. When would you like to get started?
15. What do you see is the best way to stay on top of this?

LIST ANY OTHER VERSES THAT YOU HAVE FOUND WOULD ADDRESS THIS ISSUE: