

Renewal Ministries of Colorado Springs

Hope and Healing Through Christ Centered Ministry

Short Study on Anger



The emotion of instant displeasure on account of something evil that presents itself to our view. In itself it is an original susceptibility of our nature, just as love is, and is not necessarily sinful. It may, however, become sinful when causeless, or excessive, or protracted. -- *Easton's Bible Dictionary*

A violent emotion of a painful nature, sometimes arising spontaneously upon just occasion, but usually characterized in the Bible as a great sin. Even when just, our anger should be mitigated by a due consideration of the circumstances of the offence and the state of mind of the offender; of the folly and ill-results of this passion; of the claims of the gospel, and of our own need of forgiveness from others, but especially from God. --*ATS Bible Dictionary*

Anger damages relationships and can be destructive:

Proverbs 30:33 (NLT) As the beating of cream yields butter, and a blow to the nose causes bleeding, so anger causes quarrels.

Proverbs 27:4a (AMP) Wrath is cruel and anger is an overwhelming flood . . .

Anger that is unjust or excessive can bring severe judgment:

Matthew 5:22 (NLT) But I say, if you are angry with someone, you are subject to judgment! If you call someone an idiot, you are in danger of being brought before the high council. And if you curse someone, you are in danger of the fires of hell.

Anger can be calmed with gentleness and wisdom:

Proverbs 15:1 (Message) A gentle response defuses anger, but a sharp tongue kindles a temper-fire.

Proverbs 15:1 (NASB) A gentle answer turns away wrath, But a harsh word stirs up anger.

Proverbs 29:8 (NLT) Mockers can get a whole town agitated, but those who are wise will calm anger.

Proverbs 29:8 (CEV) Sneering at others is a spark that sets a city on fire; using good sense can put out the flames of anger.

Anger wrongly expressed is a choice and must be set aside:

Eph. 4:26 (AMP) When angry, do not sin; do not ever let your wrath (your exasperation, your fury or indignation) last until the sun goes down.

Proverbs 29:11 (NASB) A fool always loses his temper, But a wise man holds it back.

Proverbs 29:11 (CEV) Don't be a fool and quickly lose your temper-- be sensible and patient.

Colossians 3:8 (AMP) But now put away and rid yourselves [completely] of all these things: anger, rage, bad feeling toward others, curses and slander, and foulmouthed abuse and shameful utterances from your lips!

Receiving and extending forgiveness is essential:

1 John 1:8-9 (Message) 8 If we claim that we're free of sin, we're only fooling ourselves. A claim like that is errant nonsense. 9 On the other hand, if we admit our sins--make a clean breast of them--he won't let us down; he'll be true to himself. He'll forgive our sins and purge us of all wrongdoing.

Matthew 6:15 (AMP) But if you do not forgive others their trespasses [their reckless and willful sins, leaving them, letting them go, and giving up resentment], neither will your Father forgive you your trespasses

Anger Questionnaire

I don't show my anger about everything that makes me mad, but when I do – look out.	T	F
I still get angry when I think of the bad things people did to me in the past.	T	F
Waiting in line, or waiting for other people, really annoys me.	T	F
I fly off the handle easily.	T	F
I often find myself having heated arguments with the people who are closest to me.	T	F
I sometimes lie awake at night and think about the things that upset me during the day.	T	F
When someone says or does something that upsets me, I don't usually say anything at the time, but later spend a lot of time thinking up cutting replies I could and should have made.	T	F
I find it very hard to forgive someone who has done me wrong.	T	F
I get angry with myself when I lost control of my emotions.	T	F
People really irritate me when they don't behave the way they should, or when they act like they don't have the good sense God gave lettuce.	T	F
If I get really upset about something, I have a tendency to feel sick later, either with a weak spell, headache, upset stomach, or diarrhea.	T	F
People I've trusted have often let me down, leaving me feeling angry or betrayed.	T	F
When things don't go my way, I get depressed.	T	F
I am apt to take frustration so badly that I cannot put it out of my mind.	T	F
I've been so angry at times I couldn't remember things I said or did.	T	F
After arguing with someone, I hate myself.	T	F
I've had trouble on the job because of my temper.	T	F
When riled up, I often blurt out things I later regret saying.	T	F
Some people are afraid of my bad temper.	T	F
When I get angry, frustrated or hurt, I comfort myself by eating or using alcohol or other drugs.	T	F
When someone hurts or frustrates me, I want to get even.	T	F
I've gotten so angry at times that I've become physically violent, hitting other people or breaking things.	T	F
At times, I've felt angry enough to kill.	T	F
Sometimes I feel so hurt and alone I feel like committing suicide.	T	F
I'm a really angry person, and I know I need help learning to control my temper and angry feelings because it has already caused me a lot of problems.	T	F

Total of True = _____

If you answered true to ten or more of these statements, you are seriously prone to anger problems. Relationships are probably stressed and/or damaged. Change is essential.

If you answered true to five questions, you are about average in your angry feelings, but learning some anger management techniques can make you a happier person and improve your relationships.

If you answered true to even one of the last four questions, then your anger has reached a danger level and you should seek counseling immediately.

A (AHEN) Worksheet

A = Anger Anger is a *secondary* emotion triggered by hurt, unmet expectations and/or needs. To discover the trigger ask the following questions.

H = Hurt Have you been hurt? In what way?

E = Expectations Were your expectations reasonable?

N = Needs Is there a need that is not being met?

