

Name _____

Date _____

Overcoming Anger

The Apostle Paul expresses the goal of this study best in Philippians 4:5 “Let your *gentle* Spirit be known to all men. The Lord is near.” The Greek word *gentle* used in this verse means forbearing, large-hearted gentle, courteous, considerate, generous, lenient, moderate. It is describing a quality, which is the opposite of irritability, rudeness, abrasiveness, and anger.

Here is our goal restated in the Amplified Bible “Let all men know and perceive and recognize your unselfishness (your considerateness, your forbearing spirit). The Lord is near [He is coming soon].”



Please answer the following questions.

1. With whom or what are you most likely to become angry? _____

2. What is there about your surroundings that irritate you? _____

3. What is there about yourself that irritates you? _____

4. What is there about your friends, associates, or family that irritates you? _____

5. When are you most likely to be irritable? _____

6. How do you express anger? _____

Identify the last three times you become angry. Analyze what happened and how you responded. Write your response below.

- _____

- _____

- _____

Read the following statements and mark the ones that apply to you. You get angry ...

- when you don't get your own way
- when others don't do what you want them to do
- when others make mistakes
- when others are slow to understand appreciate, or accept your point of view
- when others don't give you the respect or attention you desire
- when others disagree with you or criticize, oppose, rebuke or correct you
- when others fail or are inefficient;
- when others insist on having their own way
- when others won't cooperate with you or yield to you
- when others won't leave you alone
- when others deny you your rights
- when you don't get what you want
- when others interfere with your plans
- when others will not change as you want them to change
- when you don't get the promotion or position or grades you desire
- when others say "no" to you
- when others ignore you or treat others better than they treat you

For additional clarification ask your spouse or close friend to evaluate you in terms of the situations above.

Read the following passages and describe how the people reacted in potentially irritating circumstances. How would you have reacted in these instances? Did they display patience, restraint, irritability, or anger?

Genesis 4:1-14 _____

Genesis 13:5-13 _____

Genesis 45:1-15 _____

1 Kings 12:6-15 _____

John 13:1-17 _____

Luke 9:51-56 _____

Matthew 15:21-28 _____

Matthew 20:17-24 (esp. vs. 24) _____

Matthew 18:23-35 _____

John 13:21-30 _____

John 21:15-19 _____

Acts 11:1-18 _____

Acts 13:50-52 _____

Acts 7:54-60 _____

Acts 16:19-34 _____

Study the following verses and note what you must do to overcome irritability and anger.

John 17:17 _____

Acts 20:32 _____

2 Timothy 3:15-17 _____

Colossians 1:9-11 _____

Proverbs 16:32 _____

Proverbs 29:11 _____

1 Timothy 4:7 _____

Proverbs 19:11 _____

Proverbs 27:12 _____

Proverbs 28:28 _____

Proverbs 19:19 _____

James 1:2-5 _____

Philippians 1:12-19 _____

Proverbs 22:24-25 _____

Romans 8:28-29 _____

Romans 5:3-5 _____

James 4:6 _____

Ephesians 5:20 _____

1 Corinthians 10:13 _____

Make a list of the specific ways in which you want/need to change to become a more forbearing and even-tempered.

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

Make these items a constant matter of prayer. Refuse to excuse yourself when you fall short, confess your sins to the Lord and to those you may have offended or hurt. With the help of the Holy Spirit, discipline yourself to work daily on overcoming your anger. Trust God to help you rebuild your relationships and strengthen your testimony for Christ.