

Fathers' Studies: Personal Growth

"...that the man of God may be complete, thoroughly equipped for every good work."

LESSON 4 OF 52

ANGER

LESSON AIM: To learn how to control angry feelings.

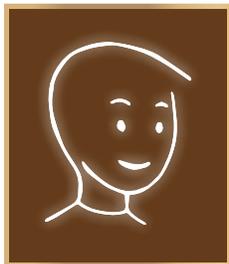
KEY VERSE:

1. **EPHESIANS 4:26** Feelings of anger are not sin, but angry feelings can lead you into _____ .
2. **GENESIS 4:6-8** God spoke to Cain about his anger. Instead of obeying God, what did Cain do?

3. **PROVERBS 15:1** What kind of words cause anger? _____
4. **ECCLESIASTES 7:9** You must learn how to deal with anger in proper ways. What does a fool do with his anger? _____
5. **EPHESIANS 4:31** God does not want you to live in anger. What does the Bible say to do with anger?

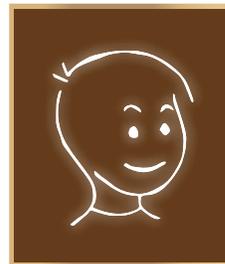
PERSONAL NOTES:

For You To Do



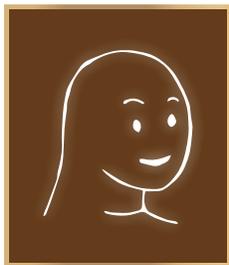
By Yourself

Sometimes you get angry when the things you expect do not happen. Think of one time when this happened to you. Were you expecting too much? Were you trusting God to make it happen?



With Your Children

Ask them to write five sentences that begin "I get angry when my father...". Talk to them about their answers afterward.



With Your Wife

Think of one time when you spoke or acted with anger toward her. If you haven't done so yet, tell her you are sorry. Pray together about it.

ANGER IS YOUR PROBLEM.

Anger is a normal feeling which is neither good nor bad. However, what you do when you are angry is either good or bad. What you do with your anger is your own decision. You cannot blame others for making you act in anger. If you decide to get angry, then you must accept the blame for any bad things that you do while you are angry. This is why God said, "If you are angry, do not let it become sin." (Ephesians 4:26) How you show your anger is your decision.

HOW TO DEAL WITH ANGER.

First, you must admit that you have anger. If angry feelings are there, it is foolish to pretend they are not. If you do not deal with angry feelings, they can make you bitter or cause you to become violent. Second, you must decide to control the anger. Third, look for causes. Many people become angry when they feel that their rights have been taken away. When you give all your rights to God, you are set free from the cause of much anger. Fourth, confess your anger to God and ask Him to help you control it. Fifth, if you have done another person wrong, confess this sin and ask forgiveness. It is also good to talk about your anger problem with a counsellor or trusted friend. In this way you may find help to fix the problem that caused your anger.

DO NOT HOLD ANGER INSIDE.

Some people speak or act out their angry feelings, trying to hurt others. Some people hurt themselves by pushing their angry feelings inside. When a person keeps his angry feelings closed up inside himself, it can fill him with hatred, depression, or thoughts of suicide. But if he lets his anger make him violent, it only causes more problems.

PROVERBS 16:23, 19:11; PSALM 37:8; COLOSSIANS 3:8; TITUS 1:7

We decide:

- to be angry or not to be angry
- to control anger or not to control anger

Dealing with anger includes:

- admitting it
- controlling it
- looking for cause
- confessing it
- discussing it

Anger must not be:

- kept inside
- let out to hurt

STOP BEING ANGRY. TURN AWAY FROM FIGHTING. (PSALM 37:8)

WINDOW TO LIFE

Bill was at home with his wife and three young children. It was late in the evening and he was tired. It had been a rainy day and the children had been inside all day. By now the children were quarreling and fighting, and Bill was getting angry at them. He kept his anger in for a time, but finally he exploded. Angry words poured out and he began to throw things. The children dived under the table or hid in the closets so that they wouldn't be hit.

Suddenly the phone rang. It was the pastor calling. Bill's voice suddenly became gentle and calm. He and the pastor had a nice conversation.

Bill could control his anger when he wanted to. Bill had decided when to explode and when to control his feelings of anger.

