



BCF LESSON 11 ANGER AND BITTERNESS 5/98 greg blanc

THIS WEEKS MEMORY VERSE

Ephesians 4:31-32 (NKJV) ³¹ Let all bitterness, wrath, anger, clamor, and evil speaking be put away from you, with all malice. ³² And be kind to one another, tenderhearted, forgiving one another, even as God in Christ forgave you.

The Purpose Of This Lesson:

1. To present the biblical view of anger and bitterness.
2. To help you recognize unbiblical _____ to anger and bitterness.
3. To develop a plan for _____ anger and bitterness.

The bottom line when dealing with anger and bitterness is that there are 2 noticeable signs of being focused on _____ and not trusting God's sovereignty in your life.

Steps To Putting Off Anger and Bitterness:

1. God's View – 2 Timothy 3:16-17 (NIV) ¹⁶ All Scripture is God-breathed and is useful for teaching, rebuking, correcting and training in righteousness, ¹⁷ so that the man of God may be thoroughly equipped for every good work.

Galatians 5:19-23 (NIV) ¹⁹ The acts of the sinful nature are obvious: sexual immorality, impurity and debauchery; ²⁰ idolatry and witchcraft; hatred, discord, jealousy, fits of rage, selfish ambition, dissensions, factions ²¹ and envy; drunkenness, orgies, and the like. I warn you, as I did before, that those who live like this will not inherit the kingdom of God. ²² **But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, ²³ gentleness and self-control.**

Against such things there is no law.

James 1:19-20 (NIV) ¹⁹ My dear brothers, take note of this: Everyone should be quick to listen, slow to speak and slow to become angry, ²⁰ for man's anger does not bring about the righteous life that God desires.

2. Your _____ – 1 Corinthians 10:13 (NIV) ¹³ No temptation has seized you except what is common to man. And God is faithful; he will not let you be tempted beyond what you can bear. But when you are tempted, He will also provide a way out so that you can stand up under it. Hebrews 2:17-18 (NKJV) ¹⁷ Therefore, in all things He had to be made like *His* brethren, that He might be a merciful and faithful High Priest in things pertaining to God, to make propitiation for the sins of the people. ¹⁸ For in that He Himself has suffered, being tempted, He is able to aid those who are tempted.

3. Your _____ – Ephesians 4:22-24 (NIV) ²² You were taught, with regard to your former way of life, to put off your old self, which is being corrupted by its deceitful desires; ²³ to be made new in the attitude of your minds; ²⁴ and to put on the new self, created to be like God in true righteousness and holiness.

We are to exercise self-control - Proverbs 25:28 (NIV) Like a city whose walls are broken down is a man who lacks self-control.

God commands us to – Colossians 3:8 (NIV) But now you must rid yourselves of all such things as these: anger, rage, malice, slander, and filthy language from your lips.

Not only does God command us to remove anger, He wants it done quickly!!!!

Ephesians 4:26-27 (NKJV) ²⁶ “Be angry, and do not sin”: do not let the sun go down on your wrath, ²⁷ nor give place to the devil.

4. Your _____ – James 1:22 (NIV) Do not merely listen to the word, and so deceive yourselves. Do what it says.

Proverbs 9:6 (NKJV) Forsake foolishness and live, and go in the way of understanding.

Proverbs 14:16 (NKJV) A wise *man* fears and departs from evil, But a fool rages and is self-confident.

Anger is an emotional response caused by something that displeases us.

satan hates God and God’s people, and when he finds a believer with the sparks of anger in his heart, he fans those sparks, adds fuel to the fire, and does a great deal of damage to God’s people and God’s church. Both lying and anger “give place to the devil” (Ephesians 4:27 KJV)

Solomon has a good solution: “A soft answer turneth away wrath, but grievous words stir up anger” (Proverbs 15:1 KJV)

3 Basic Types of Anger

Orge – is a settled condition of the mind and emotion. When it is against sin and sinful things, this anger is encouraged. This anger is sometimes referred to as righteous anger.

1 Samuel 20:33-34 (NKJV) ³³ Then Saul cast a spear at him to kill him, by which Jonathan knew that it was determined by his father to kill David. ³⁴ So Jonathan arose from the table in fierce anger, and ate no food the second day of the month, for he was grieved for David, because his father had treated him shamefully.

* Seldom is the Christian _____ in acting out on this anger.

* Be sure the LORD, and not your flesh, is telling you to go and overturn the tables of the moneychangers before you do it!

* Aristotle once wrote, “Anyone can become angry, but to be angry with the _____ person, to the _____ degree, at the _____ time, for the _____ purpose, and in the _____ way, this is not so easy.”

Thumos – “wrath” (not translated “anger”), is to be distinguished from orge, in this respect, that thumos indicates a more agitated condition of the feelings, an outburst of wrath from inward indignation, while orge suggests a more settled or abiding condition of mind, frequently with a view of taking _____.

Galatians 5:19-21 (NKJV) ¹⁹ Now the works of the flesh are evident, which are: adultery, fornication, uncleanness, lewdness, ²⁰ idolatry, sorcery, hatred, contentions, jealousies, **outbursts of wrath (thumos)**, selfish ambitions, dissensions, heresies, ²¹ envy, murders, drunkenness... This response to anger is known as “ventilation”.

Parorgismos – often also translated wrath.

Ephesians 4:26 (NKJV) “Be angry, and do not sin”: do not let the sun go down on your wrath, Anger that burns on the inside and arises from jealousy, envy, grudges and bitterness.

Homework

Lessons 11

Anger & Bitterness

1. **Memory Verses:** Ephesians 4:31-32
2. **Write out a biblical definition of:** bitterness, wrath, anger, clamor, evil speaking, malice, kind, tenderhearted, and forgiving.
3. **Read Lessons 11**
4. **Answer the following question using scripture as your reference:**
 - Is man's anger ever without sin? If so, when?
5. When counseling someone who is characteristically short-tempered, how would you offer hope, show them the need for change, and how to change? (Be specific)
6. Where do you specifically see the need for change in **YOUR** life with regard to anger and/or bitterness?
7. **DEVELOP** a plan for overcoming anger/bitterness in **YOUR** life, (refer to principle 49 on page 3, and "Overcoming Anger & Bitterness", pages 11-16).
((Remember, we must rely on the teachings of scripture, prayer, and the Holy Spirit.))