

# LOVE OF CHRIST BAPTIST CHURCH

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BIBLE STUDY OUTLINE

**Date:** Aug. 22, 2017

**Text:** Eph. 4: 26

**Topic:** Anger: Its Effect On Relationships

## INTRODUCTION

Anger is a daily occurrence in our relationships. This topic shall be discussed holistically, and what does the Bible say about anger. It is an emotional outburst of man in any relationships. The fact is that anger will come, and how can we tame our anger so that we will not sin against God, this is the essence of this study. Uncontrollable anger will lead to sin against God. Let's move to define the word "aggressiveness" and "anger"

**Aggressiveness:** it has two outstanding contrast definitions: first, it is being negative, and being inclined to act in a hostile manner; and in the secondary meaning, it is being positive, bold, assertive or enterprising in getting things done.

**Anger:** it is a strong feeling of displeasure and usually of opposition towards something or someone, often brought about real or imagined injury, rage, fury, and wrath. Anger is a broad term that applies to various levels of emotion that may or may not be shown.

Adding to that, anger is a natural response to feeling attacked, deceived, frustrated, or treated unfairly. The fact is everyone gets angry-it is part of being human. It is not always "bad emotion": in fact, it sometimes useful. Hear this: it may surprise to hear that anger is part of God's attribute. There are 500 references about anger of God in the Bible, over 40 people or groups reported angry. Let me furnish you little information:

- a. The Bible reveals that God experiences daily anger because of the evil actions of man.
- b. The Psalmist writes in Psalm 7:11, is a just God, and God is angry with the wicked every day.
- c. The Creator of man is emotionally moved when His creation rebels against Him.
- d. We too should move against ungodliness in our land.
- e. We must hate sin and love the sinner. (John 3:16)
- f. We must always remember that God's anger is free from malice, injustice and unethical and hasty qualities.
  1. Jehovah is not an impulsive God.
  2. The divine anger should be regarded as the natural expression of His nature, which is absolute holiness, manifesting itself against the rebellion of man.
  3. That is why Paul writes in Rom. 1:28, "For the wrath God is revealed from heaven against the all ungodliness and unrighteousness of men..."

**Causes of anger:** stress, frustration, disappointment, annoyance, fear, resentment... Anger affects your body; when you get angry, it affects your energy; here's what happens: adrenaline and other chemicals enter your blood stream; your heart pumps fast; your blood flows more quickly; and your muscles tense.

**Let's Comments on the Following Events on Anger in the Bible (Examples of Sinful Anger)**

1. Cain angry with Abel (Gen. 4:5, 6)
2. Esau with Jacob (Gen. 27:34, 45)
3. Jacob with Rachel (Gen. 30:2)
4. Simeon and Levi with Shechem (Gen. 34:7)
5. Moses with the Israelites (Num. 20:10, 11)
6. Balaam with his donkey (Num. 22:27)
7. Balak with Balaam (Num. 24:10)
8. Eliab with David (1 Sam. 17:28)
9. Saul with Jonathan (1 Sam. 20:32)
10. Naaman with Elisha (2 Ki. 5:11)

***Go with this word of assurance: God's word guarantees that we can overcome anger or tame it!***

***The study continues...***