

LOVE OF CHRIST BAPTIST CHURCH

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BIBLE STUDY OUTLINE

Date: Aug. 29, 2017

Text: Eph. 4: 26

Topic: Anger: Its Effect On Relationships

INTRODUCTION

In our previous studies, we established that anger is one of the attributes of God; anger affects your health and makes your heart pumps unnecessarily. Stress, frustration, disappointment, and resentment had been listed as causes of anger. As we progress in the study, we shall further see the effect on anger in our relationship and how we can tame it. **Let's continue with examples of sinful anger**

11. The soldiers of Ephraim with King Amaziah (2 Chron. 25:10).
12. Ahasuerus with Vashti (Esth. 1:12).
13. Haman with Mordecai (Esth. 3:5).
14. Sanballat, Tobiah, and others with the Israelites (Neh. 4:1, 7).
15. Job with the three comforters and with God (Job 7:11; 10:1; 13:26; 21:25; 23:2; etc.)
16. Asa with Hanani (2 Chron. 16:10).
17. Herod with the wise men (Matt. 2:16).
18. The older brother with his father (Luke 15:28).
19. Peter with the people who identified him as Jesus' disciple (Matt. 26:74).

Characteristics of Godly anger

1. Godly anger is an expression of anger towards the action of men.
2. Godly anger is a legal anger.
3. Godly anger is not explosive but is only slowly provoked. (Ex. 34:6)
4. God does not take pleasure in expressing anger in the judgment of men. (2Pet. 3: 9)
5. Godly anger is always under control. (Ps. 78:38)

Characteristics of sinful anger or ungodly anger

1. Sinful anger is a reaction that is based on selfishness.
2. Sinful anger is expressed on a wrong perception.
3. Sinful anger may be a reaction to revenge or retaliation. (Rom. 12:19)
4. Sinful anger may be a privilege of passing over a transgression. (Prov. 19:11)
5. Sinful anger is expressed out of jealousy and envy.

Dealing with sinful anger

1. Get rid of excuses (2 Cor. 5:17)
2. Judge anger in our thought life (Eccl. 7:9)

3. Commit our “gunny sack” to the Lord (Prov. 19:11).
4. Memorize and apply (Matt. 5:44)
5. Realize we can have control (Gal. 5:23)
6. Memorize and apply (Phil. 4:8)
7. Don’t bottle it up (Rom. 12:21)
8. Realize that things or people that “cause” our anger are tests from the Lord. (1 Cor. 10:13)
9. We are to forsake anger and pray for the Lord to replace with love, patience, meekness and forgiveness (1 Cor. 13:5; Eph. 4:31, 32)
10. You can be your brother’s keeper to help other control their tempers. (Prov. 15:1a; 15:18b; 1 Sam. 25: 1-35)

Word of advice

When we are angry, we should deal with sin as God has directed us, so that our anger is dispelled, and it does not lead us to sin. We need to confront the sinner, and without minimizing the sin, to seek its solution in genuine repentance. In many marriages that end up on the rock divorce, the root of problem is anger that has not been righteously expressed and dispelled. In many families, the division and discord stems from failure to obey Paul’s instruction concerning anger. In many churches, the unity of body of Christ has been hindered by lack of righteous anger. Let’s embrace a healthy family and church by putting under sinful anger.

The study ends