

## Uprooting Anger Seminar – Session #1

Robert D. Jones

A common problem:

The good news:

### 1. What Is Anger? A Working Definition:

Anger is a whole-person \_\_\_\_\_ of moral \_\_\_\_\_ against \_\_\_\_\_ evil.

1) An \_\_\_\_\_

2) Involves the \_\_\_\_\_ person

3) A \_\_\_\_\_

4) A response to some perceived \_\_\_\_\_; a moral \_\_\_\_\_

5) Based on our \_\_\_\_\_ perception (accurate or not)

6) Done before \_\_\_\_\_ (*Matt 5:21-22; Eph 4:30-31; Jas 1:20*)

### 2. What Categories of Anger Does the Bible Describe?

1) The righteous anger of \_\_\_\_\_

*Psalm 7:11; Isaiah 34:2; John 3:36; Romans 1:18*

2) The righteous anger of \_\_\_\_\_

*Mark 3:1-6*

*Mark 10:13-16*

*John 2:13-17*

3) The \_\_\_\_\_ anger of other humans

◆ Moses in *Exodus 32:19-20*

◆ Saul in *1 Samuel 11:1-6*

◆ Jonathan in *1 Samuel 20:33-34*

- ◆ Psalmist in *Psalm 119:52–54, 103–104, 113–116, 127–129, 135–137, 139, 157–159, 162–164*

4) The \_\_\_\_\_ anger of humans

- ◆ Sinful revealed anger:

*Proverbs 12:18; 14:16–17, 29–30; 15:1, 18; 16:32; 19:11, 19; 22:24–25; 25:28; 29:11, 20, 22; Matthew 5:21–26; Ephesians 4:29–32*

- ◆ Sinful concealed anger:

*Leviticus 19:16–18; Luke 15:25–30; Ephesians 4:26–27, 30–5:2*

### 3. How Can We Tell If Our Anger Is Righteous or Sinful?

Three criteria to measure righteous human anger:

- 1) It reacts against \_\_\_\_\_
- 2) It focuses on God and \_\_\_\_\_ kingdom, rights, and concerns, and not on \_\_\_\_\_ and \_\_\_\_\_ kingdom, rights, and concerns

- 3) It is accompanied by other godly \_\_\_\_\_ and expresses itself in \_\_\_\_\_ ways

Do we see these criteria in Jesus?

### Conclusion: What About *Your* Anger?

- 1) Beware of \_\_\_\_\_ - \_\_\_\_\_!

*Jeremiah 17:9; Ephesians 4:22; Hebrews 3:12–13*

*Jonah 4*

- 2) Cultivate \_\_\_\_\_ anger

*Hebrews 1:9*

## Uprooting Anger Seminar – Session #2

### 1. What Causes Sinful Anger?

#### Popular answers:

- 1) Past \_\_\_\_\_
- 2) Present \_\_\_\_\_
- 3) Situational \_\_\_\_\_
- 4) Worldly \_\_\_\_\_
- 5) \_\_\_\_\_ problems
- 6) The \_\_\_\_\_

How should we view these factors?

- 1) With \_\_\_\_\_
- 2) Without \_\_\_\_\_
- 3) With \_\_\_\_\_

#### God's answer from James 4:1-3

- 1) James describes angry people

2) James addresses the \_\_\_\_\_ of anger

3) James roots the cause in our sinful \_\_\_\_\_

4) These sinful desires are not necessarily desires for evil \_\_\_\_\_, but selfish, inordinate, \_\_\_\_\_ desires for \_\_\_\_\_ things

### 2. How Can We Identify and Expose Anger–Causing Demands?

Criteria to assess if my desire is ruling me:

- When it \_\_\_\_\_ me
- When I \_\_\_\_ to get it
- When I sin if I \_\_\_\_\_ get it

Sample questions: When you are angry (or in conflict, depressed, afraid, etc.), fill-in the blanks:

- “I must have/need/deserve/demand a   ?   who   ?  ”<sup>1</sup>

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<sup>1</sup> For a biblical view of “needs,” see 2 *Peter* 1:3; *Luke* 10:38-42; *Psalm* 27:73:23-28; *Matthew* 4:4.

- “What I think I need or desperately want is           ?”
- The Throne–Staircase Diagram: How Legitimate Desires Become Ruling Demands<sup>2</sup>

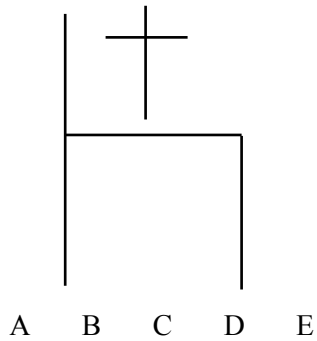
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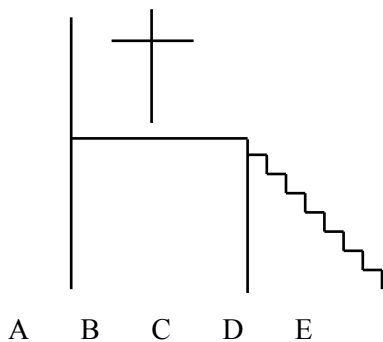
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### 3. What Should We Do About Our Sinful Anger?

1) **R**\_\_\_\_\_ the source

2) **R**\_\_\_\_\_ on both the heart and behavioral levels

3) **R**\_\_\_\_\_ on God and his grace, provisions, and promises

4) **R**\_\_\_\_\_ sinful anger with Christlike attitudes and actions

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<sup>2</sup> See Robert D. Jones, *Pursuing Peace: A Christian Guide to Handling Our Conflicts* (Crossway, 2012).

## Uprooting Anger Seminar – Session #3

The put-off/put-on replacement principle

*Ephesians 4:17–32; Colossians 3:1–17*

What Christlike attitudes and actions should we put on to replace sinful anger?

**1. Lamenting** (especially if angry at God) (*Psalms 6; 13; Lamentations*)

**2. Contentment** (*Philippians 4:10–13*)

**3. Prayer** (*James 4:1–3*)

**4. Patience, forbearance, and forgiveness** (*Ephesians 4:1–2, 31–32; Colossians 3:12–14; Genesis 50:15–21; Proverbs 19:11; Matthew 18:21–35*)

**5. Self-control** (*Galatians 5:22–23; Proverbs 16:32; 25:28; 29:11*)

**6. Godly listening and speaking** (*Proverbs 12:18; 15:1; 18:13; Ephesians 4:29–32*)

**7. Biblical peacemaking and problem solving** (*Matthew 5:9; Romans 12:18; Ephesians 4:3*)

**8. Christlike ministry** (*Mark 10:45; John 13:1–5; Philippians 2:1–4*)

**Conclusion: Why Must We Put–Off Sinful Anger  
and Put–On Christlike Replacements?**

Three reasons:

- 1) It damages our \_\_\_\_\_
  
- 2) It ruins our \_\_\_\_\_
  
- 3) It offends and \_\_\_\_\_ our \_\_\_\_\_ (*Ephesians 4:30–32; James 1:19–21*)

**Resources**

For further study on various aspects of this seminar, see Robert D. Jones, *Uprooting Anger: Biblical Help for a Common Problem* (P&R, 2005); *Anger: Calming Your Heart* (a 31-day devotional, P&R, 2019); and *Pursuing Peace: A Christian Guide to Handling Our Conflicts* (Crossway, 2012). On the topic of anger, I also recommend David Powlison, *Good and Angry: Redeeming Anger, Irritation, Complaining, and Bitterness* (New Growth, 2016); and Edward T. Welch, *A Small Book about a Big Problem: Meditations on Anger, Patience, and Peace* (New Growth, 2017).

### **Journaling a Problem Incident**

Personal Growth Assignment by Robert D. Jones

Select a recent incident in which you displayed or felt anger, conflict, depression, anxiety, or similar negative attitudes or actions. Then summarize the situation and your response to it below

**1. Your Situation.** Who, what, where, when? Summarize what happened:

**2. Your Behavior.** What did you say, do, and feel in response to what happened? Summarize your words, actions, and emotions, especially the negative ones:

**3. Your Beliefs and Motives.** What were you thinking or wanting in the midst of this situation? Summarize your attitudes, thoughts, desires, motives, etc., that might have motivated the wrong behavior. Note any “good desire, bad master” dynamics.

**4. God’s Answers.** How would God want you to deal with this situation now or next time it occurs? What changes in your behavior and in your thoughts, desires, and motives seem needed? What steps should you take?

**Controlling Our Angry Behavior**

A Bible Study Assignment from Proverbs by Robert D. Jones

God’s Word presents a two–fold strategy for overcoming sinful anger: You must recognize and root out its source on the heart level and control its expression on the behavioral level (words and actions). This assignment focuses on this second aspect—learning to control our anger expression. Carefully read each verse from Proverbs, meditate on it, and answer the following questions.

Proverbs 29:11

1) How does a fool handle his anger?

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2) How does a wise man handle it?

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3) What are some ways you might control and not vent your anger?

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4) Memorize this verse. When you are tempted to vent your anger, repeat it to yourself five times.

Proverbs 14:16–17

1) How is a fool described? What does he do?

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2) How is a wise man described?

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Proverbs 14:29–30

1) How is an angry man described?

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2) What is the opposite of a fool? How is he described?

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3) Could anger produce physical problems?

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Proverbs 15:1

1) How should we respond to anger?

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2) What does this produce?

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3) Give an example:

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4) What does a harsh response produce?

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Proverbs 15:18

1) How does anger contribute to conflicts?

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2) How does a patient man calm conflicts?

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3) How can you develop patience?

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Proverbs 16:32

1) Describe (and meditate on) the image of strength this verse gives:

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Proverbs 19:11

1) What temper–controlling activity is mentioned here?

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Proverbs 19:19

1) What type of penalty must he pay?

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2) Why?

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Proverbs 22:24–25

1) What danger is there in associating with an angry person?

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2) What does this imply about our own anger?

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Proverbs 29:9

1) What does a fool do amidst conflict?

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Proverbs 29:20

1) What aspect of uncontrolled anger is mentioned?

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Proverbs 29:22

1) What results from anger?

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### **Conclusion – Based on the above passages . . .**

1. Write a brief application response that summarizes what God wants you to do about your anger or your temptation to become angry

2. On a separate page, write a prayer to God—a prayer of confession, thanksgiving, seeking his help, etc.