

Ladies Aid April 12, 2007
The Woman's Anger: Overcoming Impatience

Biblical Examples of Anger

King Saul (1 Samuel 18:7-8), Cain (Genesis 4:3-8), Pharisees (Luke 11:53-54)

What are some Bible Principles concerning Anger?

1. God has righteous anger (Psalm 7:11; 30:5)
2. Humans can have righteous anger too (Ephesians 4:26)
 - a. But make sure that at the SAME time you are obeying Phil. 4:8 and 1 Cor. 13:5
3. Anger might help you get your way, but it never brings God's way (James 1:20)
4. We are to be slow to anger (James 1:19)
5. Anger is never lonely, but brings along its evil companions to our hearts (Colossians 3:8)

Helpful suggestion—create an “anger journal.” (This can be done for any sin)

 - Record your angry thoughts, words, deeds, in this journal ASAP
 - This will help you see where you are weak, when, with whom, etc.
 - This will drive you to your knees in repentance
 - Then do to your journal what God has done with it—bury it in the cross of Christ, blotting out the record for eternity, wiping the slate clean
6. Angry outbursts are deeds of the sinful flesh (Galatians 5:20)
7. The Bible says you cannot be a person who stirs up anger and also a person who subdues anger (Proverbs 15:1, 18)