



Sermon on the Mount Series

ANGER

Anger is a gift from God

Course Text: Matthew 5:21-26

The theme of the 5th chapter of the Sermon on the Mount is to avoid moving in the direction of sin. Jesus is encouraging His listeners that they can avoid sinning by not allowing themselves to get close to it. In Matthew 5:21-26 He is teaching that we can avoid murder by controlling our anger. Anger is not sin, but if we are not careful it can become sin. (If you are using a KJV Bible you will need to know that wrath means anger.)

Outline

<u>Lesson</u>	<u>Topic</u>
Lesson 1	Words of Jesus
Lesson 2	Anger without Sin
Lesson 3	Dealing with Anger
Lesson 4	Anger as a Blessing



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ANGER

Suggested methodology for each course:

1. Allow time for greetings and fellowship (Save most of this for the end of class.)
2. Take prayer requests (Try to keep it from becoming a competition to see who has the most or the worst.)
3. Pray (The idea here is to leave our troubles with God so we can give His word our attention with a clear mind.)
4. Read the text aloud from the Bible one question at a time.
5. Answer and briefly discuss the “fill in the blank” questions. Let those who prefer to listen, listen. My answers on the next page are just one opinion; you may have a better answer. Repeat 4 & 5 for all questions except the “Think & Pray” questions.
6. On the final “Think & Pray” question everyone should take a few minutes to pray over it and jot down their own thoughts before the discussion. **This gives the Holy Spirit a time to speak, so don't rush it.** The class leader should watch for the pencils and pens to quit moving. Others can look at the “For Further Thought” questions while waiting for everyone to finish.
7. Discuss your “Think & Pray” answers. Never force anyone to share theirs. As with the other questions, my answer, when provided, are just one more opinion; you may have a better answer.
8. Close in prayer (It is best to call on others to pray, but try to get their permission ahead of time.)
9. Fellowship (Leave this as open ended as possible for the time and place you meet.)

Depending on the number of people, each lesson is expected to take about one hour. Steps 4 thru 7 are about half of that. If you take longer, let each lesson take more than one meeting, or consider breaking into two groups. If you take less time, extra questions are provided for discussion called “For Further Thought”

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----- ANSWERS -----

Lesson 1 - The Words of Jesus in the Sermon on the Mount

[1A] What were the ancients told not to do? Murder Mt 5:21

[1B] What does Jesus say His listeners are not to do?

Call people names in anger Mt 5:22

[1C] What does Jesus say is more important than offering sacrifices to God?

Making peace with others Mt 5:23-24

[1D] With whom are we to make friends quickly?

Our opponents or people who sue us Mt 5:25-26

[1E] All my children as infants screamed at the top of their voice whenever they got hungry, got messy or could not go to sleep. I did not teach them that.



For further thought

(1f) 2 Kings 3:15 - Elijah had to calm down before he could hear God's voice. What does this mean for us especially in regards to our anger?

(1g) According to Psalm 37:8 how long should anger last?

(1h) Is being angry sinful? Why or why not?

(1i) Is there such a thing as humans having Godly anger? Why or why not?

(1j) When you are angry, how do you deal with it? Does this work out well for you?

(1k) The subtitle of this course claims anger is a blessing. Do you agree? Why or why not?

Lesson 2 - Being Angry Without Sinning

Read Exodus 22:24 (You may have to read the verses around it to answer the question.)

[2A] Who is angry? _____

[2B] Since anger is an attribute of God and we are made in His image, what does that tell us about ourselves?

Read John 2:13-17 and answer these 4 questions:

[2C] What did Jesus do with the money? _____

[2D] What did Jesus do with the tables? _____

[2E] What did Jesus use to drive everyone out? _____

[2F] How would you describe the behavior of Jesus?

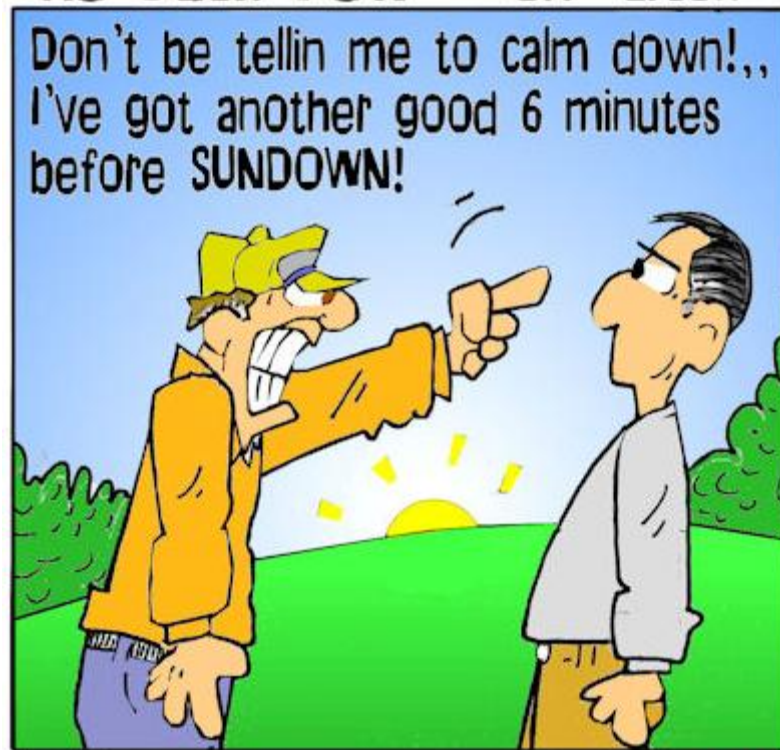
Read Ephesians 4:26

[2G] Is it possible to be angry without sinning? _____

[2H] What is the difference between sinful anger and anger that is not sinful?

Think and Pray _____

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Don't let the sun go down on your anger! **Ep 4:26**

-----ANSWERS-----

Lesson 2 - Being Angry Without Sinning

- [2A] Who is angry? God Ex 22:24
- [2B] Anger is something that is going to happen to us.
- [2C] What did Jesus do with the money? Poured it out Jn 2:15
- [2D] What did Jesus do with the tables? Turned them over Jn 2:15
- [2E] What did Jesus use to drive everyone out? A whip or scourge made of rope Jn 2:15
- [2F] Is there any way to understand the actions of Jesus, except He was angry? I don't think so. That means there is a right kind of anger. Since Jesus got angry there must be a time when it is proper to do so.

- [2G] Is it possible to be angry without sinning? Yes. Eph 4:26
- [2H] Anger is not necessarily sinful. There is a wrong kind of anger. Like the kind we just read about in Matthew 5 where we splutter and call people names and sometimes

end up fighting with them. Sometimes it escalates and somebody gets hurt or whole families, churches, clans, or nations get involved and the destruction becomes wide spread.

For further thought:

- (2i) I think it is right to get angry at the consequences of injustice and cruelty. I think it is right to get angry at Satan. However, I see no useful purpose in getting angry at the people who are so lost in Satan's lies that they behave poorly. Why do we expect the lost not to behave badly?
- (2j) What is something that makes you angry that is justified, that is righteous anger? Why is it Godly anger? How do you behave when you have this kind of anger?
- (2k) Proverbs 16:32 suggests that controlling your anger is the heroic thing to do. Does this apply to you? How?
- (2l) I think Exodus 22:22-24 suggests that if we are the victim of injustice it is better to let God deal with them, because He is better at it. What do you think and why?
- (2m) Read Jonah 4:4. Does this question imply there are times when it is OK to be angry? Why or why not?
- (2n) The subtitle of this course claims anger is a blessing. Do you agree? Why or why not?



in the temple he found people selling cattle, sheep, and doves, and the money changers seated at their tables. Making a whip of cords, he drove all of them out of the temple.. **John 2:14-15**

Lesson 3 - Dealing with Anger – Analyze it, Resolve it, and/or Forgive the offense

[3A] According to James 1:19 we should be quick to do what? _____

[3B] What two things should we be slow to do according to James 1:19? _____ and _____

[3C] According to Eph 4:26 long are we to allow ourselves to be angry? _____

How can we do that? First analyze it, then resolve it, and finally forgive the offense.

STEP 1: Analyze your anger.

First ask yourself, are you right to be angry? Read James 1:20.

[3D] What does the anger of man do? _____

[3E] What are some things to consider when trying to understand your anger?

The Back Pew - Jeff Larson



Be slow to speak, slow to anger.. UNLESS you are dealing with a telemarketer at dinner time! **James 1:19**

STEP 2: Resolve the problem.

[3F] According to Matthew 5:23-24 what are we to do first? _____

[3G] According to Matthew 18:15-17, when you first talk to someone about a problem between you, who should be there? _____

[3H] Why do you think Matthew would have us to resolve our differences in this way?

STEP 3: Forgive them

Mathew 18:21-35

[3I] How many times are we to forgive someone? _____

[3J] Did the slave or servant who was forgiven forgive others? _____

[3K] What happened to the unforgiving slave? _____

[3L] According to Hebrews 8:12 does God remember our sins? _____

[3M] Can you think of anything you have ever done in anger that you do not regret? If so, describe what happened. How can thinking of your regrets help you next time you become angry?

Think and Pray _____

----- ANSWERS -----

Lesson 3 - Dealing with Anger

[3A] We should be quick to do what? Hear or listen Jm 1:19

[3B] What two things should we be slow to do? Speak and become angry Jm 1:19

Slow to become angry does not mean never become angry.

[3C] How long are we to allow ourselves to be angry? No more than that day. Eph 4:26

[3D] What does the anger of man do? Does not achieve the righteousness of God. Jm 1:20

[3E] If it is just your pride being challenged, you have no reason to get angry. Somebody near you making noise is not a reason to be angry, no matter what words they use. Their insults and opinions are not justification to be angry. Don't leave your emotional buttons hanging out where any passer by can control you. Jesus was right to be angry when they defiled the temple. The marketplace was set up in the "Court of the Gentiles" where everyone in the world was supposed to be welcome to come and worship God. Is your anger justified? If not, let it go.

[3F] According to Matthew 5:23-24 what are we to do first? Be reconciled with our brother Mt 5:24

[3G] When you first talk to someone about a problem between you, who should be there?

Just the two of you Mt 18:15

[3H] In resolving differences, try to do it privately at first. If they are wrong they will not be so embarrassed and it will be easier for them to admit it. If you are wrong you will not be so embarrassed and it will be easier for you to admit it. If the two of you can not resolve it and it is an important issue get others involved.

[3I] How many times are we to forgive someone? 70 X 7 = 490 Mt 18:22

(It is a figure of speech. You are not supposed to keep track of it, and then quit forgiving them after 490 times. It means there is no limit to the number of times you forgive someone.)

[3J] Did the slave or servant who was forgiven forgive others? No. Mt 18:30

[3K] What happened to the unforgiving slave? He was tortured Mt 18:34

Forgiveness is a command. Forgiveness is not optional.

[3L] Does God remember our sins? No Heb 8:12 God forgives completely. We should follow his example. External is not enough. It must be "from your hearts." (We will look at forgiveness in more detail in a later lesson in this course.)

[3M] Most of us have done many things we regret when we were angry. I can not think of a single thing I have ever done in anger that turned out well. If I could just keep that thought in my head it might help me to stop, pray, and think before I react when I am angry.

For further thought:

(3n) In Ephesians 4:31-32 it says we are to put away anger and substitute compassion and forgiving. How can we do that?

(3o) In Hebrews 8:12 and Isaiah 43:25 God's forgiveness is described. How forgiving is He? Does He forgive the people who have mistreated you? What happens if He forgives them and you don't?

(3p) In Jeremiah 31:34 God describes a process of binging people to a place of no longer sinning. Who is responsible for this process? How does this apply to dealing with people with whom we are angry?

Lesson 4 - Use Your Anger. It is a gift from God.

[4A] Anger is energy. What are some positive ways we can channel the energy anger gives us?

Think and Pray _____



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Questions for further thought:

[4B] What about you? Do you need to come to repentance? Are you the one pushing people's emotional buttons and making people angry?

Think and Pray _____

[4C] Are you the one who is full of ungodly anger?

Think and Pray _____

[4D] Are you the one who is full of unforgiveness?

Think and Pray _____

[4E] Is it time for you to put God in control of your life instead of letting everyone else make you angry?

Think and Pray _____

----- ANSWERS -----

Lesson 4 - Use Your Anger

[4A] If you are right to be angry, do something about it if you can. Write letters to your congressman; call the police; fight with the intruder before he hurts your children; run from the intruder if the house is empty, or whatever it is right to do. Your anger is a gift of God, giving you the necessary energy to do what is needed.

Anger is energy - jog, clean your office, cut the grass, lift weights, clean the house, wash the car, rake leaves, paint the house, clean the gutters, join the wrestling, soccer, basketball, tennis or whatever team. Get some exercise. Think of some other ways you can use the energy your anger gives you.

If someone has wronged you, do not take justice into your own hands, unless it is your role to do so. Let God do it. He is so much better at it. On the other hand, He can see into the hearts of your enemies, and He is able to bring them to repentance.

For further thought:

(4f) James 1:19-20 says we are to be slow to anger. Why?

For these five passages - Agree or disagree with my summary of it? Why or why not?

(4g) Eph 4:26 - Anger is not sin, it is an emotion, but left uncontrolled it will lead to sin.

(4h) Matthew 18:15-35 - Discuss others offenses as privately as possible, forgiveness is not optional.

(4i) John 2:13-17 - Sometimes, every now and then, it is right to act on righteous anger.

(4j) Hebrews 10:17 - God is merciful and will forget your sins AND their sins.

(4k) Proverbs 29:22 - Don't let your anger become a personality trait.

Course Conclusion:

{X} Is there a verse we studied that would be a good idea for you to memorize? Which one.? Why?

{Y} If someone asked you to summarize this course, what would you say?

{Z} What did you learn in this course that you most hope to remember?

