

# Overcoming Anger: The Bible As Counselor

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***“Get rid of all bitterness, rage and anger”***

(Eph. 4:31)

## 1. What is Anger?

### A. 5 variables

a.

b.

c.

d.

e.

B. Definition: Anger is our (1) \_\_\_\_\_ (2) \_\_\_\_\_ of  
(3) \_\_\_\_\_ (4) \_\_\_\_\_ (5) \_\_\_\_\_

## 2. Is Your Anger Really Righteous?

### A. Three Criteria of Righteous Anger

1.

2.

3.

### B. Two Growth Agendas

1.

2.

**“You have loved righteousness and hated wickedness; therefore God, your God, has set you above your companions by anointing you with the oil of joy.” (Hb 1:9)**

### 3. Getting To The Heart of Anger

#### A. Jm. 4:1-3: The 4 Heart Causes of Anger

- 1.
- 2.
- 3.
- 4.

#### B. 3 Clues to "Desire" gone bad

- 1.
- 2.
- 3.

### 4. Uprooting Anger: "But He gives us more grace" (Jm. 4:6)

#### A. James 4:6-10: The 7 Step Solution

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.

## 5. Changing Behavior

### A. Two Unproductive Approaches

1.

2.

### B. The Third Way

1. \_\_\_\_\_

a. 6 Facts about non-forgiveness

1.

2.

3.

4.

5.

6.

2. \_\_\_\_\_ The 4 Rules of Godly Communication: Eph. 4:25-32

1.

2.

3.

4.

**“if someone is caught in a sin, you who are spiritual should restore him gently”  
(Gal. 6:1)**

**6. Anger Against God: “in all this Job did not sin by charging God with wrongdoing” (Job 1:22)**