

# Managing Anger God's Way – AK 11

## COMMENTER'S GUIDE

### WRITE IT OUT!

(ON SCANNABLE SINGLE PAGE ANSWER SHEETS ONLY)

These 2 additional questions, not found in the exam booklet are designed to make the student dig into the Biblical text and show they understand the Biblical principles studied throughout the course.

#### **Questions 1 – According to ch. 3, what are the 2 ways of mishandling anger and what are the consequences of each?**

##### **1 - POSSIBLE ANSWERS**

The 2 ways of mishandling anger are internalizing it and externalizing it. Internalizing anger leads to resentment and destroy a person from the inside out. A person will become passive aggressive and their relationships with other and with God will be affected. Externalizing anger is when a person lets anger rule his/her behaviors that they become aggressive and exhibit hurtful conduct. Close relationships are damaged or severed.

##### **1 - HELPFUL COMMENTS**

##### **1 - VERSES**

#### **Questions 2 – In dealing with anger, what is first aid treatment and how do you apply it?**

##### **2 - POSSIBLE ANSWERS**

First-aid treatment is used to bring temporary relief to the initial feelings of anger before the anger causes destruction. First-aid helps to curb anger impulses. It involves taking a moment (10-30 seconds) before reacting to a situation. Seeing and seeking God in every situation, stopping and praying, displacing/replacing angry thoughts or thoughts that lead to anger with spiritual thoughts (verses, hymns, etc.), measure the issue, speak softly, avoid unnecessary conflict, determine to think positively.

##### **2 - HELPFUL COMMENTS**

##### **2 - VERSES**

## **WHAT DO YOU SAY?**

These questions are designed to help the student express their thoughts, feelings, and opinions about something they have learned from the chapter.

### **EXAM 1 – How do you respond to the concept that anger is not always bad?**

#### **1 - COMMENTS**

- For a thorough understanding and a lot of Scripture on this subject, reference or give the student the **Captive's Corner** on Anger. It does appear to us that anger is wrong because usually the outcome of anger is sin and disruption of personal relationships. Anger need not be bad. Righteous anger can produce positive results. It is possible to be angry and not sin (Eph. 4:26).

#### **1 - VERSES**

- [Eph. 4:26](#) Be angry, and do not sin.
- [Ex. 32:19-20](#) Moses showed his justifiable anger against Israel.
- [Amos 5:15](#) Hate evil, love good.
- [Ps. 45:7](#) Love righteousness and hate wickedness.
- [Matt. 21:12-13](#) Here, the Lord Jesus demonstrates His righteous anger: Jesus went into the temple of God and drove out all those who bought and sold in the temple.
- [Ps. 97:10](#) You who love the Lord, hate evil!

### **EXAM 2 – How have you noticed the effects on your life of the people you spend time with?**

#### **2 - COMMENTS**

- The attitude and actions of those around us do affect us either good or bad (Prov. 13:20; 22:24; Heb. 10:24). We must ask ourselves: “Do we talk and act like those around us?” (1 Cor. 15:33)

#### **2 - VERSES**

- [Prov. 13:20](#) He who walks with wise men will be wise, but the companions of fools will be destroyed.
- [Prov. 22:24](#) Make no friendships with an angry man, and with a furious man do not go, lest you learn his ways and set a snare for your soul.
- [Heb. 10:24](#) Let us consider one another in order to stir up love and good works
- [1 Cor. 15:33](#) Do not be deceived: evil company corrupts good habits.
- [Heb. 10:24](#) Let us consider one another in order to stir up love and good works.
- [Prov. 29:22](#) An angry man stirs up strife, and a furious man abounds in transgression.

### **EXAM 3 – Discuss the concept that selfish anger affects ourselves as well as others. How have you seen this in your life?**

#### **3 - COMMENTS**

- Selfish anger can affect us in various ways as we can see from individuals in the Bible. Moses' anger diminished his testimony and as a result he was not allowed to go into the promised land (Num. 20:7-12).

### 3 - VERSES

[Num. 20:1-13](#) "Take your rod and speak to the rock." Then Moses struck the rock.

[Num. 22:28-29](#) Balaam's anger consumed him to the point where he did not even realize that his donkey was talking!

[Luke 15:28](#) The older self righteous brother was angry would not go in to celebrate the return of his brother.

[Matt. 5:22](#) Whoever is angry with his brother without cause shall be in danger of the judgment.

[Eccl. 7:9](#) Do not hasten in your spirit to be angry, for anger rest in the bosom of fools.

[1 Sam. 20:30](#) King Saul's jealousy created an anger that almost resulted in the death of his son.

### **EXAM 4 – What internal conditions do you need to work on to prevent unrighteous anger?**

#### **How will you accomplish this?**

#### 4 - COMMENTS

- Internal causes of anger fall into four categories, guilt, helplessness, unmet needs and aimlessness. Guilt can be dealt with by confessing our sin (1 John 1:9), helplessness by acknowledging the One Who is in control (Isa. 40:21-23), unmet needs by finding our joy and satisfaction in Him (Ps. 107:9), and aimlessness by following Him in our daily lives (John 8:12).

#### 4 - VERSES

[1 John 1:9](#) If we confess our sins . . .

[Isa. 40:21-23](#) He who sits above the circle of the earth and its inhabitants . . .

[Ps. 107:9](#) He satisfies the longing soul . . . fills the hungry soul.

[John 8:12](#) He who follows Me shall not walk in darkness.

[Phil. 4:8](#) Whatever things are true, whatever things are noble, whatever things are just . . . meditate on these things.

[Phil. 2:5](#) Let this mind be in you which was also in Christ Jesus.

[James 4:17](#) To him who knows to do good and does not do it, to him it is sin.

[Isa. 26:3](#) You will keep him in perfect peace, whose mind is stayed on You, because he trusts in You.

[Matt. 10:28](#) Do not fear those who kill the body but cannot kill the soul. But rather, fear Him who is able to destroy both soul and body in hell.

[Prov. 14:29](#) Those who control anger are wise.

### **EXAM 5 – What is the difference between having peace with God and having the peace of God? Are you experiencing both? Why or why not?**

#### 5 - COMMENTS

- One has to do with us entering into a peaceful relationship with God by confessing our sins, and acknowledging Christ as our Savior (Rom. 5:1). That results in peace with God. The second is resting in and trusting Him in our daily walk with Him (Phil. 4:4-7; Isa. 26:3-4).

#### 5 - VERSES

[Rom. 5:1](#) Having been justified by faith, we have peace with God through our Lord Jesus Christ.

[Phil. 4:4-7](#) Rejoice in the Lord always. Again I will say, rejoice! . . . and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus.

[Isa. 26:3-4](#) You will keep him in perfect peace.

[Ps. 37:3](#) Trust in the Lord, and do good.

[Jer. 31:14](#) My people shall be satisfied with My goodness, says the Lord.

[Ps. 107:9](#) He satisfies the longing soul, and fills the hungry soul with goodness.

[John 20:19](#) Jesus came and stood in the midst, and said to them, "Peace be with you."

[Heb. 13:5](#) I will never leave you nor forsake you.

#### **EXAM 6 – What aspects of “first aid” have you found helpful in controlling your anger?**

##### 6 - COMMENTS

- Acknowledging His control in our lives is critical (Rom 8:28).
- Stop, drop, and pray. We need to extinguish rage tendencies before we or someone else gets hurt (Prov 19:11; Ps 37:8).
- Displace angry thoughts with spiritual ones (Phil 4:8).
- Measure the issue (Ecl 7:21)
- Determine to speak softly for a soft answer turns away wrath (Prov 15:1).
- Determine to think positively (1Tim 6:6-8).

##### 6 - VERSES

[Rom. 8:28](#) . . . all things work together for good . . .

[Prov. 19:11](#) The discretion of a man makes him slow to anger.

[Ps. 37:8](#) Cease from anger and forsake wrath.

[Phil. 4:8](#) Whatever things are true . . .

[Eccl. 7:21](#) do not take to heart everything people say.

[Prov. 15:1](#) A soft answer turns away wrath.

[1 Tim. 6:6-8](#) godliness with contentment is great gain.

[Rom. 6:13](#) Do not present your members as instruments of unrighteousness to sin, but present yourself to God as being alive from the dead.

[Eph. 6:13](#) Take up the whole armor of God, that you may be able to withstand in the evil day.

[Prov. 1:33](#) Whoever listens to me will dwell safely, and will be secure, without fear of evil.

[Jer. 7:23](#) Obey the voice of the Lord so that all may be well with you.

#### **EXAM 7 – Which of the techniques do you think will be most helpful to you in “deflating your balloon”? Why?**

## 7 - COMMENTS

- Suggestions are to:
- Exercise to relieve tension
- Talk to a trusted friend (Prov. 27:6)
- Talk to yourself (Ps. 42:5)

## 7 - VERSES

[Prov. 17:17](#); [27:6](#) A friend loves at all times.

[Prov. 27:17](#) Do not forsake godly friendship: Iron sharpens iron, so a man sharpens the countenance of his friend.

[Ps. 42:5](#) Why are you cast down O my soul?

[Gal. 6:1-5](#) If a man is overtaken in any trespass . . . bear one another's burdens.

[1 Thess. 5:16](#) Rejoice always!

[Ps. 150](#) Praise the Lord!

[Ps. 19:8](#) God's commands brings joy to the heart.

[James 1:2](#) Count it all joy when you fall into various trials, knowing that the testing of your faith produces patience.

## **EXAM 8 – What should you do when you mis-handle your anger?**

### 8 - COMMENTS

- Student's own

### 8 - VERSES

[Jer. 13:15-16](#) Put away prideful attitudes: Hear and give ear, do not be proud, for the Lord has spoken...before your feet stumble.

[Isa. 13:11](#) God humbles the proud.

[Prov. 16:18](#) Pride goes before destruction.

[Matt. 5:24](#) Be reconciled to your brother.

[Eph. 4:32](#) Be kind to one another, tenderhearted, forgiving one another, even as God forgave you.

[Rom. 14:16](#) Let us pursue the things which make for peace and the things by which one may edify another.

## **EXAM 9 – What practical steps can you take to draw closer to the Lord? How will you implement these steps?**

### 9 - COMMENTS

- By getting started in a Bible study for instruction and fellowship if not already attending.
- By diligently seeking the Lord in His Word and spending time in prayer (James 4:8)
- By memorizing Scripture (Josh. 1:8; Ps. 1:2)
- By reading good Christian biographies

### 9 - VERSES

[James 4:8](#) Draw near to God and He will draw near to you

[Josh. 1:8](#) This Book of the Law shall not depart from your mouth, but you shall meditate on it day and night.

[Ps. 1:2](#) But his delight is in the law of the LORD..

[Ps. 143:5](#) Ponder God's great works.

[Ps. 119:23, 48](#) Meditate on God's word.

[Ps. 105:1-5](#) give thanks-call upon His name-make known His deeds-talk of His works-glorify in His name-rejoice-seek the LORD-remember His works.

**EXAM 10 – What is your pattern when someone offends you? After studying this course, do you need to change it? How?**

**10 - COMMENTS.**

● **These would be possible patterns before studying the course:**

- We decide to get even
- We immediately get angry
- We talk to someone else about the offense

**This is how we might change after studying the course:**

- We forgive and comfort (2 Cor. 2:7-8)
- We lovingly confront the offender (Matt. 18:15)

**10 - VERSES**

[2 Cor. 2:7-8](#) Forgive and comfort...

[Matt. 18:15](#) If your brother sins against you, go to him..alone

[Ps. 32:1](#) Blessed is he whose transgression is forgiven, whose sin is covered.

[Matt. 5:39](#) Turn the other cheek.

[Matt. 18:21-22](#) Forgive without measure.