

Handling Anger in a Godly Manner

Handling anger is an important life skill. Christian counselors report that 50 percent of people who come in for counseling have problems dealing with anger. Anger can shatter communication and tear apart relationships, and it ruins both the joy and health of many. Sadly, people tend to justify their anger instead of accepting responsibility for it. Everyone struggles, to varying degrees, with anger. Thankfully, God's Word contains principles regarding how to handle anger in a godly manner, and how to overcome sinful anger.

1) We can handle anger biblically by admitting our prideful anger and our wrong _____ of anger as sin

[Proverbs 28:13](#) - He who covers his sins will not prosper, But whoever confesses and forsakes them will have mercy.;

[1 John 1:9](#) If we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness.

This confession should be both to God and to those who have been hurt by our anger. We should not minimize the sin by excusing it or blame-shifting.

2) We can handle anger biblically by seeing God in the _____

[James 1:2-4](#) - My brethren, count it all joy when you fall into various trials, 3 knowing that the testing of your faith produces patience. 4 But let patience have its perfect work, that you may be perfect and complete, lacking nothing.

[Romans 8:28-29](#) - 28 And we know that all things work together for good to those who love God, to those who are the called according to His purpose. 29 For whom He foreknew, He also predestined to be conformed to the image of His Son, that He might be the firstborn among many brethren.

[Genesis 50:20](#) - But as for you, you meant evil against me; but God meant it for good, in order to bring it about as it is this day, to save many people alive.

TVC STUDY NOTES

3) We can handle anger biblically by making room for God's _____

[Genesis 50:19](#) - Joseph said to them, "Do not be afraid, for am I in the place of God?"

[Romans 12:19](#) - Beloved, do not avenge yourselves, but rather give place to wrath; for it is written, "Vengeance is Mine, I will repay," says the Lord.

4) We can handle anger biblically by returning _____ for evil

[Genesis 50:21](#) - Now therefore, do not be afraid; I will provide for you and your little ones." And he comforted them and spoke kindly to them.

[Romans 12:21](#)) - Do not be overcome by evil, but overcome evil with good.

5) We can handle anger biblically by _____ to solve the problem.

[Ephesians 4:15](#) - but, speaking the truth in love, may grow up in all things into Him who is the head—Christ—

v25 - Therefore, putting away lying, "Let each one of you speak truth with his neighbor," for we are members of one another.

V29 - Let no corrupt word proceed out of your mouth, but what is good for necessary edification, that it may impart grace to the hearers.