

- #3. K \_\_\_\_\_,  
 #4. E \_\_\_\_\_,  
 #5. H \_\_\_\_\_,

**James 4:6–10** But He gives more grace. Therefore He says: “God resists the proud, But gives grace to the humble.” ... 8 Draw near to God and He will draw near to you. Cleanse your hands, you sinners; and purify your hearts, you double-minded. ... 10 Humble yourselves in the sight of the Lord, and He will lift you up.

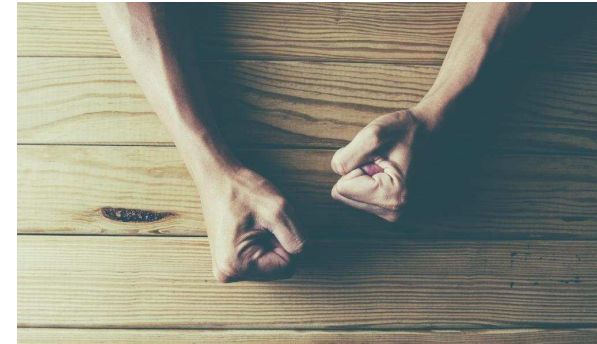
- #6. F \_\_\_\_\_,



CENTRAL MOUNTAINS  
BAPTIST CHURCH

## Biblical Counselling

### Anger



We will consider the topic of anger under two headings:

#### 1. \_\_\_\_\_ anger,

##### A. \_\_\_\_\_ anger is a terrible \_\_\_\_\_,

**Matthew 5:21–22** “You have heard that it was said to those of old, ‘You shall not murder, and whoever murders will be in danger of the judgment.’ 22 But I say to you that whoever is angry with his brother without a cause shall be in danger of the judgment. And whoever says to his brother, ‘Raca!’ shall be in danger of the council. But whoever says, ‘You fool!’ shall be in danger of hell fire.

**James 1:20** for the wrath of man does not produce the righteousness of God.

##### B. The \_\_\_\_\_ of anger,

**Numbers 11:1** Now when the people complained, it displeased the Lord; for the Lord heard it, and His anger was aroused. ...

**Numbers 11:11** So Moses said to the Lord, “Why have You afflicted Your servant? And why have I not found favor in Your sight, that You have laid the burden of all these people on me?”

Some triggers are:

#1. Grief, Numbers 20:1

#2. Hurt, Numbers 20:2

#3. Fear,

**Exodus 17:4** So Moses cried out to the Lord, saying, “What shall I do with this people? They are almost ready to stone me!”

#4. Frustration, Numbers 20:3–5





## #5. Anger,

**Proverbs 15:1** *A soft answer turns away wrath, But a harsh word stirs up anger.*

**Galatians 5:19–21** *Now the works of the flesh are evident, which are: ... 20 ... hatred, contentions, jealousies, outbursts of wrath, selfish ambitions, dissensions, ... 21 envy, murders, .. and the like; of which I tell you beforehand, just as I also told you in time past, that those who practice such things will not inherit the kingdom of God.*

**Proverbs 22:24–25** *Make no friendship with an angry man, And with a furious man do not go, 25 Lest you learn his ways And set a snare for your soul.*

Some observations about anger:

**#1. Anger is \_\_\_\_\_, Numbers 20:3-5**

**James 4:1–2** *Where do wars and fights come from among you? Do they not come from your desires for pleasure that war in your members? 2 You lust and do not have. You murder and covet and cannot obtain. You fight and war. Yet you do not have because you do not ask.*

**#2. Anger says “that’s \_\_\_\_\_ and it \_\_\_\_\_, Numbers 20:6-11**

**#3. Anger is \_\_\_\_\_, Numbers 20:11**

**#4. Anger \_\_\_\_\_, Numbers 20:10**

**#5. The root of anger is a failure to \_\_\_\_\_, Numbers 20:12**

**Numbers 20:12** *But the Lord said to Moses and Aaron, “Because you did not trust in me enough to honor me as holy in the sight of the Israelites, you will not bring this community into the land I give them.” [translation]*



**C. I need to \_\_\_\_\_ my anger,**

**2. \_\_\_\_\_ anger,**

**A. Comments about \_\_\_\_\_ anger,**

**Romans 1:18** *For the wrath of God is revealed from heaven against all ungodliness and unrighteousness of men, who suppress the truth in unrighteousness.*

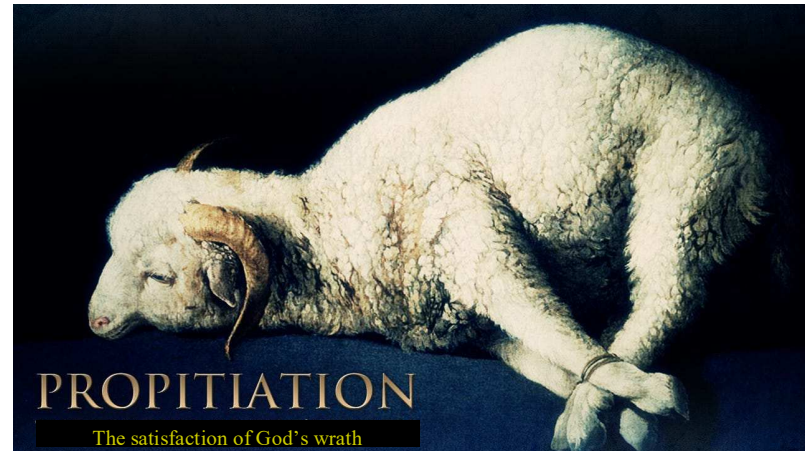
**Romans 1:32** *who, knowing the righteous judgment of God, that those who practice such things are deserving of death, not only do the same but also approve of those who practice them.*

**Jonah 4:2** *... “Ah, Lord, was not this what I said when I was still in my country? Therefore I fled previously to Tarshish; for I know that You are a gracious and merciful God, slow to anger and abundant in lovingkindness, One who relents from doing harm.*

**John 3:36** *He who believes in the Son has everlasting life; and he who does not believe the Son shall not see life, but the wrath of God abides on him.”*

**John 3:16** *For God so loved the world that He gave His only begotten Son, that whoever believes in Him should not perish but have everlasting life.*

**1 John 2:2** *And He Himself is the propitiation for our sins, and not for ours only but also for the whole world.*



**B. So how does God \_\_\_\_\_ our anger so that it is not \_\_\_\_\_? Ephesians 4:26, 30-32**

We want to put off sinful anger (our anger) and put on:

**#1. P \_\_\_\_\_,**

**#2. F \_\_\_\_\_,**

