

Dr. Ernie Baker
Professor of Biblical Counseling
The Master's College

Session 6
A Biblical Approach to Counseling Sinfully Angry People

Introduction: "road rage"

I. Sinful Anger Displeases God

A. Psalm 37:8

B. Proverbs 14:29

II. Definition

A. Definition from *Uprooting Anger* (Robert Jones, Page 14): "Our anger is our whole-personed active response of negative moral judgment against perceived evil."

- Whole-personed
- Active response
- Negative moral judgment
- Against perceived evil

B. Righteous anger (Mark 11:15-18)

C. Unrighteous anger

- Vented Anger (Prov. 29:11 versus 19:11)
- The Slow Burn

Vented Anger

The Slow Burn

Yelling/screaming

Clamming up/moodiness

Slamming things around

Being Frustrated

Cursing

Being Irritated

Telling someone off Glaring

Attacking verbally/name-calling Huffing/snorting

Hitting Seething

1. Identifying Sinful Anger (let's pull the cover back)

Eph. 5: 11, "And do not participate in the unfruitful deeds of darkness, but instead even expose them."

- a. It is a deed of the flesh (Galatian 5:19-20)

- b. Anger is natural to the human heart (Genesis 6:5; Matthew 15:18-19; Titus 3:3).

- c. Anger is always involves thoughts and intentions (Proverbs 4:23; Ephesians 4:17-18).

- d. Anger is caused by not being able to attain our prideful and/or selfish goals (James 4:1-3). See also the box diagram

- e. Anger never accomplishes God's righteous ends (Proverbs 11:23; James 1:20).

- f. Anger is expressed in our thoughts, body language, speech, and actions (Psalm 19:14; Romans 6:12-13).

- g. Anger involves a lack of self-control (Proverbs 17:27; 25:8; 29:11, 2 Peter 1:6).

- h. Anger is always accompanied by other sins when it is tolerated (Proverbs 29:22).

- i. If not dealt with, anger will turn into something worse (Job 4:8, Ezekiel 18:30).

III. Examination/ becoming more self-aware (Psalms 139:23-24)

A. Is there anyone I am presently angry or frustrated with?

B. What am I angry with them about?

- C. How have I dealt with and responded to that person (or those persons)?
- D. What do I typically do when I am angry? How might God be trying to reveal an anger problem to me?
- E. What have been some results of my anger?
- F. Do others see me as a critical or impatient person? (Be brave: Ask them!)
- G. When were the last five times I was angry?
- H. What was my thinking at the time?
- I. What kinds of things provoke me to anger? Homework: Look at the “fruit of the Spirit” list and see where you are weak and trace them back to the roots.
- J. Do I need to keep track in the next few weeks of when and why I become angry? (When you feel irritated and frustrate, as if you are churning inside or ready to blow up, write down what you are thinking and wanting). **See also the “Getting the Big Picture” homework assignment.**
- K. How many of these situations are precipitated by something else I am doing wrong? (My irresponsibility, laziness, poor time or money management, wrong treatment of others, etc.)
- L. Are there “rights” I believe I deserve? (eg. “I deserve peace and quiet.” “I deserve respect.” “I deserve an orderly home.”)

IV. Transformation

A. Before-Before anger hits again

1. Confess past sins of anger to God and others (Matthew 5:23-24).

2. Pray for God's help (2 Corinthians 9:8).
3. Write out the biblical thoughts to replace wrong thoughts (Romans 12:2).
4. Memorize appropriate verse (Ephesians 4:23).
5. Seek to put on loving and humble thoughts and actions (John 13:35; 1 Corinthians 14:4-7; 1 Peter 5:5).
 - a. Make a list of times and ways you can show love and humility
6. Determine godly desires and goals to be fixed upon (Psalm 40:8; 1 Corinthians 10:31)
7. Study God's patience and long-suffering (Numbers 14:18; Psalm 145:8; 2 Timothy 2:15; *The MacArthur Topical Bible* under God's patience, longsuffering, and grace).
8. Be alert, ready to exercise self-control and to change your thinking. Watch out for the situations and thoughts you have discovered. Make a concise list of each one (1 Peter 1:13).
9. Ask others to hold you accountable for your anger (Galatians 6:1-2; Hebrews 10:24-25).
10. Do not associate with angry individuals, unless they are seeking to change (Proverbs 22:24-25).
11. Learn to handle relationship issues biblically. (For example, learn to use the PAUSE principle from Peacemaker Ministries. Phil. 2:3-4)

P
A
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S
E

B. During-At the time you are tempted to become angry or are beginning to become angry (Homework: develop a temptation plan using ANTHEM by John Piper).

1. Pray for God's help (Hebrews 4:16) and focus on true worship.
2. Put off being angry (Proverbs 14:17). Repent of false worship (eg. LORD, forgive me for trying to control my own world." Or, "I have been wrong to view others as interruptions or view responsibilities as a hassle."
 - a. Ask yourself, "What is it I am wanting so badly?" Let go of it as something you must have. The only desire you must have is to glorify God!
 - b. Ask yourself, "What am I thinking that is wrong?"
3. Put on proper worship that will lead to gentleness, patience, and humility (Proverbs 16:32; James 1:19)
 - a. Ask yourself, "What should I be thinking?" Use your new thoughts and Scripture

- b. Ask yourself, “What is the right goal?”
 - c. Ask yourself, “How can I be patient and think of others/”
 - d. Ask yourself, “What do God and others want?” And “How can I serve them?”
 - e. Ask yourself, “Is there something right that I should do about the problem or issue?” (Address someone’s sin in the right way, plan a solution, get counsel, etc.)
- C. After- If you fail and become sinfully angry.
- a. Ask yourself, “How did I sin?” be specific.
 - b. Ask yourself, ‘If I had this to do over again, what should I think and do differently?’
 - c. Take care of your sin of anger as soon as possible (Ephesians 4:26).
 - d. Confess and ask forgiveness of God and anyone else who may have been aware of or the recipient of our sinful anger. Be specific about how you were sinfully angry; wrong thinking, wrong actions, lack of love, etc. (Psalms 32:5; James 5:16). Use the 7A’s of confession from Peacemaker Ministries.
- A
- A
- A
- A
- A
- A
- A
- e. Tell God and others what you can to do in the future instead of becoming sinfully angry (Psalm 119:59-60).
 - f. Be on guard once again (1 Peter 5:8). Use your “temptation plan.”

Recommended Resources

Lou Priolo, *The Heart of Anger* (Amityville, New York, 1997)

Robert D. Jones, *Uprooting Anger* (Phillipsburg, New Jersey, 2005)

Robert d. Jones, *Angry at God* (Phillipsburg, New Jersey, 2003)

Edward T. Welch, *Just One More, When Desires Don’t Take No for an Answer* (Phillipsburg, New Jersey, 2002)

Edward T. Welch, *Motives, Why Do I Do the Things I Do?* (Phillipsburg, New Jersey, 2003)

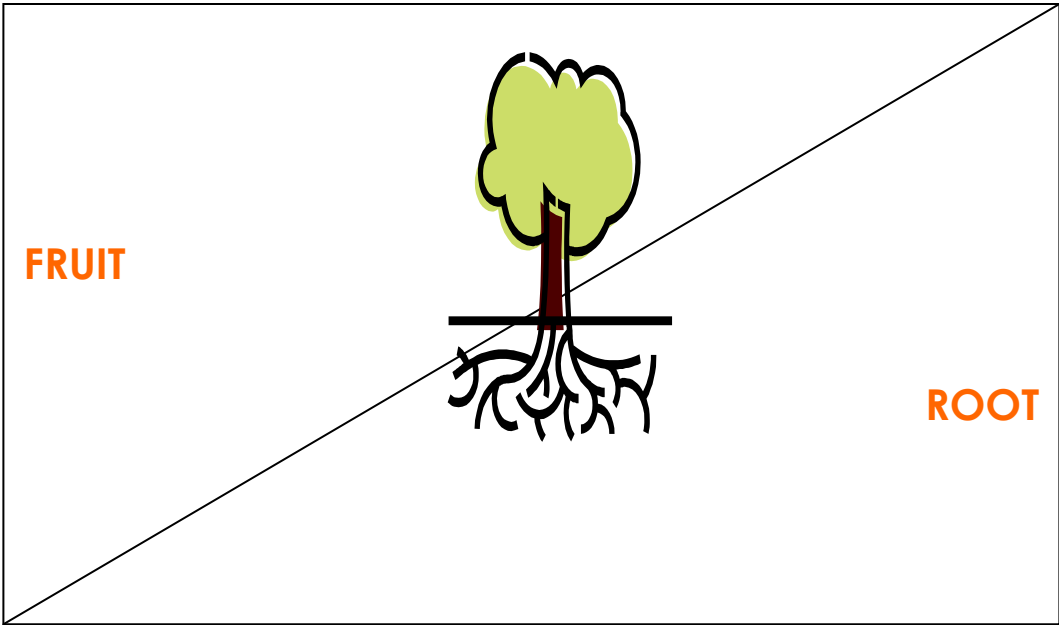
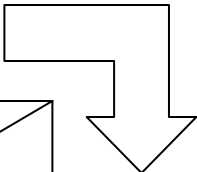
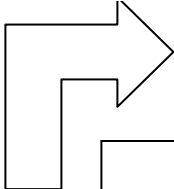
David Powlison, *Anger, Escaping the Maze* (Phillipsburg, New Jersey, 2000)

THE BOX DIAGRAM

SITUATION
(pressure)

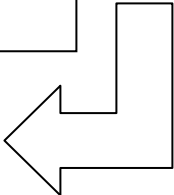
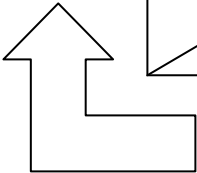
RESPONSE/REACTION

THOUGHTS



FRUIT

ROOT



INTENTIONS, MOTIVES, DESIRES, WANTS