

IT IS WELL WITH MY SOUL

Part 3 - Anger

→ *Would you say you have an anger problem? What makes you angry (your 'triggers')? What anger management techniques do you use personally?*

3 Types of Anger recognised by Psychologists

1. HASTY & SUDDEN anger
2. SETTLED & DELIBERATE anger
3. DISPOSITIONAL anger

From a Christian / Biblical point of view, 3 Types of Anger

1. RIGHTEOUS indignation → We SHOULD be angry against SIN, INJUSTICE, ABUSE, BULLYING, ETC.
2. PROCESSED, MANAGED anger
3. ERUPTING, SINFUL anger → "HURTING people HURT people" (Ephesians 4:26-27,31)

→ *What things stir you to righteous indignation? How angry can you get / Where do you draw the line? Where do things like social protest, demonstration and acts of rebellion fit within the Christian view of righteous indignation? When / how does righteous indignation cross over into sin?*

→ *Bottler-suppressers, passive-aggressive exploders, random-unloaders, savage-shouters, sarcastic-diggers, drip-drip punishers, silent-sulkers, even self-harmers. Which on this list are you? When you're angry, how do people know? How do you tend to process and release your anger?*

Significant Anger Management issues come from a variety of places

- * Deep internal WOUNDING
- * Influenced by FAMILY HISTORY
- * Unwitting response to crippling GRIEF, spiralling STRESS, untamed / untrained TEMPER. unresolved OFFENCE, slow-burning RESENTMENT.

→ *From your experience, observation and understanding, what causes people to have significant anger problems? How might grief, stress or offence lead to explosions of anger?*

PREMISE: Anger is a FRUIT, not the ROOT (Galatians 5:16-26 NLT).

- * Ultimately, anger is the OVERFLOW of what's going on INSIDE in your very SOUL.
- * Listening to, responding to, being led by the FLESH or SPIRIT produces very different results.

→ *According to Galatians 5, what are the results of following the flesh rather than the spirit? How does the struggle between the two play itself out in your life? Do you, as a rule, tend to be flesh-ruled or spirit-led? How about when you're under attack?*

What are the possible roots that produce the fruit of anger?

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|------------------------------------|---------------------------------|
| a) Unfulfilled EXPECTATIONS | f) Unresolved OFFENCE |
| b) Long-term bubbling FRUSTRATIONS | g) Defensive SELF-JUSTIFICATION |
| c) Built up RESENTMENT | h) Immature IMPATIENCE |
| d) Lingering DISAPPOINTMENT | i) Insecure need for CONTROL |
| e) Irrational sense of ENTITLEMENT | |

Clearly, if those are AFFLICTING you at the CORE of your SOUL, you need a RENEWING, HEALING, SANCTIFYING. You need the deep work of the HOLY SPIRIT in your heart.

→ *Do you have a struggle with any on that list? What emotional effect do they have on you? Where did they come from? How might we pray for you?*

→ *How might the Holy Spirit take you on a journey of healing in those areas?*

How do you dig out those roots and plant new ones?

1. UNDERSTAND that in Christ you're a NEW person ... The OLD has gone; the NEW has come (2 Corinthians 5:17).

- * There is HOPE: You don't have to be SUBJECT to anger & rage. CHRIST came to set you FREE and the SPIRIT enables you to live in the REALITY of that FREEDOM (Romans 6:13-14).
- * The resentments, failures & disappointments are UNDER THE BLOOD.

→ *What does it mean to say that your resentments, failures and disappointments are 'under the blood'?*

→ *Read Romans 6:13-14. What does it mean to live 'under the freedom of God's grace'?*

2. RECOGNISE that although your PAST doesn't have a HOLD over you, it's still INFLUENCES you.

- * GOD has forgotten it, but YOU may not and the ENEMY certainly won't let you.
- * You might still operate from old, bad HABITS, be SCARRED by disappointment & failure, SHAPED by past experiences & relationships.
- * So, there needs to be a RE-TRAINING (James 1:19-21, Ephesians 4:21-24)

→ *What happens when we are born again and what doesn't happen? What changes and what doesn't? What still need to change and how does God do it?*

→ *Do you still have any bad 'pre-conversion' habits? What about scars of disappointment or failure? Have past experiences and relationships shaped you in a way you're struggling to move on from?*

→ *What's the 're-training' and how does it happen? What can we learn from James 1:19-21 and Ephesians 4:21-24).*

3. LEARN to LEAN on a different INFLUENCE / RESPOND from a different PLACE.

- a) The WISDOM of the WORD (Psalm 109:105)
- b) The WARNING of the SPIRIT (Galatians 5:16)
- c) The WALK of LOVE (Colossians 3:14, Ephesians 4:2, 2 Cor 5:14, 1 Cor 13:4-5).

→ *How do we learn to lean on / respond from these three things? What difference might that make in your life? What guards do God's Word, Spirit and love put on your hearts and minds, and how do they keep you from outbursts of destructive anger?*