

Road to Emmaus

Counseling People with Sinful Anger (ACBC) **(Student Notes)** **(9/23/19)**

Introduction: Rick Elzinga (rick@southwesthills.org)

Differentiating between righteous anger and our corrupted form of anger:

The righteous anger of God: God is angry right now!
(Rom 1:18 ; Ps 7:11; John 3:36)
-a settled opposition to sin

Characteristics of righteous anger:
-Opposes sin
-Focused on God's concerns
-Remains in control, leading to righteous and just actions
(Mark 3:3-5; John 2:13-17)

Characteristics of sinful anger:
-It comes out of a sinful orientation.
-It is expressed wrongly or out of proportion.
-It lingers. (Eph 4:26-27)

What is anger? "When I perceive wrong, I have a God-given emotion that is intended to motivate me to pursue justice." (1 Samuel 11:1-6; 2 Samuel 12:1-12).

How to help someone (even yourself!) with sinful anger:

1. Focus on growing spiritually, not on conquering anger.
2. Get at the root sin. (Jas 4:1-3)
3. Humble yourself before God. (Jas 4:6-10)
4. Humble yourself before people.

5. Study, memorize, pray over, and use key anger verses:

- Gen 4:6-7
- Prov 14:16-17, 29
- Prov 15:1, 18
- Prov 16:32
- Prov 19:11, 19
- Prov 22:24-25
- Prov 25:28
- Prov 29:11, 22
- Prov 30:33
- Matt 5:21-22 with 1 John 3:15
- 1 Cor 13:4-5
- Rom 12:17-21
- Gal 5:22-23
- Eph 4:26-27
- 1 Tim 2:8
- Jas 1:19-20
- 1 Pet 4:8

6. Read Robert D. Jones *Uprooting Anger*, perhaps the best book on dealing with anger biblically.

7. When things don't go your way:

- Remind yourself of the sovereignty of God.
(1 Pet 2:23) (John 3:27) (Gen 50:20)
- Return good for what you see as evil.
(Rom 12:14, 20-21).
- Remind yourself of what you really deserve!
- Ask yourself: "Do I really have a right to be angry?"
(Jonah 4)

8. We need to learn to be more angry—righteously! (Heb 1:9; 2 Cor 11:29)

Some closing advice to counselors: Don't think that just because your counselee doesn't express anger that he doesn't have an anger problem.

Questions?