



Redirecting Anger

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WHAT'S  
YOUR  
BIGGEST  
PET  
PEEVE?

The  
POINT ➤

Take your anger to God and leave  
matters in His hands.

➤ PSALM 35:1-3,13-18

<sup>1</sup>Oppose my opponents, LORD; fight those who fight me.  
<sup>2</sup>Take your shields—large and small—and come to my aid. <sup>3</sup>Draw the spear and javelin against my pursuers, and assure me, “I am your deliverance.”

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<sup>13</sup>Yet when they were sick, my clothing was sackcloth; I humbled myself with fasting, and my prayer was genuine. <sup>14</sup>I went about mourning as if for my friend or brother; I was bowed down with grief, like one mourning for a mother. <sup>15</sup>But when I stumbled, they gathered in glee; they gathered against me. Assailants I did not know tore at me and did not stop. <sup>16</sup>With godless

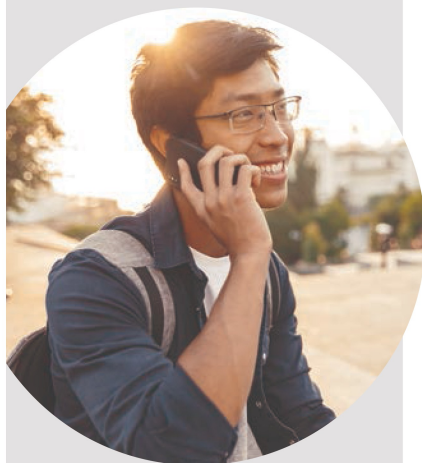
mockery they gnashed their teeth at me. <sup>17</sup>Lord, how long will you look on? Rescue me from their ravages; rescue my precious life from the young lions. <sup>18</sup>I will praise you in the great assembly; I will exalt you among many people.



# THE BIBLE MEETS LIFE

## FACT:

If you tend to get angry, here's a good tip. Because hunger is known to cause anger, keep a snack in your pocket to protect against becoming hangry.<sup>1</sup>



## LEVELS OF BIBLICAL LEARNING // JESUS

Because no sin can enter God's presence and because Jesus is holy, He is the only way people can connect with God.

Small children can get mad about the silliest things, and if they catch us giggling about it, they only get madder! Parents report their children have gotten mad because the moon was in the sky during the day or their ice cream was too cold.

Unfortunately, we still struggle to resist anger as we grow up, and the reasons we become angry are still just as silly.

- Someone chews their food too loudly.
- You can't find the TV remote.
- Someone asks a question that was answered just a few moments ago.
- You have to be home at 10 p.m. on a school night.

Admit it. You've become angry over something petty—we all have. At other times, more serious matters push the anger button—threats, lies, and unjust actions. Should we just give in to the anger, or is there a better way? In Psalm 35, David had good reasons to be angry, but he took a different route. It's a route we should consider when anger starts to well up inside us.

## PSALM 35:1-3

### 1 How can anger hurt our walk with Christ?

### 2 Why is it important to go to God about our anger?



*When others hurt us, we are never to respond in anger or retaliation—we are to respond in love.*  
*#BSFLEmotions*

## PSALM 35:13-16

**3** When have you been treated unkindly or unfairly by others?

**4** How did Jesus respond when He was mistreated by others?

**5** What can you learn from Jesus' example?

## PSALM 35:17-18

**6** What does it mean to leave matters in God's hands?

**7** How does leaving matters in God's hands strengthen our relationship with Him?

**8** What might it look like to "conquer evil with good" when it comes to the injustices in our lives?



# LIVE IT OUT

## LEVELS OF BIBLICAL LEARNING // JESUS

*Because no sin can enter God's presence and because Jesus is holy, He is the only way people can connect with God.*

Anger is one of those things we may be tempted to justify, claiming Jesus was angry at times. However, we need to be very careful not to confuse righteous anger—that which is concerned exclusively with the glory of God—with selfish anger, which is concerned with me or my feelings. When Christians justify any sin, whether it's anger or something else, this may not cut us off from God in an eternal sense, but we certainly interrupt the relational intimacy we enjoy with the Father. It causes us to miss out on many blessings He desires for us. God refuses our prayers when we harbor sin—specifically malice, which is closely related to anger and hatred—in our hearts (Ps. 66:18), so we should take great care to live like Jesus, trusting in Him to live in connection with God.

## > CHRIST

Jesus was angry at times (Mark 3:5; 11:15-17; John 2:13-17). However, Jesus' anger was never selfish in nature. Instead, it was always because others were dishonoring His Father. Selfish anger is always destructive and never accomplishes God's purposes (Jas. 1:20). Righteous anger, like Jesus displayed, is always concerned with God's glory.

**9** How did Jesus respond when others mistreated Him? Why was He able to resist becoming angry for selfish reasons?

**10** Describe the reasons you become angry. Are these selfish or righteous?

**11** How will you commit to becoming more like Christ in dealing with anger?

GOD

**JESUS**

HOLY SPIRIT

BIBLE

SALVATION

CREATION

CHURCH

PEOPLE

FAMILY

COMMUNITY  
& WORLD





## > COMMUNITY

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Other people—even those in our church—are not perfect (including you). With this in view, we're going to do things that offend or wound each other. Instead of responding in anger, we need to treat each other with patience and grace.

**12** When have you been angry with another brother or sister in Christ? How did you respond?

**13** Is there anyone toward whom you feel anger right now? Who might be angry with you?

**14** What steps will you take to resolve this anger? Talk to a trusted leader about how to address issues with anger or conflict.

## > CULTURE

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The world hates Jesus, and because of this, will hate His followers, as well. When we are rejected or treated cruelly by the world, it's natural to respond with anger. However, this does no good whatsoever in displaying God's goodness to the world. It's easy for anyone to respond with anger when mistreated. However, when we are mistreated and still choose to respond with grace, patience, and kindness, we reflect Jesus.

**15** When have you been mistreated by the world? How did you respond?

**16** How will you prepare yourself to respond with grace in the face of mistreatment? What opportunities are available right now to reflect God in this way?