

“ANGRY ---- WITHOUT A CAUSE”

Ephesians 4:26-27

“Be ye angry, and sin not let not the sun go down upon your wrath.”

“Neither give place to the devil.”

Lesson Outline – January 14, 2024

Overview

Old Testament

Genesis 4
Proverbs 25:28

I. Unresolved Anger

II. Response vs. Reaction

Psalms 119:11
Psalms 119:165

New Testament

Ephesians 4:22-27

Ephesians 4:26-27
Colossians 3:8

Romans 12:1-2
Ephesians 4:26
Colossians 3:8-17
II Corinthians 10:5
Philippians 4:13
Ephesians 6:10
I Thess. 5:23-24
I Cor. 12:1-2

Word Definitions

1. **Anger:** a feeling (emotion) of great displeasure; exasperation; affliction; to strangle; a feeling which strangles or chokes;
2. **Wrath:** resentful anger; rage; revengeful; seeking ways to get even; an overflow of anger;
3. **Cause:** a reason;
4. **Reason:** the basis or motive for an action; a decision or a belief; justification for doing something;

5. **Excuse:** (ex= away; cause= accusation): to seek to remove blame from self;
6. **Response:** answer to a situation based on the Word of God;
7. **Reaction:** answer to a situation based on emotions (react to another's actions)

Some Results of Unresolved Anger

1. Anger causes you to seethe (boil) inside.
2. Anger causes violent reactions.
3. Anger causes emotional hurt to you and others.
4. Anger causes mental anxiety.
5. Anger can increase the risk for heart disease, high blood pressure, ulcers, and other illnesses.
6. Anger directly relates to unforgiveness.
7. Unresolved anger will cause you to lose your soul.
8. Anger will cause others around you to be defiled.
9. Unresolved anger will cause a root of bitterness to spring up in your heart.

“If I regard iniquity (grumbling and complaining) in my heart, the Lord will not hear me.” (Psalms 66:18)

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Discussion Questions

1. Why is it difficult to release anger?
2. What is the relationship between anger and unforgiveness?
3. Discuss Philippians 4:13 and apply it to the issue of unresolved anger.
4. Why do you think that anger is sometimes hard to control.
5. How can unforgiveness, which is unresolved anger, be accomplished?
6. Talk about Eph. 4:26.....”Be ye angry, and sin not.”
7. When is anger validated and what do you do when there is reason to be angry.

