

“ANGRY – WITHOUT A CAUSE”

Lesson 2 – January 28, 2024

“What is the Cause?”

“But I say unto you, That whosoever is angry with his brother (her sister)

WITHOUT A CAUSE shall be in danger of the judgment....”

St. Matthew 5:22

LESSON OUTLINE

I. Justifiable Anger (Is there a Cause?)

Old Testament

Genesis 37-50

Genesis 42:51-52

Numbers 20:7-8

Numbers 20:10-11

Numbers 20:12

New Testament

Definitions

1. **Cause:** A reason
2. **Reason:** The basis or motive for an action; a decision or a belief; justification for doing something;
3. **Excuse:** (ex = away; cause = accusation) To seek to remove blame away from self;
4. **Resist:** To withstand; to stand against;
5. **Submit:** Under authority;
6. **Flee:** To run from;

II. Don't Hold On!!!

Colossians 3:8
 Hebrews 12:15-16
 I John 4:20-21
 Romans 12:2
 Colossians 3:13-15
 Ephesians 4:32
 James 4:7

III. Plan Ahead!!

Daniel 1:8

Proverbs 4:20-27

I Timothy 4:7-8
 Philippians 2:5
 I Peter 2:20-23
 Colossians 3:8-15

Questions for discussion:

1. What is the difference between an excuse and a reason?
2. Who is responsible for reconciliation and restitution? Why?
3. What happens if the forgiveness process is not followed as outlined in the Word?
4. Discuss what happens when anger is allowed to fester. Use Hebrews 12:15-16 as your basis for discussion.

5. How does your relationship with others reflect (and affect) your relationship with God?

SisStarly Reflections:

Begin to identify your anger triggers – those things/people that make you angry when you think about them or when you see a certain person. What emotions are generated? What is your responsibility?

During your study time, do the following worksheet.

CLOSING THE DOOR

ANGER WORKSHEET

NAME: _____

A person who is angry must begin to identify the triggers which may cause her to be angry and engage in negative behaviors so that she can learn to “close the door” and shut out the trigger, and learn to control the anger. This will give you a chance to redirect your thoughts to more positive things. “Closing the Door” is a choice, and can be used effectively in any situation. An example of “closing the door” is as follows:

I was in a home counseling with a young lady and her little boy was in the house with her. The front door was open, and the ice cream truck was in front. The child, not seeing the truck, knew that the truck was outside because he could hear the music which was associated with the truck. He went to the door and began to cry for ice cream. What was his trigger? His trigger was the music which was associated with the ice cream truck. He couldn't “see” the truck, but he knew that the truck was there because he “heard” the sounds. His mother began to explain to him that she didn't have money to buy ice cream, and that he didn't need to have ice cream because it was too close to dinner time. The little boy didn't understand what she was saying because the music/trigger had captured his attention. The mother closed the door, which shut out the music. The child cried for a few more seconds, but because he could no longer hear the music, she was able to redirect his attention. The door was closed on the trigger.

When you understand your triggers, you can begin to learn to control your reaction to the trigger, close the door on the trigger, and redirect your behavior so that you will begin to be positive rather than negative. Focus UPWARD.....What is the behavior that you are trying to prevent? Let's say that you are trying to prevent acting in a negative way, such as arguing, saying negative words, shouting at people, having a negative attitude, and other behaviors which may be associated with anger.

What are some of the things that cause you to get angry or frustrated?

Let's identify those things - called "triggers":

1) _____

2) _____

3) _____

4) _____

5) _____

These “triggers” which cause your anger and frustration are things that you need to “shut the door on” so that you will not act in a negative way. Looking at each trigger which you have identified, what will you need to do in order to shut the door each time the trigger is presented? The “trigger” may be generated by thinking about past events. Remember that behavior begins in your mind after the trigger causes you to feel a certain way. Thoughts cause feelings and actions always follow feelings!!! Behavior is all about either choosing to act based on your triggers, or shutting the door and redirecting your thoughts (Romans 12:1-2). Even though the triggers might be different, the process for “closing the door” will always be the same.

ACTION PLAN (Look at each identified trigger and determine your action plan)

1) _____

2) _____

3) _____

4) _____

5) _____

Remember that you are responsible for your behavior. You do not have to allow the triggers to cause you to act in a negative manner. You have choices to make – and you can either choose to continue to “hold on” or you can choose to close the door and focus upward. Only you can control your thoughts and your behavior. No one else is responsible for the choices which you make. You can’t blame others for your anger. Whether anger is with or without a cause, the process for handling your triggers will be the same. Put it off!!!!

“But be ye DOERS of the WORD and not just hearers only...deceiving your ownelves.”