

A MAN AND HIS FAITH



SESSION 3: ANGER

1 TIMOTHY 2:8-10

In every place of worship, I want men to pray with holy hands lifted up to God, free from anger and controversy.

And I want women to be modest in their appearance. They should wear decent and appropriate clothing and not draw attention to themselves by the way they fix their hair or by wearing gold or pearls or expensive clothes. 10 For women who claim to be devoted to God should make themselves attractive by the good things they do.

Is anger a problem to be solved or a tension to be managed?

2 ANGRY MEN AND THEIR LEGACIES

1. Cain – Genesis 4

GENESIS 4:4B-7

The Lord accepted Abel and his gift, but He did not accept Cain and his gift. This made Cain very angry, and he looked dejected. “Why are you so angry?” the Lord asked Cain. “Why do you look so dejected? You will be accepted if you do what is right. But if you refuse to do what is right, then watch out! Sin is crouching at the door, eager to control you. But you must subdue it and be its master.”

GENESIS 4:9-12

*Afterward the Lord asked Cain, “Where is your brother? Where is Abel?”
“I don’t know,” Cain responded. “Am I my brother’s guardian?”
But the Lord said, “What have you done? Listen! Your brother’s blood cries out to me from the ground! Now you are cursed and banished from the ground, which has swallowed your brother’s blood. No longer will the ground yield good crops for you, no matter how hard you work! From now on you will be a homeless wanderer on the earth.”*

2. Phinehas – Numbers 25

NUMBERS 25:1-3

While the Israelites were camped at Acacia Grove, some of the men defiled themselves by having sexual relations with local Moabite women. These women invited them to attend sacrifices to their gods, so the Israelites feasted with them and worshiped the gods of Moab. In this way, Israel joined in the worship of Baal of Peor, causing the LORD’s anger to blaze against His people.

NUMBERS 25:11-13

“Phinehas son of Eleazar and grandson of Aaron the priest has turned my anger away from the Israelites by being as zealous among them as I was. So I stopped destroying all Israel as I had intended to do in my zealous anger. Now tell him that I am making my special covenant of peace with him. In this covenant, I give him and his descendants a permanent right to the priesthood, for in his zeal for Me, his God, he purified the people of Israel, making them right with Me.”

3 COMMON CHARACTERISTICS OF GAIN AND PHINEHAS:

1.

2.

3.

1 BIG DIFFERENCE BETWEEN GAIN AND PHINEHAS

BIBLICAL TEXTS THAT SHOULD GIVE STRUCTURE, BOUNDARIES, AND DIRECTION TO OUR ANGER:

JAMES 1:19-20

Understand this, my dear brothers and sisters: You must all be quick to listen, slow to speak, and slow to get angry. Human anger does not produce the righteousness God desires.

EPHESIANS 4:26

And “don’t sin by letting anger control you.” Don’t let the sun go down while you are still angry, for anger gives a foothold to the devil.

PSALM 30:4-5

Sing to the Lord, all you godly ones!

Praise His holy name.

For His anger lasts only a moment,

but His favor lasts a lifetime!

Weeping may last through the night,

but joy comes with the morning.

ROMANS 12:19

Dear friends, never take revenge. Leave that to the righteous anger of God. For the Scriptures say,

“I will take revenge;

I will pay them back,”

says the Lord.

QUESTIONS FOR DISCUSSION

How do you normally struggle with anger?

- Anger over the wrong things
- Anger over the right things that is poorly managed (out of proportion)
- Refusal to express anger for fear of conflict
- Harboring anger until it turns to bitterness

What is a practical step that you can take to bring your anger in alignment with God’s purposes?

Which of your relationships most needs to be healed from the effects of unbiblical anger?

What is a first step that you need to take to move toward healing?