



Lesson 4

Dealing With Anger, Bitterness, or Resentment

Introduction:

Anger, bitterness, and resentment can eat you up and swallow you whole. But it doesn't have to be that way. Our anger can not only ruin our lives but it can ruin the lives of those around us. Let's look to the Bible for freedom.

1. **Does God know how I feel?**

Neither is there any creature that is not manifest in his sight: but all things [are] naked and opened unto the eyes of him with whom we have to do.

Hebrews 4:13

God knows and understands how you feel, so why not be honest with Him about how you feel. Do not try to hide your genuine feelings from Him.

2. **What advice does the Bible give on anger?**

Be ye angry, and sin not: let not the sun go down upon your wrath:

Ephesians 4:26

The Bible advises us to deal with our anger before we go to bed. It has been proven that when we do not deal with our issues before this time, things get worse and more ingrained.

3. **We need to discover why we are angry.**

And the LORD said unto Cain, Why art thou wroth? and why is thy countenance fallen?

Genesis 4:6

When Cain killed Abel, God asked, "Why are you wroth?" We need to understand why we feel the way we do.

4. **If I lose control of my emotions who gains control?**

Be not hasty in thy spirit to be angry: for anger resteth in the bosom of fools.

Ecclesiastes 7:9

[He that is] slow to wrath [is] of great understanding: but [he that is] hasty of spirit exalteth folly.

Proverbs 14:29

[He that is] slow to anger [is] better than the mighty; and he that ruleth his spirit than he that taketh a city.

Proverbs 16:32

When I lose control Satan finds it. We are to control our emotions not let our emotions control us.

5. **What can my anger do to others?**

Rest in the LORD, and wait patiently for him: fret not thyself because of him who prospereth in his way, because of the man who bringeth wicked devices to pass. Cease from anger, and forsake wrath: fret not thyself in any wise to do evil.

Psalm 37:7-8

A soft answer turneth away wrath: but grievous words stir up anger.

Proverbs 15:1

We must give our anger to God. Our angry words stir up anger in others.

6. **Why am I angry when I don't want to be?**

For that which I do I allow not: for what I would, that do I not; but what I hate, that do I.

Romans 7:15

Even Paul admits that he did things that he did not want to do. This is the result of sin. But by the power of Christ we can be overcomers, even of anger.

7. **How can I be free from the anger that I feel towards someone?**

And forgive us our sins; for we also forgive every one that is indebted to us. And lead us not into temptation; but deliver us from evil.

Luke 11:4

And be ye kind one to another, tenderhearted, forgiving one another, even as God for Christ's sake hath forgiven you.

Ephesians 4:32

Forbearing one another, and forgiving one another, if any man have a quarrel against any: even as Christ forgave you, so also [do] ye.

Colossians 3:13

The only way to not be a prisoner of your anger is to forgive. The only commentary Jesus gave on the Lord's Prayer was on forgiving others. This shows us how important forgiveness is.

8. **Forgive yourself for being angry.**

If we confess our sins, he is faithful and just to forgive us [our] sins, and to cleanse us from all unrighteousness.

1 John 1:9

We must also forgive ourselves. Sometimes the person we need to forgive is ourselves. We all make mistakes; thank God He is faithful and just to forgive us. If He can forgive us why can't we?

9. **What advice does the Bible give on anger?**

Be ye angry, and sin not: let not the sun go down upon your wrath:

Ephesians 4:26

Deal with anger quickly. Don't let it accumulate. If you need to ask someone's forgiveness, do it.

10. **How serious can my anger be?**

And the LORD spake unto Moses, saying,
Take the rod, and gather thou the assembly together, thou, and Aaron thy brother,
and speak ye unto the rock before their eyes; and it shall give forth his water, and
thou shalt bring forth to them water out of the rock: so thou shalt give the
congregation and their beasts drink.

And Moses took the rod from before the LORD, as he commanded him.

And Moses and Aaron gathered the congregation together before the rock, and he
said unto them, Hear now, ye rebels; must we fetch you water out of this rock?

And Moses lifted up his hand, and with his rod he smote the rock twice: and the
water came out abundantly, and the congregation drank, and their beasts [also].

And the LORD spake unto Moses and Aaron, Because ye believed me not, to
sanctify me in the eyes of the children of Israel, therefore ye shall not bring this
congregation into the land which I have given them.

Numbers 20:7-12

Anger with others is what kept Moses out of the Promise Land. God told Moses to speak to the rock and water would come out. In his anger with the grumbling multitude he said “shall WE bring water for you out of this rock.” Because he hit the rock out of anger and took credit for the miracle he was not permitted to enter into the Promise Land.

Anger is also known as indignation. Anger or annoyance provoked by what is perceived as unfair treatment.

11. **Is there a good anger?**

And the Jews' passover was at hand, and Jesus went up to Jerusalem,
And found in the temple those that sold oxen and sheep and doves, and the
changers of money sitting:

And when he had made a scourge of small cords, he drove them all out of the
temple, and the sheep, and the oxen; and poured out the changers' money, and
overthrew the tables;

And said unto them that sold doves, Take these things hence; make not my
Father's house an house of merchandise.

And his disciples remembered that it was written, The zeal of thine house hath
eaten me up.

John 2:13-17

Believe it or not Jesus showed anger. We must remember anger is a human emotion and our emotions were given to us from God. However there is a difference between righteous indignation and indignation. Jesus showed anger over the atrocities that were taking place in the temple. A place of Holy worship had been turned into a Wal-Mart.

It is ok to be angry about the pain and suffering in the world, i.e. starvation, crime, irreverence to God. God put this emotion inside us so we can deal with the issues and solve problems and administer justice. Anger of this is different than anger with someone who drank the last of your favorite drink and left the empty bottle in the refrigerator.

12. **How, then, can I control my anger?**

Being confident of this very thing, that he which hath begun a good work in you will perform [it] until the day of Jesus Christ:

Philippians 1:6

God promises that He began a work in us and will continue this work until Jesus returns.

13. **I feel like even God can't help me with this?**

I can do all things through Christ which strengtheneth me.

Philippians 4:13

And we know that all things work together for good to them that love God, to them who are the called according to [his] purpose.

Romans 8:28

With God all things are possible.

Conclusion:

Proverbs 3:5 – **Trust in the Lord with all your heart** and lean not on **your own understanding**.

He whose trust is in God will with Paul be able to say, "I can do all things in Him that strengtheneth me." Philippians 4:13, R.V. Whatever the mistakes or failures of the past, we may, with the help of God, rise above them. With the apostle we may say:

"This one thing I do, forgetting those things which are behind, and reaching forth unto those things which are before, I press toward the mark for the prize of the high calling of God in Christ Jesus." Philippians 3:13, 14.

[MH. p. 516 E.G.W.]