



Anger

Part 6 in the series—Notes To God: Studying The Psalms
“...who may stand in Your presence when once You are angry”

Psalms 76:7 NIV

“...You have put me in the lowest pit, in the darkest depths. 7) Your wrath lies heavily on me; you have overwhelmed me with all your waves. 8) You have taken from me my closest friends and have made me repulsive to them. I am confined and cannot escape; 9) my eyes are dim with grief. I call to you, LORD, every day; I spread out my hands to you... 13) But I cry to you for help, LORD; in the morning my prayer comes before you. 14) Why, LORD, do you reject me and hide your face from me? 15) From my youth I have suffered and been close to death; I have borne your terrors and am in despair. 16) Your wrath has swept over me; your terrors have destroyed me. 17) All day long they surround me like a flood; they have completely engulfed me. 18) You have taken from me friend and neighbor--darkness is my closest friend...”

Psalms 88 NIV



Anger Solution

C — “I have considered my ways and have turned my steps to your statutes.”
Psalms 119:59

C — “Many who became believers confessed their sinful practices.”
Acts 19:18

C — “But I cry to you for help, LORD; in the morning my prayer comes before you. Why, LORD, do you reject me and hide your face from me?”
Psalms 88: 13, 14 NIV

C — “Put on your new nature, created to be like God—truly righteous and holy. ... And ‘don’t sin by letting anger control you.’” Don’t let the sun go down while you are still angry...
Ephesians 4:24-26 NLT

But now you also, put them all aside: anger, wrath, malice, slander, and abusive speech from your mouth.”
Colossians 3:8 NASB

The Big Idea

Little Bit Deeper...



Consider & Discuss: When you are angry—is there a reason, or do you find yourself constantly in an angry state? How do you express anger—verbally, silently, raging, throwing things? Do you share your anger—or do you ‘stuff it’? What do you think the physical, emotional and spiritual results are of inappropriate anger? **Read Consider & Discuss:** Ge 4:1-12; Ex. 34:4-7; 1 Sam. 20:27-34; John 2:13-17 What different forms of anger do you observe? Is there a difference between ‘righteous’ anger and other types? Is the anger of God, or that of Jesus different than an angry outburst that we might have? Compare this to Ephesians 4:26 **Personal Reflection:** If struggling with anger, what would be your next step? **Pray with others -**