

**Bible
Teachings
Series**

*A self-study
about using
anger in a
God-pleasing
way*



God Manages my Anger

God Manages my Anger

A self-study course about
using anger in a God-pleasing way



Multi-Language Productions

Bringing the Word to the World

About the cover - Perhaps the unmerciful servant had a right to be angry with the man who owed him money, but the servant's anger was out of control. His actions were not right.

The original text is produced by Multi-Language Productions of the Board for World Missions of the Wisconsin Evangelical Lutheran Synod.

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Printed in 2013

ISBN 978-1-931891-60-8

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Level 1, Book 26



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Getting Started

In this book you will learn about anger. Anger is an emotion that we have. Because we are sinners, we often get angry and act in ways that hurt other people or even hurt ourselves. God is the one who can help us control our anger.

After each set of questions and after each chapter test, you will see a page number where you can find the correct answers to those questions. Check each of your answers and correct them if necessary.

At the end of the book is a final test. Before you take the test, go back and review the chapter tests. When you complete the final test, you can either return it to the person who gave you this book or mail it to the address found on the back cover of the book. Someone will check the test.

May God help you as you learn more about anger. May he bless your study!



*In anger, Moses smashes the stone tablets
when Israel worships a false God.*



Chapter One

God can handle my anger

A few years ago, I (the writer of this book) was trying to help a woman work through some of her problems. I told her, “You sound like you are angry. That is okay, because you have a lot to be angry about.”

She told me, “No. I cannot let myself be angry. I am scared of what my anger might do.”

You have to understand; this was a very thin and fragile looking woman. She looked like a strong wind might blow her over. I asked her, “What are you afraid might happen if you let yourself get angry?”

This little woman told me, “There was one time when I was in an institution, and I started thinking about all the bad things that had happened to me, and I started getting really angry, and I started screaming and yelling and breaking things. I caused a lot of damage. It took four strong men to hold me down.”

That woman knew about the power of anger, and it scared her. How about you? Is that what you think of when you think about anger: its power to hurt and destroy? Maybe your anger caused some of your legal problems. Maybe you have people you care about who no longer want anything to do with you because of your anger. Maybe you have lost jobs because of your anger. Maybe you find yourself trying to use drugs or alcohol to help you deal with your anger, and that is when things get really out of control.

Your anger might have made some messes in your life. But you do not have to be afraid of anger. It does not have to ruin your life. The Bible says, “Sin will not be your master.... Law does not rule you. God’s grace has set you free” (Romans 6:14). God’s love for you is powerful enough to heal any messes your anger might have made. And God’s love for you is powerful enough to keep your anger from becoming sinful.

No matter what bad things you have done in your anger, Jesus paid for it when he died on the cross. In God's eyes, you are free from blame and shame. You might have apologies to make or money to repay because of things you have done when you were angry, but as far as God is concerned your debt is all paid. Every time you see a cross, you can remember that: "Jesus died for me, so my debt is paid. I am forgiven. God is not holding my sin against me."

1. Anger has _____ that can ruin your life with other people, take away your job, and get you in legal trouble.
2. Sometimes people use _____ or _____ to deal with their anger, and that is when things can get really out of control.
3. God's _____ for you is more powerful than the power of anger.
4. When Jesus died for you on the cross, your _____ was paid as far as God is concerned.

(Check your answers on page 8)

You have nothing to be afraid of when you come face to face with God, since Jesus is your Savior. But do you have something to be afraid of today because you still have a lot of anger in you? Understand this: *Anger is not a bad thing!* It is part of the whole package of emotions God built into you, the same as happiness and sadness and fear and curiosity and all the other emotions you have. Anger itself is not the problem; the problem is about you letting your anger control you, instead of having Jesus manage your life. In the Bible the apostle Paul says, “I will not be controlled by anything” (1 Corinthians 6:12). If you have let your anger control your life, you have seen how it can go from simple anger to things like:

- Out-of-control rage
- Feeling sorry for yourself
- Thinking resentful thoughts all the time
- Becoming a bitter person no one wants to be around
- Getting high to make the feeling go away
- Thinking that you have a right to hurt other people, since other people have hurt you

All of that *can* happen when you are angry, but it does not need to happen. The Bible says, “When you are angry, do not sin” (Ephesians 4:26). When you are living with Jesus, you can be angry if there

is something to be angry about, and still *not* sin. Jesus has the power to forgive you. He has the power to save you, and he has the power to be your life's manager.

5. Anger is an _____ God has blessed you with, along with happiness, sadness, fear, curiosity, etc.
6. 1 Corinthians 6:12 says, "I will not be _____ by anything," and that includes anger.
7. According to Ephesians 4:26 you can be angry and still not _____.

(Check your answers on page 8)

Review of Chapter One

We have all seen how anger has power, and a lot of times we have seen the power of anger ruin things in our lives. But the Bible says that God's love for you is more powerful than the power of your anger. The Bible says that when Jesus died for you on the cross, he paid off your debt for the harm you have caused when your anger got out of control. You can be sure God forgives you and accepts you.

Anger is not really the problem; anger is one of the emotions God gives you as a valuable gift. The problem with anger comes from letting anger control you, instead of having God be in control of your anger. God does not want to take your anger away if there is a good reason for anger. He wants to work with you so that you do not sin when you are angry.

Answers to the questions in Chapter One:

1. power; 2. drugs, alcohol; 3. love; 4. debt; 5. emotion;
6. controlled; 7. sin.

Test on Chapter One

Circle the word or phrase that best completes the sentence.

1. Anger is a very _____ emotion.
 - A. powerful
 - B. sinful
 - C. useless
 - D. tame

2. God's love is _____.
 - A. not powerful enough to make up for the wrongs you have done.
 - B. only for people who deserve it.
 - C. more powerful than the power of your anger.
 - D. nice, but you still have to take control of your problems.

3. When Jesus died for you on the cross, he _____.
 - A. paid your debt completely and made your forgiveness a sure thing.
 - B. did part of the work of saving you; now you have to do the rest.
 - C. paid only for the sins you committed by accident.
 - D. left you with the job of getting God to love you and accept you.

True or false? Circle the best answer.

4. Out-of-control anger can lead to lost jobs, broken friendships or marriages, and legal troubles.

True

False

5. Alcohol or marijuana can be a real help in getting your anger under control.

True

False

6. When simple anger goes out of control, it can turn you into a resentful, bitter person.

True

False

7. Anger is actually a gift from God.

True

False

8. Being angry is always sinful.

True

False

(Check your answers on page 75)



Chapter Two

Anger is a gift from God

If you have a copy of the Ten Commandments or if you simply want to open a Bible to Exodus 20:1-17, look for the commandment that says, “You shall not be angry.” Are you having trouble finding it? Of course you are: there is no such commandment. God does not command you not to get angry; in fact, he is the one who gave you the emotion of anger. And the Bible says, “Every good and perfect gift is from God” (James 1:17). Anger is one of those gifts.

What is so good about anger? Start with the fact that God himself gets angry. You do not have to



Samuel rebukes Saul when he disobeyed God.

look too far in the Bible without finding examples of God being angry at people who are cruel to other people, or God being angry at unfair laws and unjust rulers, or being angry at people's hypocrisy and lies. When you get angry at injustice and evil, you have something in common with God.

There are blessings in the gift of anger, too. When you feel anger, that tells you: Something is wrong here. Something does not seem fair; somebody is cheating you or mistreating you; somebody is doing something they have no right to do, and it is getting you angry. If it were not for your feeling of anger, you might not have noticed.

And anger gives you energy. Think of what happens in your body when you get angry: you breathe harder; your heart pumps harder; you might even find yourself trembling—not from fear, but from the urge to take action. And that is the point: you may need to take some kind of action when an injustice is happening. God put an emotion in you that prepares your body for action.

And anger helps you set boundaries. People who find it hard to get angry end up having other people treating them unfairly. If you are able to get angry at being treated unfairly, it helps you to stand up

and say, "I am not going to let you treat me this way." God gives the gift of anger to help keep you safe from people who do not respect you and who take advantage of you.

1. When you get angry with injustice and evil, you have something in common with _____.
2. The feelings that go along with being angry help to tell you that something is _____.
3. The emotion of anger gives your body _____ in case you have to take action.
4. Anger helps you set _____ when people treat you disrespectfully.

(Check your answers on page 18)

So how did your anger make such big messes in your life if it is such a good thing? Your anger is not the problem; the problem is the one who is managing your anger. Maybe you were letting drugs or alcohol manage your anger. Maybe you were trying to manage your anger yourself. Maybe you were letting anger itself be in charge. What you need to do with the gift of anger, as with any gift from God, is *to give it right back to him* and say, "Thanks, now will you please take charge of this gift?"

Look at what the apostle Paul says in the book of Romans to all of us who trust in Jesus as our Savior:

“Our sinful nature no longer controls the way we live. The Holy Spirit now controls the way we live. Do not live under the control of your sinful nature. If you do, you will think about what your sinful nature wants. Live under the control of the Holy Spirit. If you do, you will think about what the Spirit wants. The way a sinful person thinks leads to death. But the mind controlled by the Spirit brings life and peace. The sinful mind is at war with God. It does not obey God’s law. It cannot. Those who are controlled by their sinful nature cannot please God. But your sinful nature does not control you. The Holy Spirit controls you. The Spirit of God lives in you” (Romans 8:4-9).

God makes a promise to you: he will make sure your anger is helpful, not harmful, when you quit trying to manage it yourself and you let him be your anger manager. He does not merely give you rules to guide your anger; he gives you himself to manage your anger.

Our life with God does not start once we die and go to heaven; it starts here and now with God living here with us and in us. That means he is here, right inside you, to take charge of things when you get into situations where you get angry. So instead of praying that God would take your anger away, or even praying that God would give you strength to control your anger, try praying something like this: "God, you are here; you are real, and you are in charge. Help me to believe this and to watch for you in action here."

None of us are very good at this at first; do not worry about it. God will keep working with you patiently as you let go of control and trust that he is here and that he is doing what he promised to do. He is the Lord of your life, including the parts of your life that make you angry.

5. Instead of trying to get our anger under our control, we need to let _____ take charge of it.
6. In Romans 8 the Bible tells everyone who believes in Jesus that "The _____ of _____ lives in you."

7. God does not simply give you _____ to guide your anger, he gives you _____ to manage your anger.
8. God is patient with us as we learn to let go of _____ and as we learn to _____ him with our lives.

(Check your answers on page 18)

Review of Chapter Two

God gave us anger, and it is a valuable gift. When we get angry about evil and unfairness, we have something in common with God: He gets angry about those things, too. Our anger signals us that something is wrong. Our anger gives us energy to take action when something is wrong. And our anger helps us to set boundaries when people try to take advantage of us and disrespect us.

Like any good gift from God, anger needs to be handed right back to God so he can be in charge of it. The Bible tells us that God does not live far away in heaven; he has come to live in everyone who believes in Jesus. So he is right here and wants to be in charge whenever you feel yourself start to get angry. And he will work with us patiently as we learn to let go of control and to trust him with everything in our lives, including our anger.

Answers to the questions in Chapter Two:

1. God; 2. wrong; 3. energy; 4. boundaries; 5. God; 6. Spirit, God; 7. rules, himself; 8. control, trust.

Test on Chapter Two

True or false? Circle the best answer.

1. We get angry because we are sinful.
True False
2. God never gets angry.
True False
3. When we pay attention to our angry feelings,
they may point out what is wrong.
True False
4. Anger gives our bodies energy in case we need
to take action.
True False
5. If we are strong and sincere, we can do a good
job of managing our own anger.
True False

Circle the word or phrase that best completes the sentence.

6. Our life with God starts _____.
 - A. once we get to heaven.
 - B. when Jesus comes back to earth.
 - C. here and now.
 - D. once we have gotten all sin out of our lives.

7. The Bible says that God the Holy Spirit _____.
A. lives in everyone who believes in Jesus.
B. only lives in pastors and other religious leaders.
C. only comes to people who have a good attitude and live right.
D. is in heaven, not on earth.
8. When the Holy Spirit is managing your anger, your anger will _____.
A. disappear.
B. instantly turn into happiness.
C. be punished.
D. become helpful, not harmful.

(Check your answers on page 75)



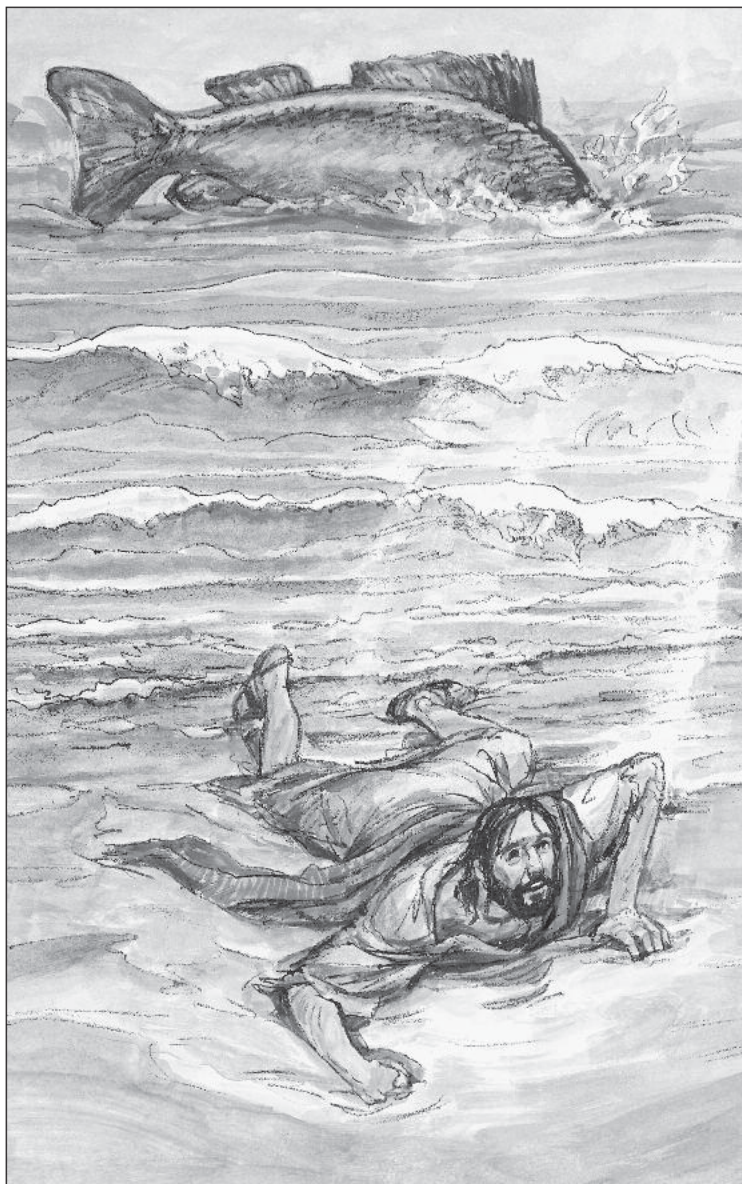
Chapter Three

Take your time

A big problem a lot of us have is that we are in a big hurry to get things done. That can lead to real trouble with anger. When something is wrong and you get angry about it, you get in such a hurry to make it right that you do not take time to talk to God about the situation and about how you feel.

Here is something the Bible says about taking your time when you are angry:

“My dear brothers and sisters, pay attention to what I say. Everyone should be quick to listen. But they should be slow to speak. They should be slow to get angry. A man’s anger does not produce the kind of life God wants” (James 1:19,20).



*God teaches Jonah to control his angry desire
for revenge against his enemies.*

And anytime you go off and act on your anger before you bring God in to control it, it is only “man’s anger,” and it is going to make a bad situation worse.

What is your hurry? You know God is aware of the situation you are angry about, and he has the wisdom and the power to make things right. So why not slow down and take the situation to him first?

Veterans of addiction recovery have come up with an easy-to-remember way to help slow yourself down when something has gotten you angry: it is called “The Three A’s.” And the three A’s are:

- Awareness
- Acceptance
- Action

That simply means that 1) you become aware that something is not right, and that you are angry about it, 2) you accept the fact that this situation is real right now, and you accept the fact that you are angry about it, and you accept God’s help in dealing with it, and 3) then, with God’s help, you decide what action you are going to take about the situation.

A lot of our problems come from hurrying right from number 1 (awareness) straight to number 3 (action) before taking time to accept God's help. Maybe you can think of times when you became aware of something someone was doing that got you angry, and before you knew it, words were coming out of your mouth or your fists were flying. Maybe afterward you felt bad about what you had done, but you told yourself (and anyone else who would listen), "I could not help it! He made me so angry!"

In those situations you went right from anger to action: no time to think, no time to pray, no time to accept God's help. If any thoughts went through your mind, they were probably something like, "This is not right! And it is up to me to do something about it, and I am going to do it right now!" That is what the Bible is talking about in James 1:20 when it says, "A man's anger does not produce the kind of life God wants." You did not take time to bring God into the situation, and so you were left with just "a man's anger."

1. In James 1:19,20 the Bible says to be quick to _____, slow to _____ and slow to get _____.

2. "The Three A's" are: _____,
_____, and _____.
3. A lot of our problems with anger happen when we hurry right from _____ to _____ without taking time to _____ God's help with the situation.
4. When we are angry we need to slow down and bring _____ in on the situation.

(Check your answers on page 28)

If you are going to handle these situations differently, you are going to have to start *accepting* that some things get you angry. That does not mean saying you are okay with the situation, that you do not care if it stays the way it is, or that you are not going to do something about it. *Accepting* the situation means stopping to think: "This is real. It is really happening. Maybe it should not be happening, but it is. *And I am angry about it.*"

That is important: accept the fact that you are angry. Sometimes people make the mistake of thinking they should never be angry, that being angry is a sin, that a true Christian never gets angry. Then they get in a hurry to make their anger go away. They will lie to themselves and say, "I am

not really angry,” or they will pretend that whatever they are angry about does not really matter. Or (worst of all) they will try to make the anger go away by shaming themselves (telling themselves things like, “What kind of Christian are you? Why not just forgive and forget?”).

Here is where it is so important to slow down, bring God into the process, and accept his help. The God of the Bible—the Lord who loves you and died on the cross for you—accepts you completely, just the way you are. You do not have to fix yourself so God will accept you. You are already acceptable because of God’s love for you and the sacrifice Jesus made for you. And right now the real you—the you that God loves and accepts—is angry. Take the time to think about this when you get angry.

5. Accepting that some things make you angry does not mean you are _____ with the situation, that you do not _____ if it stays the way it is, or that you are not going to _____ something about it.
6. Accepting that some things make you angry means stopping to think: This is _____.

7. You are probably not going to accept the fact that you are angry if you make the mistake of believing that anger is a _____.
8. God loves and accepts the real you, including the times when the real you is _____.

(Check your answers on page 28)

Review of Chapter Three

A lot of the trouble we get into when we are angry comes from the fact that we are in a big hurry to change whatever we are angry about. We fail to take time to bring God in on the situation. Instead of going through “The Three A’s”—Awareness, Acceptance, Action—we jump from awareness straight to action.

When we accept that some things make us angry, it means we are taking time to understand that the situation is real, and that we are angry about it. It does not mean that we do not care about the situation or that we are okay if it stays the same. It helps if we believe that God accepts us, just as we are, right in the middle of our anger. We do not have to get rid of our anger for God to accept us, because he already loves and accepts us and died to save us.

Answers to the questions in Chapter Three:

1. listen, speak, angry; 2. Awareness, Acceptance, Action;
3. awareness, action, accept; 4. God; 5. okay, care, do; 6. real;
7. sin; 8. angry.

Test on Chapter Three

True or false? Circle the best answer.

1. When something makes you angry, it is important that you take action to change that situation right away.
True False
2. When you accept that a situation makes you angry, it means you are never going to do anything to change the situation.
True False
3. A lot of our problems with anger come from not taking time to talk to God about what is making us angry.
True False
4. A true Christian is always able to get rid of his anger right away.
True False

Circle the word or phrase that best completes the sentence.

5. When I accept the fact that I am angry it means _____.
A. I am admitting that my anger is sinful.
B. I believe that God accepts me just the way I am, with my anger.

- C. I am going to go ahead and do whatever my anger tells me to do.
 - D. I need to get rid of my anger quickly.
6. I can take my time when I am angry because _____.
- A. everything is really just fine and I have no right to be angry.
 - B. there is probably nothing I can do about it anyway.
 - C. the longer I pretend I am not angry, the less angry I will really be.
 - D. God knows about the situation, and he has the power to change things.
7. The second of "Three A's," and the one we often skip, is _____.
- A. Attitude.
 - B. Acceptance.
 - C. Ability.
 - D. Approval.
8. When I accept my situation and my anger I am able to _____.
- A. talk to God about it.
 - B. stop being angry and start being happy.
 - C. repent for my sinful anger.
 - D. give up wanting things to change.

(Check your answers on page 75)

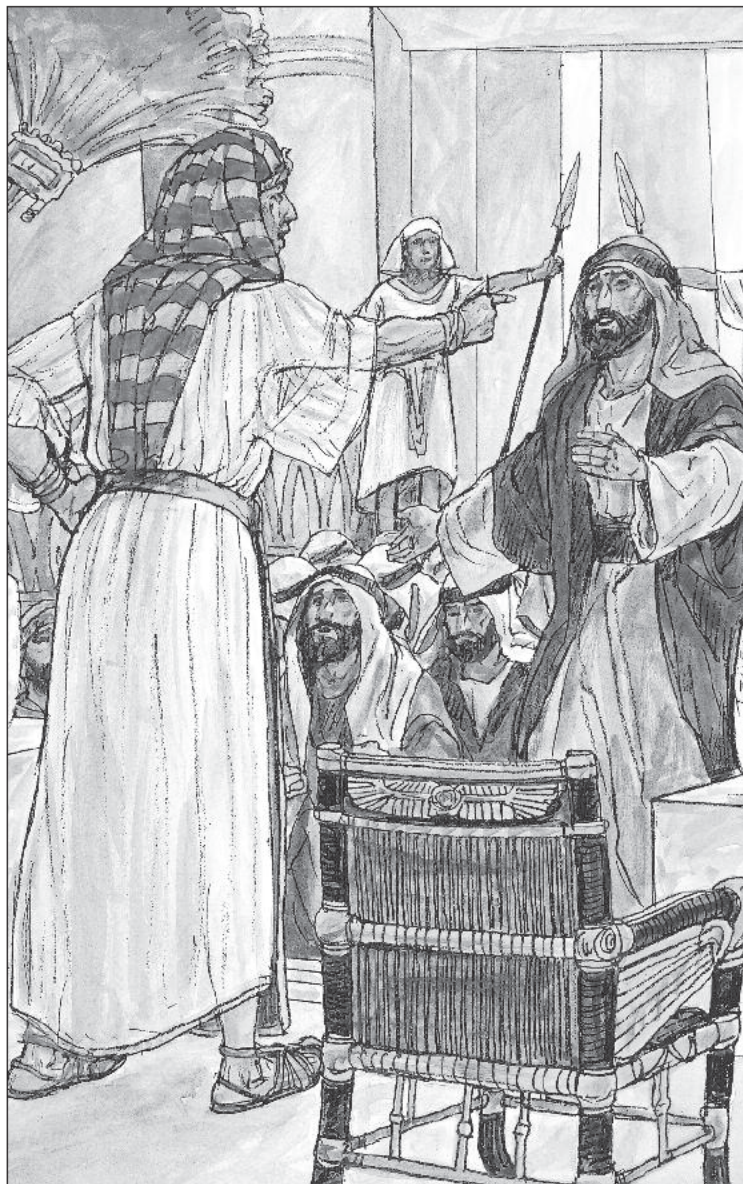


Chapter Four

God says, “Tell me about it.”

Since you know that God loves you and accepts you just as you are, you know that you do not need to make your anger go away before you can talk to God. You can pray right in the middle of your anger. In fact, that is the best way to really work through your anger and figure out what you want to do: talk with God about it. King David knew all about that, and in the Bible’s book of Psalms he wrote about it.

In Psalm 4:3,4 David wrote, “The Lord will hear me when I call out to him. When you are angry, do not sin. When you are in bed, look deep down inside you and be silent.” He knew that God is saying, “Are you angry about something? Tell me about it.”



Joseph forces his brothers to see their sin against him.

So do what David did, “Look deep down inside you” when you are angry. What can you tell God about your anger?

You could start by asking, “Who am I angry with?” Maybe you are angry about what another person has done. You might be complaining to God in the same way David was when he wrote in Psalm 35:

“Mean people come forward to give witness against me.

They ask me things I do not know anything about.

They pay me back with evil, even though I was good to them.

They leave me without hope” (*verses 11,12*).

David told God exactly what he was feeling. He even told God exactly what he would like God to do to the people who had done him wrong:

“They set a trap for me without any reason.

Without any reason they dug a pit to catch me.

So let them be destroyed without warning.

Let the trap they set for me catch them.

Let them fall into the pit and be destroyed”

(*verses 7,8*).

David felt safe telling God what he was feeling about those people. He knew God would not reject

him for what he was feeling. And he knew God would do what was right, even if it was not exactly what David wanted him to do. He knew that, as he told God about his anger God would help him sort out what he really wanted and what he really needed to do.

1. I do not have to make my _____ go away before I talk to God.
2. I can look deep down inside myself when I am angry and tell _____ about it.
3. When people have wronged me, I can tell God exactly how I _____ about those people, and even what I wish he would _____ to those people.
4. God will not _____ me for what I am feeling when I am angry at people.

(Check your answers on page 38)

Maybe the person you are most angry with is yourself. David wrote about a time when he felt that way about himself in Psalm 38:

“Because of my sin, I am not healthy.
My guilt has become too much for me.
It is a load too heavy to carry.

My wounds are ugly. They stink.
I have been foolish. I have sinned...
I am about to fall.
My pain never leaves me.
I admit that I have done wrong.
I am troubled by my sin" (verses 3-5,17,18).

If David had just shut up about how he was feeling, he would have gone on living in the hellish world of self-hatred. But David had begun the healthy habit of telling God about everything that was going on in his life. So when he was angry and ashamed with himself, he talked to God about that, too. He knew God would not hate him and that God would help him get away from self-hatred. David knew that God would help him to see himself the way God saw him: with forgiveness and love and acceptance.

But what if the person you are angry with is God himself? That is something a lot of people are afraid to admit. But that anger hits almost everybody sooner or later. You have probably felt it. Maybe someone you love died after you had prayed and begged God to let that person live. Maybe somebody harmed you or your family, and it looked as if God was going to ignore it. If that has ever happened to you, you might have gotten

angry with God. David knew that feeling, and David admitted his distress to God in Psalm 13:

“Lord, how long must I wait?

Will you forget me forever?

How long will you turn your face
away from me?

How long must I struggle with my thoughts?

How long must my heart be sad day after day?

How long will my enemies keep winning the
battle over me?” (verses 1,2).

A lot of people are afraid to talk that way to God, but David was not, and you do not have to be, either. For one thing, God already knows what you are thinking, so what is the difference if you come right out and tell him? And, more importantly, David knew that God loved and accepted him completely, just as he was, no matter what. That meant that he was sure God would still love and accept him even when he was upset with God. And look what God did with David's words: he put them into the Bible so everyone could read them!

God is always open to hearing from you, no matter what you are angry about. And God provides you with people you can talk to. Try to figure out who the people are whom you can trust, and start asking for their help in sorting out your anger. As

you talk it out, maybe you will see that you have no reason to be so angry. Or maybe you will see that you are perfectly right to be angry, and that there is something you can do about it. Either way, God is saying to you, "Are you angry about something? Tell me about it."

5. When I am angry with myself, but I do not talk about it, it can turn into self-_____.
6. When I talk to God about how I am angry with myself, I know he will help me look at myself the way he does: with _____ and _____ and _____.
7. I do not need to be afraid of being honest with God, even when it is really _____ I am angry with.
8. God already knows what I am _____, so why not tell him?
9. God listens to me, and God provides me with _____ who will listen to me.

(Check your answers on page 38)

Review of Chapter Four

You have a standing invitation from God to talk to him whenever you are angry. He promises not to shame you or reject you for what you are feeling, and he promises to help you sort out your feelings.

If you are angry about the way people are treating you, you can tell God exactly how you feel. He will listen and help you figure out what he wants you to do in this situation. If the person you are most angry with is yourself, he will help you get rid of any shame and self-hatred so you can figure out what you really need to do. If the one you are most angry with is God, you do not have to be afraid to tell him; he already knows, and he would like to hear you admit it. He promises not to reject you when you tell him the truth about how you feel.

Answers to the questions in Chapter Four:

1. anger; 2. God; 3. feel, do; 4. reject; 5. hatred; 6. forgiveness, love, acceptance; 7. God; 8. feeling; 9. people.

Test on Chapter Four

Check all the things that God invites you to do when you are angry.

1. ____ Talk to him about it.
2. ____ Tell him when you are actually angry with him.
3. ____ Feel ashamed of yourself for being angry.
4. ____ Expect his help in sorting out the situation.
5. ____ Stop hating yourself.

True or false? Circle the best answer.

6. I need to settle my anger down before I pray to God.
True False
7. If I do not feel forgiving toward the people I am angry with, I can talk to God about it and expect his help.
True False
8. It is good to have the same habit David had: tell God about everything that is going on in my life.
True False
9. Because I am such a sinner, I really should hate myself.
True False

10. God will reject me if I am angry with him.

True

False

Fill in the blank.

11. I need to find people I can _____ and ask them for _____ in sorting out my anger.

12. I am safe in telling God exactly what I feel because God promises to _____ and _____ and _____ me.

13. When I tell God what I would like him to do to people I am angry with, I know he will do what is _____ even if it is not exactly what I _____ him to do.

14. When I am angry with myself, talking to God about it can keep it from turning into self-_____.

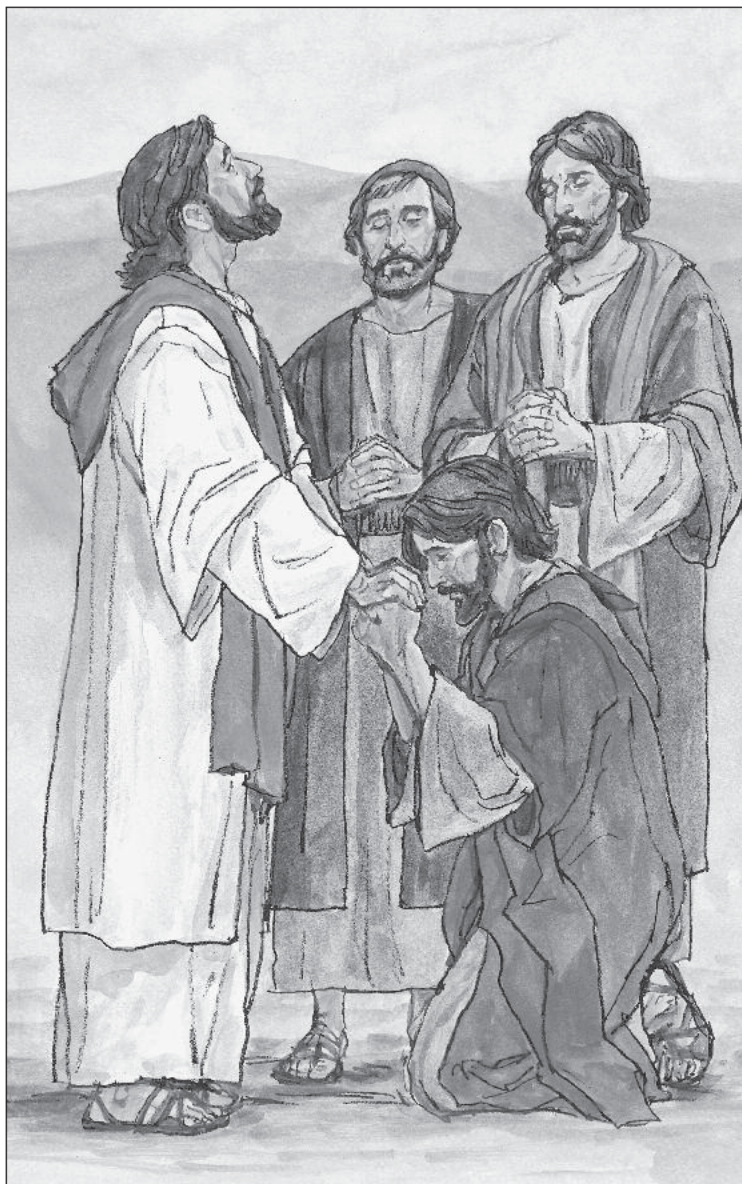
(Check your answers on page 75)



Chapter Five

Is it time for action?

The ability to get angry is a gift God gave you, and part of that gift is the energy that comes from anger. Maybe you had a situation where you were trying to fix something, and there was a bolt or some other part that just would not move, and you finally got so frustrated and angry that you yelled and got red in the face and gave it one final try. And that little boost from your anger was all it took to make the part come loose. If something is wrong, and you are the person to help make it right, the energy of anger can help get you moving.



Jesus teaches his disciples how to pray.

Before you take action when you are angry, you want to be in touch with God and his unconditional love. A wise man once said, "If you cannot do it in love, do not do it." So how are you going to act in love toward someone when you are really mad at that person? Look at what the apostle John said: "We love because he loved us first" (1 John 4:19). The only way to truly be a loving person, even when you are angry, is to be changed by the love Jesus showed you. He loved you when you were not lovable. He forgave you when you did things that were unforgiveable. He accepted you when you were unacceptable. The Bible says, "Here is how God has shown his love for us. While we were still sinners, Christ died for us" (Romans 5:8).

Maybe you are really angry with something another person is doing, and you need to do something to try to stop that person. But do not judge that person! You need to take time to remember: a) that there are probably people out there who are just as angry with you about things you have done to them, so you are the wrong person to be the judge of whoever you are angry with; and b) that person you are angry with is someone Jesus loved enough to die for. God loves and forgives you, and God loves and forgives the person you are angry with. So again, do not judge the person. Focus your

anger on the harm that person's actions are causing, and see if there is anything you can do about that.

1. Anger is God's gift to me, to give me _____ to help get me moving.
2. The Bible says, in Romans 5:8, that "While we were still _____, Christ _____ for us."
3. When I am trying to figure out what to do about someone I am angry with, it is important not to _____ that person.

(Check your answers on page 49)

The Bible tells of some times when Jesus got angry. One of those times is found in Matthew 17. Jesus had been away for a little while and when he got back with his followers, he found a lot of confusion and unhappiness. There was a boy with a demon in him. The boy's father had brought him to Jesus' followers to get rid of the demon, but Jesus' followers were doing everything wrong and adding to the confusion. Jesus was frustrated and appeared to be angry with finding this situation. He said, "You unbelieving and evil people! How long

do I have to stay with you? How long do I have to put up with you?" (Matthew 17:17).

But then Jesus put that anger to work. He did not direct it at his followers; he directed it at the demon in the boy. In verses 17 and 18 Jesus said, "Bring the boy here to me." And then, "Jesus ordered the demon to leave the boy, and it came out of him. He was healed at that very moment." Later on, Jesus and his followers quietly talked about the problem. The strong frustration and the anger Jesus may have been feeling did not get in the way because he had already directed that energy against the demon.

4. In Matthew 17 the Bible tells of a time Jesus felt _____ and possibly _____ with a situation he found.
5. Jesus put the energy of his strong feelings to _____ by directing it against the _____ instead of his followers.

(Check your answers on page 49)

When God is calling your attention to something that gets you angry, then it is time to ask: What does God want me to do with all this angry energy?

First of all, do not overlook the obvious: God wants you to pray about it! Tell God what is wrong and what is making you angry. That may be as far as you need to go. Do not bypass this action when you are angry! Pray for the people who are being harmed, and pray for whoever is causing the harm! Do not forget to find people you trust and talk about your anger with them. You might be thinking it is time to take action; what do they think? The Bible says, "Plans fail without good advice. But they succeed when there are many advisers" (Proverbs 15:22). God has blessed you with a few wise people you can talk with; make use of that blessing!

Try to find out what constructive action God might want you to do with your angry energy. There was a time when I (the author of this study) was trying to visit someone in prison, and I was told that there were some new rules for visitors. The new rules were pointless and only made it harder for me to do my job. I got really angry. But I had some time to pray about it, and God helped me turn my anger over to him. So I went in for my visit. I was still really angry about the ridiculous new rules, but with God in charge of my anger, I did not go off and do anything that would get me in trouble. And then when I finished that visit, I grabbed the telephone

and started calling people who might be able to do something about those new rules. Before long, enough people protested the new rules that the prison administration got rid of them and went back to the old rules. My anger ended up being constructive, not destructive. That is what can happen when you let God be in charge of your anger!

And then there is the hardest job of all when you are angry with someone: forgiveness. The easy thing to do when you are angry with someone is to want that person to be harmed or ruined. And with the extra energy you get from anger, it is easier to do something to make that harm or ruin happen. But God is in the forgiveness business. And he is calling us to join him in the family business. Forgiveness might be the very last thing you want to give the person you are angry with, but it may help to keep this in mind:

- Forgiving someone does not mean that the wrong they did is okay (it is not!)
- Forgiving someone does not mean you need to trust that person or want to be around that person (why would you?)
- Forgiving someone probably will not make your anger go away (you have a lot to be angry about!)

What forgiveness does mean is that you look at that person you are angry with, and you see someone God loves and values, and someone Jesus died for. And you want that person's harmful actions to stop, but you do not want that person to be rejected by God. Forgiveness is a God-sized job, so call on God to put forgiveness into your heart!

6. The first and most obvious thing to do when I am angry is to _____ for the people being harmed and for the people causing the harm.
7. When I am angry, I need to ask for God's help so that my angry energy is used for something _____, not _____.
8. The thing I need God's help the most with is the task of _____ someone I am angry with.
9. I may still be angry with people and not trust them when I _____ them.

(Check your answers on page 49)

Review of Chapter Five

One of the blessings of God's gift of anger is that it gives you energy to do something about the situation that is getting you angry. It is important to use that energy in loving ways: remembering that God loves you with all of your messes, and that he loves the person you are angry with.

Jesus himself got angry, and he used the energy of his anger in ways that helped people instead of harming them. With Jesus' help, you can put your anger energy to work on praying about the situation, doing something constructive about the situation that makes you angry, and even doing the hard work of forgiving the person you are angry with.

Answers to the questions in Chapter Five:

1. energy; 2. sinners, died; 3. judge; 4., frustrated, angry; 5. work, demon; 6. pray; 7. constructive, destructive; 8. forgiving; 9. forgive.

Test on Chapter Five

Fill in the blank.

1. Anger gives me _____ to act, and I need to act in love.
2. The Bible says in 1 John 4:19, "We _____ because he _____ us first."
3. I am not wrong to be angry with people who are causing harm, but I do not have the right to _____ them.
4. I need to focus my anger on the person's _____ and not on the person.

True or false? Circle the best answer.

5. Because Jesus did not sin, he never got angry or frustrated.
True False
6. When I find myself getting angry, I need to find out what God wants me to do with my anger energy.
True False
7. Sometimes all God wants me to do when I am angry is pray about the situation.
True False

8. When God is in charge of my anger, I will be able to use its energy to help people, not harm them.

True

False

9. Forgiveness is a simple matter of forgetting that anything bad happened.

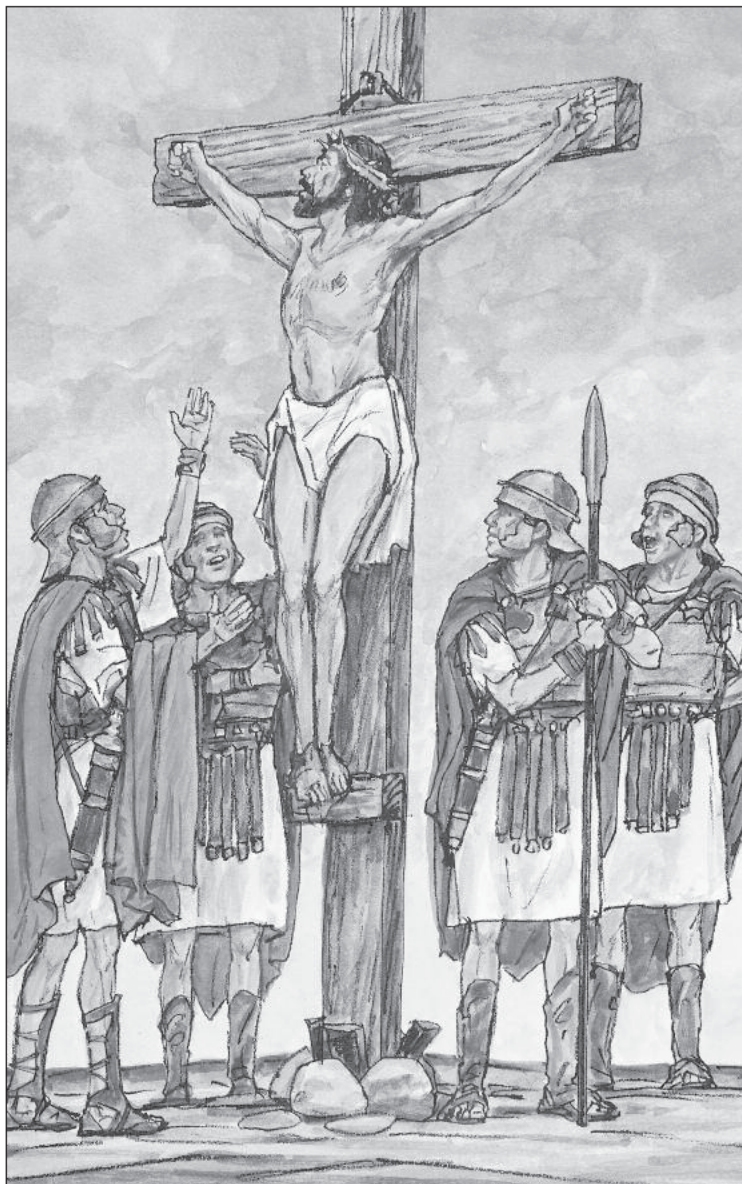
True

False

Check all the things that are true about forgiveness.

10. ____ If I have forgiven someone I must trust that person again.
11. ____ Forgiveness makes all my anger disappear.
12. ____ Forgiveness means I want good things to happen for the person I forgive.
13. ____ Forgiveness means I am completely okay with the situation.
14. ____ Forgiveness is a God-sized job.
15. ____ I believe God loves and values the person I am forgiving.

(Check your answers on page 75)



Jesus took away our guilt when he died for our sins.



Chapter Six

What about the messes I have made?

You probably did not pick this book up because you thought anger might be a problem in your life some day; you probably picked it up because anger has already become a problem. You have seen how your anger has the power to make your family members feel miserable, to destroy friendships, to cause alcoholic relapses, or to turn violent. Maybe you are living with the unhappy results of your anger's destructive power right now. Now what?

First of all, believe what it says in the Bible: "The blood of Jesus, his Son, makes us pure from all sin" (1 John 1:7). No matter how badly you have

messed up in your anger, Jesus took away the guilt when he died on the cross. Do not keep trying to carry your guilt around anymore; Jesus paid for it with his blood, so it is not yours to hold onto. Trust the power of Jesus' blood!

Maybe you have been holding onto your guilt and punishing yourself because you are afraid you will mess up all over again if you do not keep punishing yourself. But here is what the Bible says about that kind of plan to stop sinning:

“It is true that those rules seem wise. Because of them, people give themselves over to their own kind of worship. They pretend they are not proud. They treat their bodies very badly. But rules like that do not help. They do not stop people from chasing after sinful pleasures” (Colossians 2:23).

So do not try to get your anger under control by shaming yourself and punishing yourself. Instead, believe Jesus when he says he forgives you and loves you, and when he says he will give you a new heart and a new attitude.

1. 1 John 1:7 says, “The blood of Jesus, his Son, makes us pure from _____ .

2. My guilt does not belong to me anymore; it has been removed by _____ since he paid for it.
3. _____ myself and _____ myself does not help control my sinful behaviors.
4. Jesus promises to _____ me and _____ me, and to give me a new _____ and a new _____.

(Check your answers on page 59)

A new heart and a new attitude—what the Bible calls “repentance”—is not a matter of your trying hard not to live wrong. It is a gift God gives. God the Holy Spirit lives in every person who trusts in Jesus, and the Holy Spirit gives you the ability to repent. Here is what the Bible says about how God works to change you:

“So from now on we do not look at anyone the way the world does.... not anyone who believes in Christ is a new creation. The old is gone! The new has come!” (2 Corinthians 5:16,17).

Maybe you used to look at people and only see how angry they made you. But God will help you

see more than that in people. God will help you see them the way he sees them. The things that get you angry are real, and God knows that; he also knows that those are people Jesus died for, people that he wants in his family forever. The Holy Spirit will help your thinking and your attitude toward other people to change and be right when you are angry. Trust him, pray to him, and watch for this to happen!

But we are talking about harm that is already happened because of your anger. Is there anything you can do about that? One thing you might be able to do is to make amends. The Bible says, “Give to everyone what you owe” (Romans 13:7). If you have brought harm into someone’s life because your anger was out of control, and if you can do something about that harm, then that is what you owe that person. That is how you make amends.

Here are some things that making amends is NOT:

- Asking the person you harmed to forgive you
- Getting in touch with someone who does not want to hear from you
- Trying to explain or justify or excuse what you did to harm that person
- Getting something off your chest to make you feel better

If you have harmed someone in your anger, it is none of your business whether that person chooses to like you or forgive you or believe you again. That is between that person and God. Your business, in making amends, may include...

- Admitting to that person that you were wrong (if that person wants to hear from you; he may not, and you need to respect that)
- Trying to repay any loss that other person may have suffered because of you (money, reputation, etc.)
- Being willing to accept any anger and lack of forgiveness that the person you harmed may have toward you
- Talking with people you trust and praying about what else you may owe the people you have harmed

Expect that you will have fewer and fewer amends to make as time goes on, though, because you can count on God to keep his promise to be Lord over your anger. That does not mean your anger will go away. It means that God will work with you so that your anger is healthy and not harmful. Trust God to help you with your anger!

King David prayed, “God, create a pure heart in me. Give me a new spirit that is faithful to you”

(Psalm 51:10). Pray, like David, for that kind of heart and spirit. Even when your heart and spirit are angry, pray for God's gift of purity and faithfulness in your anger. Anything that Jesus is in charge of is going to turn out all right; and that includes your anger.

5. God changes the way I _____ at people I am angry with, so I can also see them as people Jesus _____ for.
6. Making _____ means doing something about the harm I have wrongfully done to another person.
7. If the person I have harmed is still angry and unforgiving toward me, I need to _____ that.
8. If I have brought loss into somebody's life because of the wrong I have done, I need to try to _____ that.
9. As I learn to let God be in charge of my anger, it will become _____ and not _____.

(Check your answers on page 59)

Review of Chapter Six

You have probably caused some pain and loss for yourself and other people because your anger went out of control. Jesus completely took care of your guilt when he died for you. Shaming and punishing yourself for your sins will not help keep you from sinning in the future. Instead, you need to trust God to forgive you and to give you a new heart and a new attitude—what the Bible calls “repentance.” God will help you to look the way he does at the people with whom you are angry: with love and acceptance and forgiveness.

When you look back at the damage you have done in other people’s lives because of your anger, you can now find out what amends you need to make toward those people. That does not mean trying to make yourself feel better about the harm you have done. It means trying to say or to do something that will repay or repair the loss you have caused someone else. As you learn to let God be in charge of your anger, though, you will have fewer and fewer amends to make as God makes your anger healthy and not harmful.

Answers to the questions in Chapter Six:

1. all sin; 2. Jesus; 3. shaming, punishing; 4. forgive, love, heart, attitude; 5. look, died; 6. amends; 7. accept; 8. repay; 9. healthy, harmful.

Test on Chapter Six

True or false? Circle the best answer

1. Jesus died for all of my sin.

True

False

2. If I punish and shame myself enough, I am not going to mess up again.

True

False

3. My guilt does not belong to me anymore, since Jesus paid for it with his blood.

True

False

4. Repentance is a gift the Holy Spirit gives.

True

False

Circle the word or phrase that best completes the sentence.

5. When I look at the people I am angry with, God will help me to see them as people _____.

A. who need to be punished.

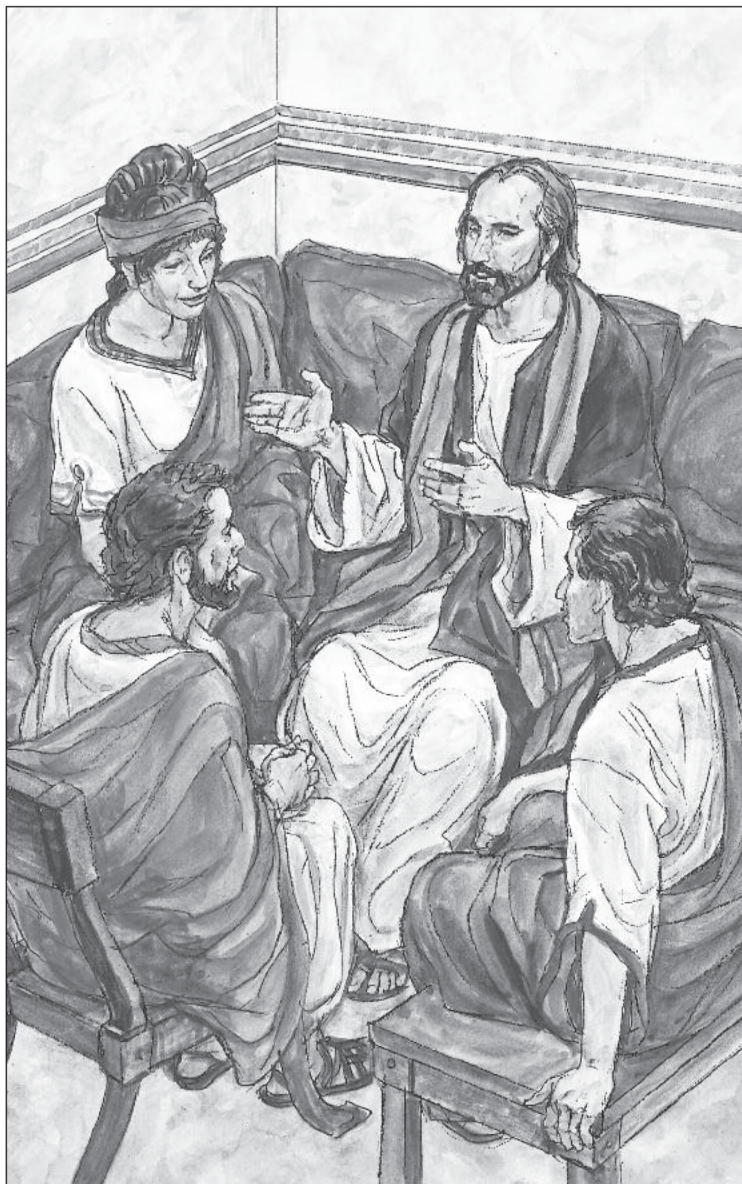
B. who have not really done anything for me to be angry about.

C. whom Jesus loves and died for.

D. who need to be taught a lesson.

6. If somebody is suffering because of something I have done wrong, I need to _____.
A. punish myself.
B. explain to that person that I am not really bad.
C. move on with my life.
D. make amends to that person.
7. Making amends to someone I have harmed means trying to _____.
A. repair or repay the loss I have caused.
B. get that person to tell me he forgives me.
C. explain to that person why I did what I did.
D. get something off my chest.
8. As I learn to let God be in charge of my anger I can expect _____.
A. that my anger will become healthy and not harmful.
B. no real change until I get to heaven.
C. to never be angry again.
D. that God will punish me for being angry.
9. I can pray that God would give me _____ in my anger.
A. punishment
B. purity and faithfulness to him
C. shame
D. rejection

(Check your answers on page 75)



The apostle Paul encourages new believers by teaching the Word of God.



Chapter Seven

Review! Plan! Pray! Go forward!

Review!

The Bible tells us that God is angry at sinners. However, God's anger is not an emotion, because God does not have emotions as we do. God's anger is part of his justice. God is right when he threatens to punish those who disobey him. The Bible tells us that God does not sin. For this reason, we can be sure that God always uses his anger in the right way. At the same time, the Bible also tells us that God loves us and sent Jesus, his Son, to save all people from their sins. It is because of Jesus that God has forgiven all the sins of all people.

The Bible also tells us that Jesus displayed anger. Jesus was God and man in one person. As a man, Jesus had all the emotions that we do. Yet, he did not sin. The Pharisees in the synagogue where Jesus was speaking had refused to say whether it was right for Jesus to heal a man on the Sabbath Day (Mark 3:5). They knew that this was the right thing for Jesus to do, but they refused to admit it. Jesus was angry with them because of their unbelief. The Pharisees were angry with Jesus because he had showed them their lack of love, so they went out and planned how they could kill Jesus. However, Jesus did not plot to harm the Pharisees. Instead, he planned to die on the cross to pay for their sins. Jesus controlled his anger so he did not sin.

Anger is an emotion that we have. Because we are sinners, we often get angry and act in ways that hurt other people or even ourselves. God is the only one who can enable us to control our anger and to act in ways that are loving and kind. Let us review what the Bible tells us about how God can enable us to manage our anger.

First of all, we need to recognize that God has every right to be angry with us. He tells us that we are to be perfect in all we say, do, and think. God

has the right to do this, as he is the God who made us. We are accountable to him. God is serious about his commandments. One act of disobedience would bring us under God's condemnation, for one sin makes us imperfect. Further, none of us can even come close to committing only one sin. We cannot even begin to count all the times we have sinned against God. God has every right to be angry with us and to punish us for our sins.

However, God does not want to punish us. He still loves us, so he sent Jesus to save us from our sins. Jesus kept all of God's commandments for us. He always loved people with a perfect love. He never used his anger to hurt people or to get even with them. Jesus also paid the price for our sins. As Jesus hung on the cross, God punished him for the sins of the whole world. Jesus suffered for all the sins we did, for the times we have used our anger to hurt people or to get even with people. Jesus suffered the punishment of hell for us. God accepted Jesus' payment for the sins of all people. Jesus died, but he rose again from the dead. Through faith in Jesus, we have the forgiveness he won for all people as our very own. After this life, everyone who believes in Jesus will live with him forever in heaven.

How will this enable God to control our anger?
When people do or say things which hurt us and make us angry, we can remember the love which God has shown to us. Instead of giving us what we deserved, he forgave us all of our sins for Jesus' sake. Because God has forgiven all of our sins, we can find the strength to forgive and to do good to others. We will do this as a way of saying "Thank you, Jesus" for all you have done for me.

Let us review several important truths.

1. Because we are sinners, we often get _____ and act in ways that hurt other people or even ourselves.
2. God has every _____ to be angry with us.
3. God still loves us, so he sent _____ to save us from our sins.
4. Through _____ in Jesus, we have the forgiveness he won for all people as our very own.
5. Because God has forgiven all of our sins, we can find the strength to _____ and to do good to others.

(Check your answers on page 75)

Plan!

In the future, there are a number of practical matters you will have to take care of as you get on with your life. Pray that God will guide you and give you strength to do what will be best for living your life as a Christian. The following is a list of things that you will want to do.

1. Pray for and look for a church where you will hear the good news about Jesus. You can use the contact information on the back cover of the book to get help with finding a church.
2. Pray for and make Christian friends who will encourage you, will listen to your frustrations, and will offer you good advice. You will also want to avoid contact with your old friends who helped you to get into trouble. Stay away from anyone who wants to lead you away from Jesus.
3. Ask God to help you avoid having sex with anyone but your husband or wife. Say “No!” to tempting invitations from old boyfriends or girlfriends. Sex is a gift Jesus gives husbands and wives in marriage. People who want you to have sex outside of marriage are trying to lead you away from Jesus.

4. Ask God to strengthen your faith. Spend time every day with Jesus. Read a portion of the Bible every day, especially in the morning. Talk to Jesus in prayer every day. Thank him for saving you from your sins. Thank him for all the blessings he gives you. Ask him for help in your life. Ask him for strength to remain faithful to him. Reading the Bible and learning about God's love for you will strengthen you so you can remain close to him. Jesus will give you the power to overcome any addiction that might be controlling you. Examples: alcohol, sex, gambling, drugs, money, pornography. He sometimes gives you help through recovery groups, which give you ideas, warnings, and encouragement to overcome your addiction.

5. Pray for and look for a way you can earn an honest living. It is better to have a humble job out of love for Jesus than to get lots of money dishonestly. Money soon disappears. Jesus is with us now and will be with us forever.

6. Ask God to help you show respect to police officers and other authorities. Jesus has given these people to you to help you and to hold you responsible if you break the law.

Ask God to help you stay calm in all situations. Uncontrolled anger is sinful and will get you into trouble. Remember that Jesus is always with you to take care of you and to help you stay calm. In all of your dealings with people, tell the truth. Telling lies is sinful. If speaking the truth reveals some of your shortcomings, ask people to be understanding.

Pray!

As you plan for the future, you may find the following prayer helpful:

Lord, I confess that you have every right to be angry with me. I have sinned against you by using my anger to hurt other people. I have failed to love others as you have loved me. Forgive me for all the times I have sinned against you and against others. I believe that you have forgiven me because of Jesus. I trust that, through faith in you, I have your promise that you will take me to heaven to be with you forever. When others do things to hurt me or do things which make me angry, help me to remember your great love for me. By your love for me, help me to love others, to forgive them, and to do good to them. Help me to overcome anger with love, for Jesus' sake. Amen.

Go forward!

Your sinful use of anger probably got you into trouble in the past. How can you do any better in controlling anger in the future? Remember that God is with you. He loves you. He has forgiven all of your sins. His love for us changes our hearts. We can look at other people and love them, even when they hurt us. Jesus prayed for those who were crucifying him on the cross. He loved these people and died to pay for their sins. We all have hurt Jesus with our sins. Yet, he also suffered to pay for our sins. When you feel yourself getting angry with others, remember all that Jesus did for you. Ask him to send his Holy Spirit to give you the strength to say “No” to angry desires to get even with people. Ask him to help you love others as God has loved you. Remember that God loves you. He wants you to succeed. He will give you the strength to live in love for others.

Let us review several important points:

6. How can you do any better in _____ anger in the future?
7. Remember that _____ has forgiven all of your sins.

8. When you feel yourself getting _____ with others, remember all that Jesus did for you.
9. Ask Jesus to send his Holy Spirit to give you the strength to say _____ to angry desires to get even with people.
10. He will give you the strength to live in _____ for others.

(Check your answers on page 75)



Word List

(A list of words you may not know)

addiction	To become dependent on drugs, alcohol, etc.
make amends	To repay someone for some harm or damage
attitude	A way of acting that shows a person's inward thoughts and feelings
bitter	Very unpleasant as caused by anger, hatred, etc.
boundaries	A line marking a limit
complain(ing)	To express feelings of pain, annoyance, discontent
confess	To admit to sin, crime, mistake or something wrong
constructive	Helpful
curiosity	Something that is interesting because it is different or strange
demon	A devil or evil spirit
disrespect	Lack of honor or respect
emotion	Strong or sensitive feelings
focus	The center of interest, the central or main point
fragile	Easily broken, delicate
frustration	To be discouraged or disappointed

getting high	Under the influence of drugs or alcohol
habit	Good or bad behavior that is done almost without thinking
hypocrisy	Pretending to be something that a person is not
institution	An organization that provides help, education, correction, etc.
invitation	The act of requesting the presence of someone
marijuana	The dried leaves used to make a drug
mess(es)	A disgusting sight, confusion, disorder
obvious	Clear, easily seen or understood
pretend	To give the appearance that something is true when it is not
process	Actions performed to bring about a result
rebuke(s)	To speak strongly to someone because of doing wrong
reject(ed)	To refuse to accept something
relapse	The act of falling back to one's former state
reputation	The opinion other people have of someone
resentful	Filled with anger about something that is unfair
revenge	Injury done to others in return for harm done to oneself

ridiculous	Something funny or silly
situation	A set of conditions that influence other events, persons or courses of action
stink	To smell badly
synagogue	A Jewish congregation or a Jewish house of worship
unconditional	Without any terms or requirements
valuable	Worth a lot of money, or very useful



Answers to Chapter Tests

Chapter One: (pages 9-10)

1. A; 2. C; 3. A; 4. True; 5. False; 6. True; 7. True; 8. False.

Chapter Two: (pages 19-20)

1. False; 2. False; 3. True; 4. True; 5. False; 6. C; 7. A; 8. D.

Chapter Three: (pages 29-30)

1. False; 2. False; 3. True; 4. False; 5. B; 6. D; 7. B; 8. A.

Chapter Four: (pages 39-40)

1, 2, 4, and 5 should be checked; 6. False; 7. True; 8. True;
9. False; 10. False; 11. trust, help; 12. love, forgive, accept;
13. right, want; 14. hatred.

Chapter Five: (pages 50-51)

1. energy; 2. love, loved; 3. judge; 4. actions; 5. False;
6. True; 7. True; 8. True; 9. False; 12, 14, and 15 should be
checked.

Chapter Six: (pages 60-61)

1. True; 2. False; 3. True; 4. True; 5. C; 6. D; 7. A; 8. A; 9. B.

Chapter Seven: (pages 66 and 70-71)

1. angry; 2. right; 3. Jesus; 4. faith; 5. forgive; 6. controlling;
7. God; 8. angry; 9. "no"; 10. love.



Final Test

Congratulations! You have completed your study of *God Manages my Anger*. Go back through the book and review the questions from each chapter. Also review any mistakes you made in the chapter tests. Then you may take the Final Test.

Complete the Final Test without looking at the book. When you are finished, give the test to the person who gave you this book, or mail it to the address on the back cover of the book. Someone will check it for you. You may also ask for more Bible study books.



God Manages my Anger
Final Test

True or false? Circle the best answer.

1. The ability to get angry is a gift from God.
True False
2. Anger is a very powerful emotion.
True False
3. When anger is out of control it can damage my family, my career, my finances, and a lot of other things.
True False
4. When Jesus died for me, he took care of all the shame and guilt of my out-of-control anger.
True False
5. It is possible, with God's help, to be angry without sinning.
True False
6. Check off all the things that can happen when anger controls your life
 - A. ____ Rage
 - B. ____ Feeling better after getting it out of my system

- C. ____ Becoming a bitter person no one wants to be around
- D. ____ Feeling resentful all the time
- E. ____ Good mental health
- F. ____ Feeling sorry for myself
- G. ____ Getting high to make my anger go away

Circle the word or phrase that best completes the sentence.

7. When I get angry about unfairness and evil, I

_____.

- A. have something in common with God.
- B. need to repent.
- C. am sinning.
- D. should be ashamed of myself.

8. Anger can give me _____ to help me take action when something is wrong.

- A. wisdom
- B. nothing
- C. energy
- D. patience

9. God gives me _____ to manage my anger.

- A. fear
- B. the Holy Spirit
- C. nothing
- D. advice

10. The “Three A’s” of dealing with things that make me angry are: Awareness, _____, and Action.
- A. Acceptance
 - B. Aggravation
 - C. Avoidance
 - D. Apathy
11. In James 1:19,20 the Bible says that I need to _____ when I start getting angry.
- A. repent
 - B. take a pill
 - C. slow down
 - D. punish myself
12. Accepting the situation I am angry about means _____.
- A. saying it is okay.
 - B. stopping to think: “This is real.”
 - C. promising never to do anything about it.
 - D. believing nothing is really wrong.
13. Whenever I am angry, and no matter with whom I am angry, God invites me to _____.
- A. tell him about it.
 - B. repent.
 - C. stop being angry.
 - D. try to be happy.

14. I am safe talking to God about my anger because _____.
- A. he cannot really hear me.
 - B. he has promised to love me and accept me no matter what I am feeling.
 - C. he is far away in heaven.
 - D. he does not really care.
15. The only time I cannot talk to God about my anger is _____.
- A. when I am angry with God.
 - B. when I cannot settle down.
 - C. when I would really like to hurt someone.
 - D. never; there is no such time.

Fill in the blank.

16. When a wrong has been done, I need to focus my anger on the _____ and not on the person.
17. The Bible says that Jesus felt _____ when he saw harm and unfairness.
18. Sometimes when I am angry about harm and unfairness, God simply wants me to _____ about it.

19. If I am angry about a situation and I think I need to do something about it, I need to find people I trust and _____ with them about it.
20. When I am angry at someone who has harmed me, one of the hardest, but most helpful things I need to do is to _____ that person.
21. My guilt for the wrongs I have done in my anger has been removed by _____ because he paid for it when he died for me.
22. Shaming myself and hating myself will not help me get my _____ under control.
23. When I know I have harmed someone in my anger I can _____ to him.
24. As I learn to let God be in charge he will make my _____ healthy and not harmful.

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