

EQUIPPED FOR THE INNER BATTLE
PART 4: BATTLING ANGER
February 21, 2021

“His divine power has given us everything we need for a godly life through our knowledge of Him who called us by His own glory and goodness.”

II Peter 1:3 (NIV)

ANGER INVENTORY

“In your anger do not sin”: Do not let the sun go down while you are still angry, and do not give the devil a foothold.”

Ephesians 4:26-27 (NIV)

“My dear brothers and sisters, take note of this: Everyone should be quick to listen, slow to speak and slow to become angry, because human anger does not produce the righteousness that God desires.”

James 1:19-20 (NIV)

- **Anger is not necessarily _____, but it can become a giant in my life when it is:**
 1. _____ – I’m angry over something that I should not be angry about.
 2. **Rightly felt anger that’s _____ - I may have a reason to be angry, but I vent it in negative ways.**
 3. **Rightly felt anger that’s _____ – I suppress it and try to pretend everything is fine.**

- **I’m angry, frustrated, irritated or bitter because ...**
 1. _____ abandoned me.
 2. _____ hurt or abused me.
 3. _____ is gone all the time.
 4. _____ didn’t believe me.
 5. _____ humiliated me.
 6. _____ didn’t give me the advancement I deserved
 7. _____ cheated, stole from or deceived me.

8. _____ refuses to face the truth.
9. God hasn't kept bad things from happening to me.
10. I didn't get to say good-bye.

COMMON CAUSES OF ANGER

"David asked the men standing near him, "What will be done for the man who kills this Philistine and removes this disgrace from Israel? Who is this uncircumcised Philistine that he should defy the armies of the living God?" They repeated to him what they had been saying and told him, "This is what will be done for the man who kills him." When Eliab, David's oldest brother, heard him speaking with the men, he burned with anger at him and asked, "Why have you come down here? And with whom did you leave those few sheep in the wilderness? I know how conceited you are and how wicked your heart is; you came down only to watch the battle." "Now what have I done?" said David. "Can't I even speak?" I Samuel 17:26-29 (NIV)

• **I get angry when:**

1. My _____ are _____.
2. Me or my effort gets _____.
3. My _____ is _____.

"Then he took his staff in his hand, chose five smooth stones from the stream, put them in the pouch of his shepherd's bag and, with his sling in his hand, approached the Philistine ... David said to the Philistine, "You come against me with sword and spear and javelin, but I come against you in the name of the LORD Almighty, the God of the armies of Israel, whom you have defied." I Samuel 17:40, 45 (NIV)

FIVE SMOOTH STONES THAT DEFEAT THE GIANT OF ANGER

STONE No. 1: REMEMBERING THAT _____.

"For everyone has sinned; we all fall short of God's glorious standard." Romans 3:23 (NLT)

"If we claim to be without sin, we deceive ourselves and the truth is not in us ... If we claim we have not sinned, we make Him out to be a liar and His word is not in us." I John 1:8, 10 (NIV)

STONE No. 2: REMEMBERING THAT _____

WITH ME THROUGH _____.

“But God demonstrates His own love for us in this: While we were still sinners, Christ died for us. Since we have now been justified by His blood, how much more shall we be saved from God’s wrath through Him! For if, while we were God’s enemies, we were reconciled to Him through the death of His Son, how much more, having been reconciled, shall we be saved through His life!”
Romans 5:8-10 (NIV)

“Therefore, since we have been made right in God’s sight by faith, we have peace with God because of what Jesus Christ our Lord has done for us.”
Romans 5:1 (NLT)

STONE No. 3: REMEMBERING THAT GOD WILL _____
_____.

“Do not take revenge, my dear friends, but leave room for God’s wrath, for it is written: “It is mine to avenge; I will repay,” says the Lord.”
Romans 12:19 (NIV)

“Do not repay evil with evil or insult with insult. On the contrary, repay evil with blessing, because to this you were called so that you may inherit a blessing.”
1 Peter 3:9 (NIV)

STONE No. 4: REMEMBERING THAT _____
_____ **MEANS** _____

“For if you forgive other people when they sin against you, your heavenly Father will also forgive you. But if you do not forgive others their sins, your Father will not forgive your sins.”
Matthew 6:14-15 (NIV)

“Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you.”
Colossians 3:13 (NIV)

- **What _____ has done _____ is greater than what _____ can do _____.**

STONE No. 5: REMEMBERING THAT ___ AM A _____ OF
_____.

“Sing to God, sing in praise of His name, extol Him who rides on the clouds; rejoice before Him – His name is the LORD. A father to the fatherless, a defender of widows, is God in His holy dwelling. God sets the lonely in families, He leads out the prisoners with singing; but the rebellious live in a sun-scorched land.”
Psalms 68:4-6 (NIV)

NEXT STEPS

In order to deal with the giant of anger this week. I will:

1. **Think through the Anger Inventory and share with a trusted Christian friend where I struggle with anger.**
2. **Think through the five smooth stones for felling the giant of anger and pray about the stone I need to focus on.**
3. **I will worship with my Church Family and recite Psalm 68:4-6 (NIV) each day this week:**

“Sing to God, sing in praise of His name, extol Him who rides on the clouds; rejoice before Him — His name is the LORD. A father to the fatherless, a defender of widows, is God in His holy dwelling. God sets the lonely in families, He leads out the prisoners with singing; but the rebellious live in a sun-scorched land.”

4. **I will invite an un-Churched friend, family member, classmate, or co-worker to ROOTS XVI.**
 - **Pick-up Invite Cards on the clip board cabinets.**