

**Marriage and Family: Enjoying The Journey**  
**301: Healthy Friends & Family / Part-1 Building Great Relationships**

## **LESSON 6: Anger Management: Getting Over It and Getting On With It**

### **1. Christian Perspectives:**

*Ephesians 4:26-32 (NIV)*

<sup>26</sup> "In your anger do not sin": Do not let the sun go down while you are still angry,

<sup>27</sup> and do not give the devil a foothold.

<sup>28</sup> He who has been stealing must steal no longer, but must work, doing something useful with his own hands, that he may have something to share with those in need.

<sup>29</sup> Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen.

<sup>30</sup> And do not grieve the Holy Spirit of God, with whom you were sealed for the day of redemption.

<sup>31</sup> Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice.

<sup>32</sup> Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.

### **2. Christian Principles:**

Control your anger. Confront your anger.

*Ephesians 4:26-27 (NIV)*

<sup>26</sup> "In your anger do not sin": Do not let the sun go down while you are still angry,

<sup>27</sup> and do not give the devil a foothold.

*James 1:19 (NIV)*

<sup>19</sup> My dear brothers, take note of this: Everyone should be quick to listen, slow to speak and slow to become angry,

*Romans 12:19 (NIV)*

<sup>19</sup> Do not take revenge, my friends, but leave room for God's wrath, for it is written: "It is mine to avenge; I will repay," says the Lord.

*Matthew 5:21-22 (NIV)*

<sup>21</sup> "You have heard that it was said to the people long ago, 'Do not murder, and anyone who murders will be subject to judgment.'

<sup>22</sup> But I tell you that anyone who is angry with his brother will be subject to judgment. Again, anyone who says to his brother, 'Raca,' is answerable to the Sanhedrin. But anyone who says, 'You fool!' will be in danger of the fire of hell.

Don't tear down. Only build up.

*Ephesians 4:29-30 (NIV)*

<sup>29</sup> Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen.

<sup>30</sup> And do not grieve the Holy Spirit of God, with whom you were sealed for the day of redemption.

*Ephesians 5:4 (NIV)*

<sup>4</sup> Nor should there be obscenity, foolish talk or coarse joking, which are out of place, but rather thanksgiving.

Refuse your ongoing anger.

*Ephesians 4:31 (NIV)*

<sup>31</sup> Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice.

Replace anger with ongoing forgiveness and kindness.

*Ephesians 4:32 (NIV)*

<sup>32</sup> *Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.*

*Romans 12:21 (NIV)*

<sup>21</sup> *Do not be overcome by evil, but overcome evil with good.*

*Luke 6:35-36 (NIV)*

<sup>35</sup> *But love your enemies, do good to them, and lend to them without expecting to get anything back. Then your reward will be great, and you will be sons of the Most High, because he is kind to the ungrateful and wicked.*

<sup>36</sup> *Be merciful, just as your Father is merciful.*

*1 Peter 3:9 (NIV)*

<sup>9</sup> *Do not repay evil with evil or insult with insult, but with blessing, because to this you were called so that you may inherit a blessing.*

### **3. Christian Practices:**

3.1 Try these practical Anger Management techniques:

- ? Call time Out
- ? Control your speech
- ? Take a walk
- ? Cool down and Relax
- ? Change your environment
- ? Pray about every part of the anger
- ? Do something else physical (bike, swim, jog, lift weights, etc)
- ? Confront your anger
- ? Write/journal your thoughts to God
- ? Translate “hurts/fears” into “needs”
- ? Translate “needs/demands” into “desires”
- ? Accept some problems as chronic
- ? Reschedule follow-up conversations
- ? Replace evil with good
- ? Be open to other perspectives (i.e. “Green Hat Communication” vs. “Red, Yellow, or Black Hat”)

### **4. Discussion Questions:**

Talk about anger. What tends to trigger anger for you, especially in relationships? Are there certain topics, issues, patterns that affect you more than others?

How have you handled anger in the past? How has that worked for you?

What principles in this lesson on anger management have helped you?

What will you start changing to be more effective in dealing with anger?

Take a few minutes to update your prayer requests and praises in your Prayer Journal in the Appendix.

Spend the last 5 minutes praying for each other over the principles learned from this lesson.