

# International Life (2/12/2016)

- a) <sup>26</sup> BE ANGRY, AND yet DO NOT SIN; do not let the sun go down on your anger, <sup>27</sup> and do not give the devil an opportunity Ephesians 4
- b) This you know, my beloved brethren. But everyone must be quick to hear, slow to speak and slow to anger; <sup>20</sup> for the anger of man does not achieve the righteousness of God. James 1
- c) Cease from anger and forsake wrath; Do not fret; it leads only to evildoing. Psalm 37:8
- 1. Is anger wrong?
- If not, when is anger good?
- 3. Why do people get angry? What makes you angry?
- 4. When is it easier to get angry?
- 5. What does the Bible, above, say to do if you're angry?
- 6. What is sin?
- 7. What does it mean- be quick to hear & slow to speak & anger?
- 8. What is righteousness?
- 9. What does it mean to 'cease from anger, forsake wrath?'
- 10. What does it mean when we make anger 'personal?'

# Solution (on back)

- 11. What is the source of quarrels and conflicts?
- 12. What is it to be humble? What is forgiveness?
- 13. How can we be tender-hearted?



# International Life (2/12/2016)

- a) <sup>26</sup> BE ANGRY, AND yet DO NOT SIN; do not let the sun go down on your anger, <sup>27</sup> and do not give the devil an opportunity Ephesians 4
- b) This you know, my beloved brethren. But everyone must be quick to hear, slow to speak and slow to anger; <sup>20</sup> for the anger of man does not achieve the righteousness of God. James 1
- c) Cease from anger and forsake wrath; Do not fret; it leads only to evildoing. Psalm 37:8
- Is anger wrong?
- 2. If not, when is anger good?
- 3. Why do people get angry? What makes you angry?
- 4. When is it easier to get angry?
- 5. What does the Bible, above, say to do if you're angry?
- 6. What is sin?
- 7. What does it mean- be quick to hear & slow to speak & anger?
- 8. What is righteousness?
- 9. What does it mean to 'cease from anger, forsake wrath?'
- 10. What does it mean when we make anger 'personal?'

# Solution (on back)

- 11. What is the source of quarrels and conflicts?
- 12. What is it to be humble? What is forgiveness?
- 13. How can we be tender-hearted?



#### International Life (2/12/2016)

- -45% of staff regularly lose their temper at work.
- -53% of people have been the victims of bullying at work.
- -65% of people express anger over the phone, 26% in writing and 9% face to face.
- -In the European Union, Britain is the top road rage country
- -80.4% of drivers claim to have involved in road rage incidents
- -1 in 4 drivers admit to committing an act of road rage
- -There was a 400% increase in air rage between 1997 and 2000
- -Britons spend 407 hours per person per year, shopping. Over half

have stormed out of a shop due to bad service and frustration.

# © Solution ©

What is the **source** of quarrels and conflicts among you? Is not the source **your pleasures** that wage war in your members? <sup>2</sup> You lust and do not have; so you commit murder. **You are envious and cannot obtain; so you fight and quarrel.** You do not have because you do not ask. <sup>3</sup> You ask and do not receive, because you ask with wrong motives, so that you may spend it on your pleasures. You adulteresses, do you not know that friendship with the world is hostility toward God? Therefore whoever wishes to be a friend of the world makes himself an enemy of God. <sup>6</sup> But He gives a greater grace. Therefore it says, "**GOD IS OPPOSED TO THE PROUD, BUT GIVES GRACE TO THE HUMBLE.**" - James 4:1-6

<sup>32</sup> Be kind to one another, tender-hearted, forgiving each other, just as God in Christ also has forgiven you.- Ephesians 4:32



#### International Life (2/12/2016)

- -45% of staff regularly lose their temper at work.
- -53% of people have been the victims of bullying at work.
- -65% of people express anger over the phone, 26% in writing and 9% face to face.
- -In the European Union, Britain is the top road rage country
- -80.4% of drivers claim to have involved in road rage incidents
- -1 in 4 drivers admit to committing an act of road rage
- -There was a 400% increase in air rage between 1997 and 2000
- -Britons spend 407 hours per person per year, shopping. Over half have stormed out of a shop due to bad service and frustration.

#### © Solution ©

What is the **source** of quarrels and conflicts among you? Is not the source **your pleasures** that wage war in your members? <sup>2</sup> You lust and do not have; so you commit murder. **You are envious and cannot obtain; so you fight and quarrel.** You do not have because you do not ask. <sup>3</sup> You ask and do not receive, because you ask with wrong motives, so that you may spend it on your pleasures. You adulteresses, do you not know that friendship with the world is hostility toward God? Therefore whoever wishes to be a friend of the world makes himself an enemy of God. <sup>6</sup> But He gives a greater grace. Therefore it says, "**GOD IS OPPOSED TO THE PROUD, BUT GIVES GRACE TO THE HUMBLE.**" - James 4:1-6

<sup>32</sup> Be kind to one another, tender-hearted, forgiving each other, just as God in Christ also has forgiven you.- Ephesians 4:32