

**WALKING TOWARD ETERNITY**  
**ENGAGING THE STRUGGLES OF YOUR HEART**  
**BIBLE REFERENCES**  
**SESSION 5 - ENGAGING YOUR ANGER**

**SESSION 5 - DAY 1 - The Problem With Anger**

**Question 2**

**2a) Mark 7:20-23**

20“But what comes out of a person, that is what defiles. 21<sup>g</sup> From within people, from their hearts, come evil thoughts, unchastity, theft, murder, 22 adultery, greed, malice, deceit, licentiousness, envy, blasphemy, arrogance, folly. 23 All these evils come from within and they defile.”

**2b) Proverbs 15:1**

A mild answer turns back wrath, but a harsh word stirs up anger.\*

**2c) James 4:1-2**

1 Where do the wars and where do the conflicts among you come from? Is it not from your passions that make war within your members? 2 You covet but do not possess. You kill and envy but you cannot obtain; you fight and wage war. You do not possess because you do not ask.

**2d) Genesis 4:4-7**

4 while Abel, for his part, brought the fatty portion\* of the firstlings of his flock. The LORD looked with favor on Abel and his offering, 5 but on Cain and his offering he did not look with favor. So Cain was very angry and dejected. 6 Then the LORD said to Cain: Why are you angry? Why are you dejected? 7 If you act rightly, you will be accepted;\* but if not, sin lies in wait at the door: its urge is for you, yet you can rule over it.

**Question 3**

**3a) Psalms 30:5**

Sing praise to the LORD, you faithful; give thanks to his holy memory.

**3b) Mark 3:5**

Looking around at them with anger and grieved at their hardness of heart, he said to the man, “Stretch out your hand.” He stretched it out and his hand was restored.

**3c) Psalms 86:15**

But you, Lord, are a compassionate and gracious God, slow to anger, abounding in mercy and truth.

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SESSION 5 - Engaging Your Anger**

**Optional Further Reading**

**a) Proverbs 14:17**

The quick-tempered make fools of themselves, and schemers are hated.

**b) Ecclesiastes 7:9**

Do not let anger upset your spirit, for anger lodges in the bosom of a fool.

**c) Proverbs 30:33**

For as the churning of milk produces curds, and the pressing of the nose produces blood, the churning of anger produces strife.

**d) Galatians 5:19-21**

19\* Now the works of the flesh are obvious: immorality, impurity, licentiousness, 20 idolatry, sorcery, hatreds, rivalry, jealousy, outbursts of fury, acts of selfishness, dissensions, factions, <sup>p</sup> 21 occasions of envy,\* drinking bouts, orgies, and the like. I warn you, as I warned you before, that those who do such things will not inherit the kingdom of God.

**SESSION 5 - DAY 2 - God's Answer to Anger**

**Question 2**

**2a) Proverbs 16:32**

The patient are better than warriors, and those who rule their temper, better than the conqueror of a city.

**2b) James 1:19-20**

19 Know this, my dear brothers: everyone should be quick to hear,\* slow to speak, slow to wrath, 20 for the wrath of a man does not accomplish the righteousness of God.

**2c) Romans 12:19**

Beloved, do not look for revenge but leave room for the wrath; for it is written, "Vengeance is mine, I will repay, says the Lord."

**2d) Philippians 2:3**

Do nothing out of selfishness or out of vainglory; rather, humbly regard others as more important than yourselves,

**Question 3**

**Luke 22:43**

And to strengthen him an angel from heaven appeared to him.

**Luke 23:34**

[Then Jesus said, "Father, forgive them, they know not what they do."]\* They divided his garments by casting lots

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**Optional Further Reading**

**a) Ephesians 6:4**

Fathers, do not provoke your children to anger, but bring them up with the training and instruction of the Lord.

**b) Proverbs 15:18**

The ill-tempered stir up strife, but the patient settle disputes.

**SESSION 5 - DAY 3 - Engaging Your Anger**

**Question 1**

**1a) James 1:19-21**

19 Know this, my dear brothers: everyone should be quick to hear, slow to speak, slow to wrath,  
i 20 for the wrath of a man does not accomplish the righteousness of God. 21 Therefore, put away all filth and evil excess and humbly welcome the word that has been planted in you and is able to save your souls.

**1b) Ephesians 4:26-27**

26 Be angry but do not sin; do not let the sun set on your anger, 27 and do not leave room for the devil.

**1c) Ephesians 4:31-32**

31 All bitterness, fury, anger, shouting, and reviling must be removed from you, along with all malice. 32 [And] be kind to one another, compassionate, forgiving one another as God has forgiven you in Christ.

**Question 2**

**Genesis 50:15-21**

15\* Now that their father was dead, Joseph's brothers became fearful and thought, "Suppose Joseph has been nursing a grudge against us and now most certainly will pay us back in full for all the wrong we did him!" 16 So they sent to Joseph and said: "Before your father died, he gave us these instructions: 17 'Thus you shall say to Joseph: Please forgive the criminal wrongdoing of your brothers, who treated you harmfully.' So now please forgive the crime that we, the servants of the God of your father, committed." When they said this to him, Joseph broke into tears. 18 Then his brothers also proceeded to fling themselves down before him and said, "We are your slaves!" 19 But Joseph replied to them: "Do not fear. Can I take the place of God? 20 Even though you meant harm to me, God meant it for good, to achieve this present end, the survival of many people. 21 So now, do not fear. I will provide for you and for your children." By thus speaking kindly to them, he reassured them.

**Optional Further Reading**

**a) Psalms 4:4 (Psalms 4:5, NAB)**

Tremble and sin no more; weep bitterly within your hearts, wail upon your beds,

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**b) Colossians 3:8**

But now you must put them all away:\* anger, fury, malice, slander, and obscene language out of your mouths.

**c) 1 Timothy 2:8**

It is my wish, then, that in every place the men should pray, lifting up holy hands, without anger or argument.

**d) Psalms 37:8**

Refrain from anger; abandon wrath; do not be provoked; it brings only harm.

**e) Ephesians :31-32**

31 All bitterness, fury, anger, shouting, and reviling must be removed from you, along with all malice. 32 [And] be kind to one another, compassionate, forgiving one another as God has forgiven you in Christ.