

How Biblical Faith Can Calm My Anger In A Crisis
Next Steps Devotional Guide
Sermon Series: James — Trial By Fire
Sunday, March 3 2024
Kelly Stanley

This devotional guide is designed to be used either in a small group setting or as an individual devotional guide throughout the week. If you are using this as a personal devotional guide, divide the points below up so as to be able to work on a few each day to get you through the whole week.

1. When you look around the world and even in our own country and culture, do you believe that people are angry? If so, what do you think are the main reasons?
2. When we get angry, we either blow up or we clam up. We become a mute and we say nothing, or we become a maniac and we explode. I say we either stew or we spew. Or to use an animal metaphor especially in marriages one tends to be a skunk while the other one tends to be a turtle in your marriage. Which are you? Why? Even if you are not married, which would your family say you are and why?
3. Successful relationships and marriages are not those marriages where anger and conflict doesn't exist, but rather a successful marriage is where they have learned to manage their anger. How do you manage your own anger?
4. The first way a disciple of Jesus Christ deals with their anger is they have to realize the cost of uncontrolled anger. Read [Proverbs 29:22](#), [Proverbs 15:18](#), [Proverbs 14:29](#) (both translations) and [Proverbs 14:17](#) in your sermon outline.
 - a. What do these verses say to you personally about your own anger and why?
 - b. Do you manage your anger in a way that brings glory to God? Why or why not?
 - c. It has been said, "You always lose respect when you lose your temper." Do you agree with this? Why or why not?
 - d. Uncontrolled anger can work in the short-term. It does get people's attention. That's the short-term payoff but there are long-term consequences. Uncontrolled anger apathy, and it creates alienation. When and where have you personally witnessed this?
 - e. Read [Proverbs 11:29](#) in your sermon outline. Have you ever experienced the truth of this verse? If so, when and what happened. How did you deal with it?
5. The second way a disciple of Jesus Christ deals with their anger is they have to resolve to manage their anger according to Gods' Word. Read [Proverbs 29:11](#) in your sermon outline.
 - a. Based on what you already know, how do you think God's Word tells us to manage our anger?
 - b. God says anger is a choice. To say, "*You made me mad*" is sinful because it excuses you for how you react in anger. Anger itself is not a sin, but an emotion given to God to motivate us to deal with sin, injustices, wrong, errors and mistakes. Do you blame others for your anger? If you do, then what have you done in the past that "justified" your reaction?
6. The third way a disciple of Jesus Christ deals with their anger is reflect before reacting.
 - a. Read James 1:19-20 in your sermon outline. What does this say to you about anger and why?
 - b. James says in any situation where anger is brewing and tempers are stewing, first to intentionally choose to receive what the person is saying before you respond. Why is this so hard?
 - c. Studies show that the quickest way to defuse somebody else's anger is you just calmly and genuinely listen to them. James says when you are angry, don't talk first, listen first. Will you do this?
 - d. Then James says be slow to respond. Emphasis on slow. Read [Proverbs 29:11](#) in your sermon outline. So give yourself some time to reflect and to think through. Why is this true?
 - e. Thomas Jefferson, the second president of the United States said, "*When you're angry, count to 10,*" and he also said, "*If you're really angry, count to a hundred.*" Why?
 - f. Read [Proverbs 10:19](#), [Proverbs 13:3](#), [Proverbs 17:28](#) and [Proverbs 29:20](#) in your sermon outline. When you've personally experienced what each of these verses describes, what were the results?
 - g. Then James says be slow to show your anger. Because anger control is basically a matter of mouth control. You tame your temper by taming your tongue. How should you do that?
 - h. Read [Proverbs 19:11](#) in your sermon outline. What do you do during that wait? The answer is this, you analyze and you try to understand your anger. Why is this good for a disciple of Jesus Christ?
 - i. It has been said, "*The more I understand my anger, the more understanding I'll be.*" Do you agree? Why or why not? Why is this true for a disciple of Jesus Christ?
 - j. What do you do when you are waiting so you can tame your tongue? Ask the following questions to help you understand your anger:
 - i. Why am I angry? You are attempting to analyze your anger so you can understand it. Why would this help?

- ii. What do I really want because something is frustrating me here? What difference does this make?
 - iii. How is the best way God says I should go to get what I want? Why should you ask this question? You were also given the three main root cause of anger:
 - i. Hurt from being wounded. God isn't saying deny your hurt. He is saying to not let your hurt be the only thing that drives your reaction? Why is this important as a disciple of Jesus Christ?
 - ii. Frustration from things not going the way you want. Examples are sitting in traffic or a waiting room at the doctors. Rising inflation. When has this been your reason and how did you respond? Why is this important as a disciple of Jesus Christ?
 - iii. Fear — if fear is a liar as the song says, then why do we listen to it. The Bible says in 1 John 4:18 that “perfect love casts out all fear.” The Greek New Testament word translated as “perfect” means “matured” love. What is that to you and how does it help a disciple of Jesus Christ not allow fear to be one of the determining factors in how you respond?
 - k. Read Psalm 141:3 in your sermon outline. As a disciple of Jesus Christ, how do you want Jesus do do that for you?
7. The fourth way a disciple of Jesus Christ deals with their anger is release my anger in a godly and appropriate way.
- a. Read Ephesians 4:26 in your sermon outline. Meaning there is a right way and a wrong way to express anger. Most people express in a way that moves them further from the goal they want. Why does this happen?
 - b. Research shows that anger produces more anger, that aggression produces more aggression, that outbursts lead to more outbursts, not a reduction. Read Proverbs 15:1 in your sermon outline. Why is this true?
 - c. James says that God's Word is true. It will never lead you astray. How has God's Word kept you on the right path?
 - d. There's a word for repressed anger, it's called depression. The right way to deal with anger is not to repress it, but to confess it. As a disciple of Jesus, why is the best way?
8. The fifth way a disciple of Jesus Christ deals with their anger is retrain my mind.
- a. Read Romans 12:2 in your sermon outline. Remember, what I think determines how I feel and how I feel determines how I act.
 - b. Now read Proverbs 22:24 in your sermon outline. Compare these two passages. What do they say?
 - c. Read Proverbs 11:29 and Colossians 3:19 in your sermon outline. Personalize these in your own words. Why did you tell yourself to do as a disciple of Jesus Christ?
9. The sixth way a disciple of Jesus Christ deals with their anger is request God to fill me with His love.
- a. Read 1 Corinthians 13:5 and Romans 15:5 in your sermon outline. Your relationship to Jesus Christ will determine how well you master your anger. If you are married, make a commitment to manage your anger.
 - b. If your relationship to Christ is right as His disciple, you will experience Galatians 5:22 — the Holy Spirit will produce patience in you. The word “patience” in the Greek means “anger and power under controlled and expressed in the right way. Does this describe you? Why or why not?
 - c. Read Jesus' words in Matthew 12:34b in your sermon outline. Jesus says the heart of the problem is a problem of the heart. When it comes to anger, as a disciple of Jesus, the heart of the problem is a problem with a heart. The problem isn't my tongue, it's my heart. My anger and your mouth betrays what I'm really like inside. What does your anger and mouth say you are really like as a disciple of Jesus Christ? What needs to change in your heart?
 - d. Read Psalm 51:10 and pray this pray to God.
10. Read Jesus' words in Matthew 5:21-24 in your sermon outline.
- a. The seventh way a disciple of Jesus Christ deals with their anger is you refuse to let your anger slide. Do not deny it. Do not repress it. Confess it. Do you do this? How should you stop this as a disciple of Jesus Christ based on the previous points? Take your Bible and read Matthew 18:15-17. What does Jesus tell you do do first and would you say this is typical or atypical of you and why?
 - b. The eighth way a disciple of Jesus Christ deals with their anger is repel may anger from escalating. As a disciple of Jesus, how should you do that based on the previous points?
 - c. The ninth way a disciple of Jesus Christ deals with their anger is recognize my boundaries. Were you stressed, fatigue, overwhelmed prior to the situation that cause you to choose to be angry? What boundaries do you need to erect to protect yourself and others?
 - d. The tenth way a disciple of Jesus Christ deals with their anger is relay forgiveness. How does this help you as a disciple of Jesus Christ manage your anger?