

# Help When I'm Feeling Angry

Matthew looked at righteous anger and unrighteous anger. Our anger tends to focus on proving how right we are and bringing quick retribution against someone else. God's anger, on the other hand, always is seasoned with compassion and brings justice. He is slow to anger and always is looking to bring about change for good in the other person.

Some the verses worth looking at:

**Exodus 34:6; James 1:20; Ephesians 4:26; Proverbs 16:32**

God speaks about himself being 'Slow to anger...and abounding with compassion'. Often we express quick anger without any compassion. It is not that all anger is bad. If harnessed correctly it can be used for great gain, in particular in bringing about a rebalance in issues of injustice. We need to learn how to guard our hearts, control our spirit, not just blow up and react; but work towards long-term change. William Wilberforce took 20 years in his campaign against slavery.

In terms of anger towards others, Paul teaches us to sort out any relationship issues as soon as we can. Leaving things usually makes matters worse: we stew on it, and it gives the enemy opportunity to get a foothold in our hearts and minds, as well as destroying our relationships! (**Eph 4:26-27**)

## Questions for discussion:

- Talk about some of the things that often set off your anger.
- Do you think your temperament leans you towards quick explosive moments, or longer-term harbouring of anger?
- Can you give an instance as Matthew did in the supermarket, of an event recently where you could have allowed yourself to get really angry, but managed by God's grace to control your spirit?
- Can you name some things that you get angry about in terms of injustices that you'd like to work towards seeing some change in your lifetime?
  - Why don't you pray in pairs for some of these things? That God would help you to not blow up, and 'shoot yourself in the foot', but faithfully work at long-term change. To have a harnessed anger, enveloped in compassion.