

2 - Anger, Bitterness, and Despair

Anger

I. Definitions and Descriptions:

A. The Problem of Anger – *Psalm 37:8, Proverbs 14:29, Ecclesiastes 7:9*

1. _____ Anger *Psalm 7:11; Ephesians 4:26*

2. Unrighteous Anger



a. _____ – Exploding and Blowing Up

In Scripture there are two types of anger defined. The first type of anger is the type that explodes and reacts. That type of anger is usually called “wrath” in the Scriptures. It could be seen with yelling or screaming, throwing things around, cursing, telling people off, attacking others verbally, calling people names, or hitting people or things, punching walls, etc.



b. _____ - Simmering and Clamming Up

The second kind of anger described in Scripture is more of the slow, inward burn. It is described as “anger” in the Bible. It is seen in clamming up, being moody, frustration, irritation, acting disgusted, glaring at people, huffing, or snorting.

B. The Source and Result of Sinful Anger

1. Source of Sinful Anger:

a. Deeds of the _____ *Galatians 5:19-20, Romans 8:12-13, Colossians 3:5, I Thessalonians 4:1-5*

b. Wrong _____ *Prov 4:23, Matthew 12:34, Luke 10:27, James 4:1-3*

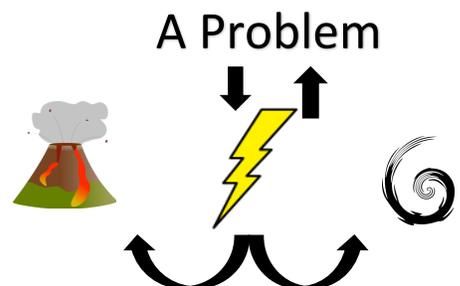
2. Results of Sinful Anger: Wrong _____ *Romans 6:12-13*

C. _____ Problems With Anger

1. Always Involves Pride *I Peter 5:5*

2. Always Involves Lack of Self-Control
Prov 29:11

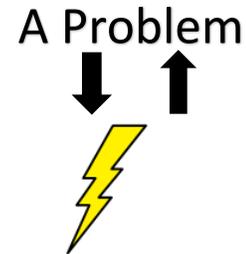
3. Always Wastes Energy *James 1:19-20*



4. Always Leads to Other Sin *Prov 29:22, Galatians 5:19-20, Job 4:8, Ezekiel 18:30, Prov 22:24-25*

II. Biblical Solution – Self-Controlled _____ Solving

- A. Get rid of anger. *Colossians 3:8*
- B. Depend upon the Holy Spirit. *Eph 4:22-24*
- C. Solve problems effectively. *Eph 4:26-27*



III. Practical Steps for Growth

- A. _____ and repentance *1 John 5:3, John 13:34-35*
- B. Reoriented thinking *2 Cor 10:3-5*
- C. Growing _____ *Phil 2:5-11*
- D. Transformed actions *James 1:19-25*

Bitterness

I. Definitions and Descriptions

A. Definitions

Bitterness is a dangerous _____ that not only destroys our relationships with others, but affects our relationship with God and even our own physical, mental, and emotional health.

1. Dictionary Definitions:

- hard to bear
- grievous
- distressful
- causing pain
- piercing, stinging
- characterized by intense antagonism or hostility
- hard to admit or accept
- resentful or cynical

2. Biblical definition:

- an internal, _____ -afflicting wound (drinking poison and hoping the other person dies)
- a _____, unforgiving attitude

B. Description - Bitterness is the predictable result of unbiblical _____ of dealing with hurt.

1. Bitterness is often described as a root. Heb 12:15
2. The “hurt” is not always objective or rooted in reality.
 - i. The “hurt” can be real or imagined.
 - ii. The “hurt” can include being sinned against by another person or simply being offended by another person.
3. Bitterness is described as a “deep, settled anger.”

C. _____ of Bitterness

1. You have a hard time resolving conflicts because you are unwilling to forgive the person.
2. You engage in acts of revenge (spiteful comments, backbiting, physical altercations)
3. You withdraw from the offender through the “silent treatment” or “cold shoulder.”
4. You frequently experience outbursts of anger.
5. You employ biting sarcasm in your interactions.
6. Condescension and criticism frequently describe your communication, since you have allowed a pattern of suspicion and distrust to build in your heart.
7. You operate in an intolerant way toward the offender, becoming hypersensitive to future perceived hurts. You are very impatient toward the offender.
8. A rising level of disrespect in general, especially if the offender is an authority, leads to an overall spirit of rebellion and misuse of authority.
9. You spend a significant amount of time remembering the details of the offense.
10. Because of the significant investment of emotional energy needed in order to maintain the grudge, the hurt person is probably suffering depression and exhaustion.
11. The offended person is probably doubting their salvation. *Matt 6:12, 14-15*

II. Biblical Solution – Forgiveness *Luke 17:3-10*

A. Understand and apply biblical _____.

1. Forgiveness is granted only when someone sins against you. *Matt 7:4-5*
2. Sometimes the offended person is the one who has to initiate forgiveness (even though this will feel awkward). *Prov 19:11, I Peter 4:8, Luke 17:3*
3. Sometimes the person who sinned against you may come to you and seek forgiveness. *Matt 5:23-24*
4. Forgiveness is expensive.
5. Forgiveness is not an emotion, but rather it is a promise. *Luke 17:4*
6. Forgiveness is not the same thing as trust.
7. We are able to forgive others when we remember the great debt that we have been forgiven by God. *Rom 3:23*
8. We are able to forgive when we focus on God's sovereignty even over the sinful choices of others. *Gen 42:21, Gen 50:20*
9. There may be times when the offender will not or is not able to properly take care of his sin against you.

B. Use the _____ to kill bitterness.

1. Jesus is the perfect example of responding to harsh treatment without growing bitter. *Isaiah 53:3, 6, Luke 23:34*
2. The gospel reminds us of how much we ourselves have been forgiven by God and is our incentive for forgiving others. *Matthew 18:21-35*
3. Our own constant need for ongoing forgiveness as Christians motivates us to be quick to forgive when others repetitively sin against us. *Matthew 18:21-22*
4. We must be ready to mirror God's grace and mercy with us when we have opportunities to forgive others. *Heb 4:16, Micah 6:8*
5. We must fight temptation to take over God's role as judge *James 4:12, Romans 12:19, Romans 14:9-10*
6. When we are able to see that the offender is caught in sin and is deceived and enslaved it is easier to have the compassion necessary to forgive. *John 8:34, Prov 5:22*
7. Reminding ourselves of our own depravity will help to keep us from sinning in ways that are like the person who sinned against us. *Heb 3:12-13, Prov 16:18, I Cor 10:12*

III. Practical Steps for Growth - Learning How To Overcome Evil With Good *Rom 12:17-21*

- A. The “enemy” is _____, not the person who offended and hurt you.**
- B. We are commanded to win the battle and secure victory against evil.**
- C. We are told to return a _____ for a cursing. *1 Thess 5:15***
- D. We will need to _____ ahead to bless those who hurt us. *Rom 12:18***

Despair

I. Definitions and Descriptions

A. Dictionary Definition – Despair

- The loss of hope; hopelessness
- To lose, give up, or be without hope

B. Biblical Description – Despair / Hopelessness

We are reminded that our weaknesses showcase the _____ of God’s power. *2 Cor 4:7-10*

C. Explanation of Hopelessness

1. Despair and hopelessness are the result of believing _____ about God and how he operates in our world. *II Cor 10:5*
2. Some of the most challenging situations that might lead to hopelessness or despair are as follows:
 - Unrelenting _____ *Deut 8:2-3*
 - Personal _____ *Heb 4:16*
 - _____ hopes – *Psalms 25:3*

II. Biblical Solution – Hope and _____

A. God will never give us more difficulty than we will be able to handle through his strength and empowering. *1 Corinthians 10:13*

B. Our greatest need has been provided for through the sacrificial death of Christ on the cross. *Romans 5:1-2*

C. Because we are able to trust Christ in salvation, we are also able to trust Christ in our trouble. *Psalm 86:7, 2 Cor 9:8*

D. There are real reasons to trust God. *Prov 3:5-8*

III. Practical Steps for Growth:

A. Retrain your “_____” to be more in line with Scripture.

Thomas Watson in The Art of Divine Contentment says: “It is the fancy which raises the price of things about their real worth. What is the reason one tulip is worth five pounds, another perhaps not worth one shilling? Fancy raises the price. The difference is rather imaginary than real. So, why should it be better to have thousands than hundreds? It is because men fancy it so. If we could fancy a lower condition better, as having less care in it, and less accountability, it would be far more desirable. The water that springs out of the rock drinks as sweet as if it came out of a golden chalice. Things are as we fancy them. Ever since the fall, the fancy is distempered. “God saw that the imagination of the thoughts of his heart were evil.” Fancy looks through the wrong spectacles. Pray that God will sanctify your fancy. A lower condition would make us content if the mind and fancy were set correctly.”

B. Work hard to be aware of your own covetousness. *Psalm 139:23-24*

C. Ask God to give you a greater love for _____ than any other person or thing. *Psalm 19:7-11*

D. Look for reasons to be thankful.

E. Remind yourself that your greatest needs will never be met by any _____ thing.

F. Train yourself to think correctly about the way that God deals with you. *Psalm 119:68*

G. Train yourself to need only the “_____” temporal necessities....food, clothing, and shelter. *1 Tim 6:6-8*

H. Work to develop the spiritual quality of endurance and perseverance, especially when life is hard. *James 1:12, Galatians 6:9, Heb 12:1-15*

I. Learn to ask for and graciously receive the _____ of God and others. *Matthew 7:7-8*