

STUDY 4

Overcoming Anger

COLOSSIANS 3:5-14; MARK 3:1-6

Have you ever felt so angry that you said something you never thought would come out of your mouth? Many of us probably have. Angry words are powerful: “I hate you!” “I wish you’d never been born!” “We might as well get a divorce!” “You’re a complete disappointment!” Words spoken in anger pierce deep into the heart and soul. They can erode trust, produce bitterness, and turn love into resentment. If you have said or received angry words, you know their destructive and life-altering power.

The Bible has much to say about anger because it is a universal human emotion. By looking at the apostle Paul’s letter to the Colossians and at Jesus’ example, we’ll see how God wants us to handle our anger in a way that honors rather than dishonors him.

1. Describe one thing that makes you really angry.
How do you usually react?

READ COLOSSIANS 3:5-14.

2. According to verse 8, what are Christians to rid themselves of?

Define each of these terms in your own words.

3. List all the reasons you can think of for why we are to rid ourselves of angry and hateful words.

4. Read Ephesians 4:26-27. What gives the devil a foothold in our lives? Why?

5. What effect does anger have on your words and how you say them?

How do angry words affect our relationships?

6. God never asks anything of us that is impossible. With this in mind, what encouragement and hope for change do you find in Colossians 3:8-10?

READ MARK 3:1-6.

7. Describe the situation Jesus encountered in this passage.
- ✎ 8. What emotions was he experiencing? What prompted them?
9. Think about ways people commonly express their anger. What did Jesus not do even though he was angry?

What did he do instead?

- ✎ 10. What helpful lessons for overcoming anger do you find from Jesus' example?

11. What further wisdom for handling anger-provoking situations do you find in the following passages?

Proverbs 10:19

Proverbs 12:16

Proverbs 13:3

Life Changes

12. If you are comfortable doing so, describe a situation you are currently facing in which you realize that you need to control your words and change the way you handle your anger.

13. List at least one person you can ask to pray for you and hold you accountable.