

# *St. Paul's Notes*

## **SEVEN DEADLY SINS**

### **Anger**

*October 3, 2010*

Genesis 4:6-8

I. Anger – the Power of \_\_\_\_\_

flesh vs. spirit  
Matthew 26:41

II. Emotional triggers

III. Anger Management –  
The Practice of Forgiveness

A. Deal with anger \_\_\_\_\_

B. Practice \_\_\_\_\_

C. Counter evil with \_\_\_\_\_  
Matthew 5:43-44

D. Maintain daily \_\_\_\_\_

## FOR FURTHER THOUGHT

### Read Genesis 4:6-8 and Matthew 26:41

It's truly amazing how quick unchecked irritation can turn into deadly rage. The problem lies in the deception that we can control our flesh, i.e. our emotions, passions and senses. But 'flesh' is stronger than our intellect and distorts our logical reasoning, causing us to do things we wouldn't normally do. To control this deadly sin we must begin relying on the Spirit that is stronger than our flesh.

- Describe a time you recently lost your temper? What was the result?
- Have you seen any change in your anger since you met Jesus Christ?

Often we find ourselves 'set off' by emotional triggers or common irritations and then we literally begin to destroy the relationships we have with others. Irritation however, is nothing more than the myth that something or someone else is interfering with our happiness. We need to make sure that we are aware of our triggers or they will lead us to seethe and then destroy in revenge or payback.

- Name some of your 'triggers' that often push you into irrational anger?
- Have you ever 'gotten even' with someone for hurting you? What happened as a result?

**Read Ephesians 4:26.** The antidote or cure for the deadly sin of anger is the practice of forgiveness. The first step in this anger management is to deal with anger on a daily basis. The Ephesians' passage is clear that day by day we are to take care of our anger so that we don't let it build beyond reason. The second step then is to begin the actual practice of forgiveness. Forgiveness begins with forgiving ourselves and

accepting God's love and grace even though we don't deserve it. What we do to ourselves we usually pass on to others, whether it's hate, disgust, tolerance or forgiveness.

- Even though no one deserves God's amazing love, how do you still try to earn it?
- What is something you've done for which you need to forgive yourself?

**Read Matthew 5:43-44.** The third step is to begin countering evil or malicious acts with positive actions. Jesus commands us to love and do good for our enemies because in that way we can control our anger instead of it conquering us. We also begin to seek the ultimate good for all people, like Christ who died for us all.

- Describe a time you responded to an evil or malicious act with love or a good deed. What happened?

Finally we must maintain proper daily margins. These daily regiments include having a daily devotional time with God, eating and exercising for life long health, and constantly investing in key relationships. Since our flesh is stronger than are reason or intellect we must allow God to daily empower us through our spirits, our bodies and our supporting relationships.

- In combating anger, which do you need to begin practicing regularly?

Managing it on a daily basis

Actively forgiving myself and others

Participating in positive actions in response to evil

Maintaining daily devotions, eating & exercising,  
and investing in others

- Who will keep you accountable in doing this?