



## Bethany Bible Study & Discussion: Colossians: ANGER & LOVE

Wednesdays  
7.30-8.30PM

### A believer's Journey to Transformed life ... from Hearing to Doing

To live a transformed life, Paul exhorts us to: (1) Seek and desire heavenly things, (2) Put to death fleshly desires, (3) Put off sins of the tongue, (4) Practice love and display fruit of the spirit in relationships, (5) Submit to God's divine order at home and at work, (6) Redeem time, and (7) Pray continually with thanksgiving. *How are you doing on these 7 action items? What are your areas of weakness? How can you strive for excellence on all 7 items?*

3.17.21

- **Anger** and **Love** are two common extreme emotions. *Bible exhorts us to exercise restraint in anger and be lavish in our love (we often do the opposite) ...* What makes you angry? How do you express anger? What does Bible say about anger? How can we overcome our anger? Why does God get angry? What is Love and how do you express it?
- *Personal Reflection: Are you living the transformed life or content with just hearing about it?*

# How to Transform?

- First, be sure of your **salvation** experience
- Grow in Knowledge and wisdom by reading & meditating on **The Bible**
- **Pray** for God's grace to overcome and live a victorious Christian life
- Seek **Godly Counsel** through Teachings/fellowship of believers
- **Confess** and walk away from every known sin

If you have sincere desire to live a Transformed Life, Lord will help you!

Do not conform to the world, but renew your mind and  
be Transformed (**Romans 12:1**)

Let us be **Rooted** and **Built up** in Him (**Colossians 2:7**)

# Colossians 3:8

## Put off Anger

What makes you angry? How do you express anger? Negative consequences/Positive effects of Anger? How to overcome? Why does God get angry? What does Bible say about anger?

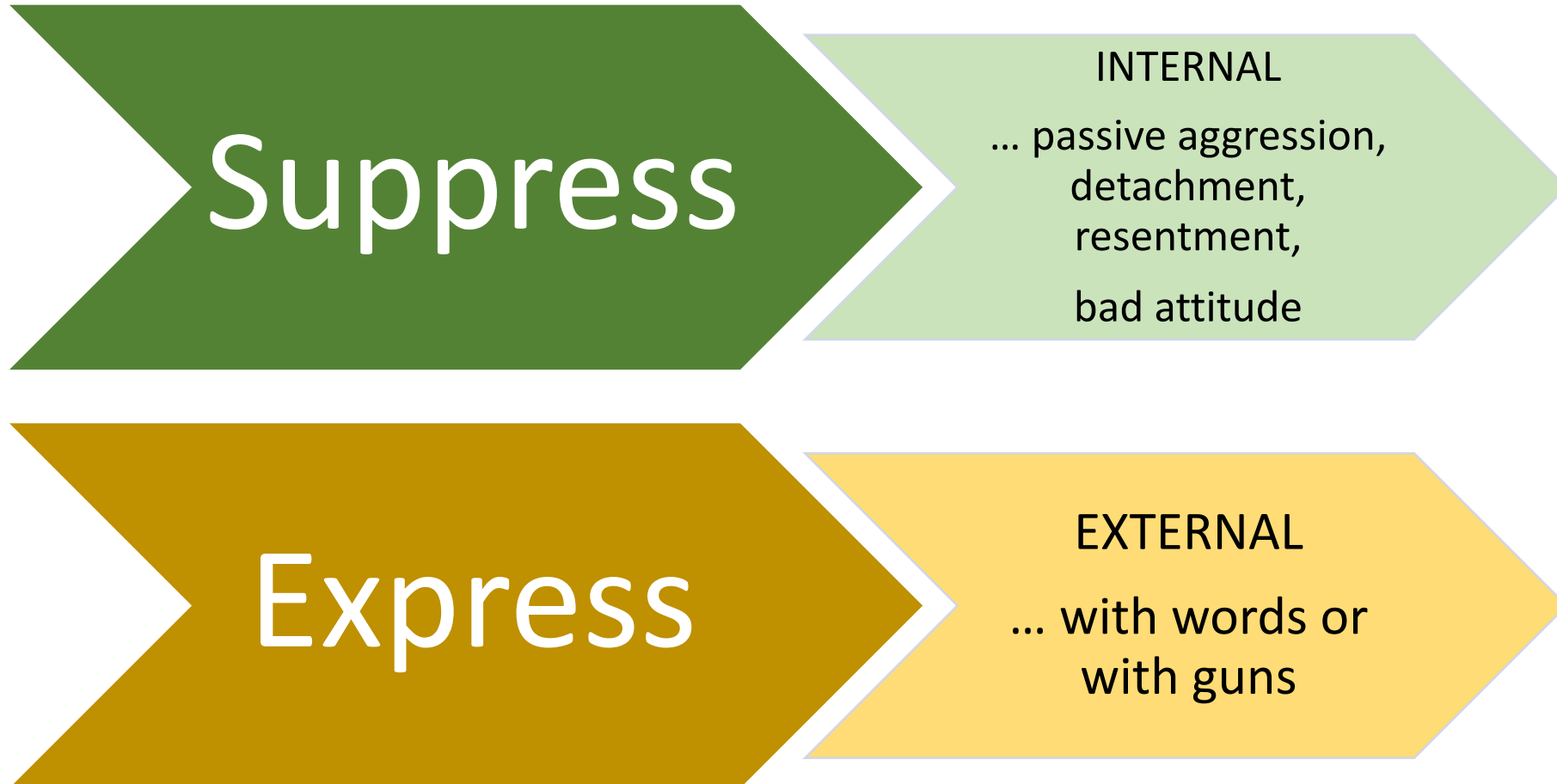
# Source of Anger?

# What triggers anger?

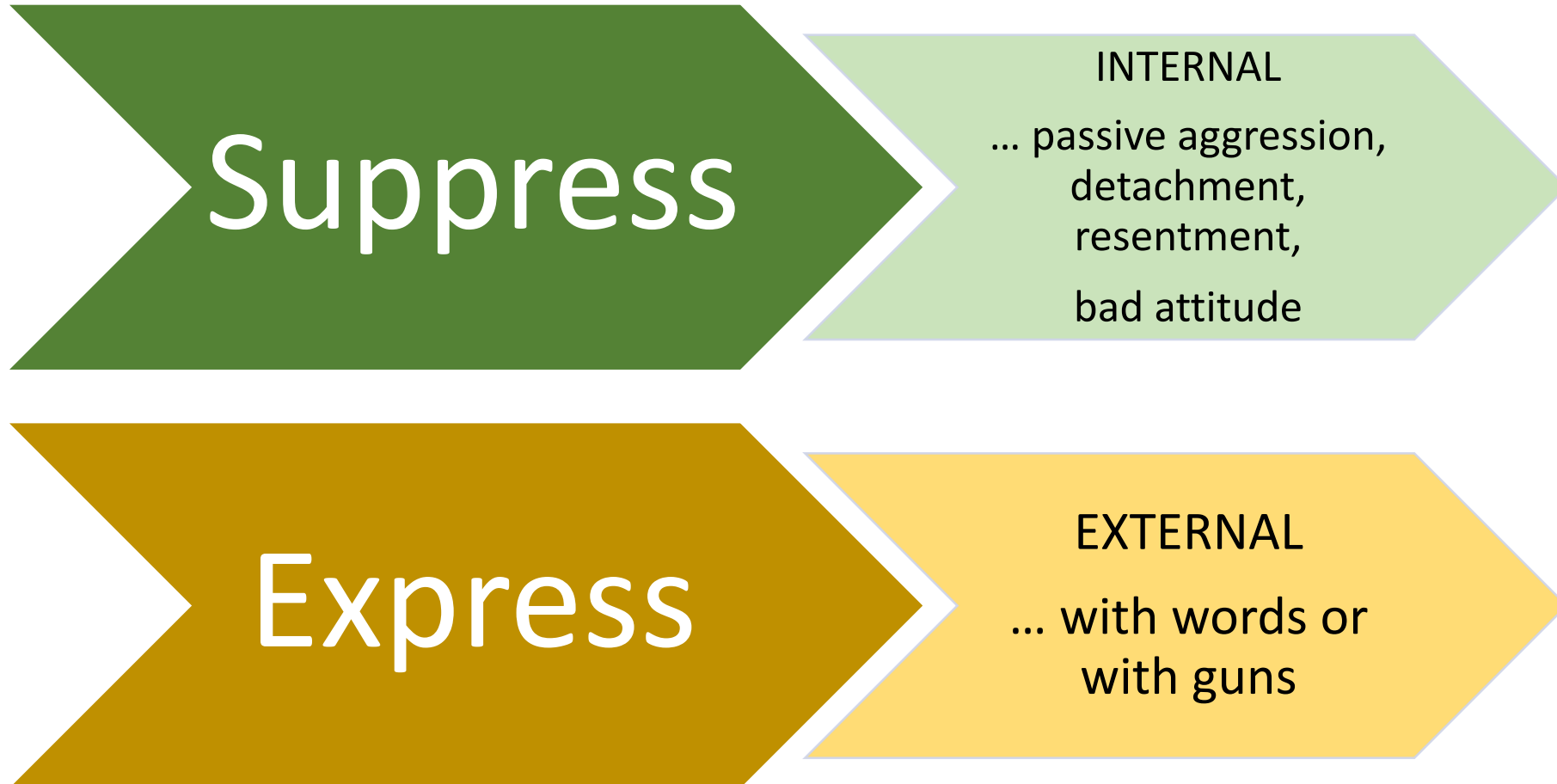
1. People (boss, friend, spouse, kids, etc.)
2. Personal circumstances (traffic, health, unemployment, etc.)
3. Society (racial injustice, liberal laws, etc.)
  - Disagreements
  - Criticisms
  - Injustice, Insult, disrespect
  - Threat/obstacle to our desires/plans
  - Jealousy
  - Frustration
  - Hurt
  - Insubordination

How do we show our Anger?

# Showing Anger ... which one is better?



# Showing Anger ... which one is better? Neither ... both are sins





# Consequences of Anger

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- Can escalate to murder (Cane/Abel)
- Destroys/scars relationships
- Impacts our spiritual, emotional and physical health (if left uncontrolled)
  - Are there any benefits to expressing anger or being the recipient of anger?

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  - Some people are energized by provocation to act (such as BLM movement)
- or being the recipient of anger?
  - Identifies problems in system (Comcast customer complaints 😊)
  - Identifies our weak areas (lack of patience) and builds our character

Moving towards a solution

1. Recognize there is a problem/sin of anger
2. Diagnose the source of anger (circumstances, others, or you)
3. Solve
  - Commit in prayer to God who has the power to transform
  - Choose to Forgive and forget (Love and Anger cannot co-exist)
  - Put Off, Colossians 3:8 (action word, take anger and throw it in the trash)
  - Seek professional help, if out of control (medications, exercise, counselling)

# God's Anger

# God's anger ... is righteous ... directed at Sin

- **Numbers 14:18** “The Lord is slow to anger, abounding in love and forgiving sin and rebellion.”
- **Psalm 7:11** “God is a righteous judge who displays his wrath every day”
- God's final Judgement is Just (Heaven or Hell)

# A few Bible Verses



# From Sermon on the Mount, Mathew 5

<sup>20</sup> For I say unto you, That except your righteousness shall exceed the righteousness of the scribes and Pharisees, ye shall in no case enter into the kingdom of heaven <sup>21</sup> Ye have heard that it was said of them of old time, Thou shalt not kill; and whosoever shall kill shall be in danger of the judgment: <sup>22</sup> But I say unto you, That whosoever is angry with his brother without a cause shall be in danger of the **judgment**: and whosoever shall say to his brother, Raca, shall be in danger of the **council**: but whosoever shall say, Thou fool, shall be in danger of **hell fire**.

- Old Testament (action = murder), New Testament higher standard (Intent or thoughts = anger)

### Proverbs 12:18

The words of the reckless pierce like swords, but the tongue of the wise brings healing

### Proverbs 14:29

Whoever is patient has great understanding, but one who is quick-tempered displays folly.

### Proverbs 15:18

A hot-tempered person stirs up conflict, but the one who is patient calms a quarrel.

### Proverbs 16:32

Better a patient person than a warrior, one with self-control than one who takes a city.

### Proverbs 19:11

A person's wisdom yields patience; it is to one's glory to overlook an offense.

### Proverbs 22:24

Do not make friends with a hot-tempered person, do not associate with one easily angered,

**Ecclesiastes 7:9**

Do not be quickly provoked in your spirit,  
for anger resides in the lap of fools.

**James 1:19**

Everyone should be quick to listen, slow to  
speak and slow to become angry

**Matthew 5:21-22**

... anyone who is angry with a brother or  
sister will be subject to judgment ..



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