

Materials for this Lesson

Answer These

What effective cures do you know of for anger?

How could killing the root, versus fighting the expression, bring a more permanent character change?

What are some roots you might have for anger?

How willing are you to try God's method?

Remember This

The two common approaches to reducing anger's negative impact on our lives are:

1. See it as primarily an emotional issue
2. See it primarily as a spiritual issue

God's word sees human anger as sinful behavior rather than an emotional issue that needs management.

Both approaches recognize that anger is a surface indicator of deeper issues. But recognizing that anger has sinful roots allows God to do a deeper work in our lives.

If we could just gut it up and fix our anger issues, our world would be anger-free by now. So there must be more to it than just using "anger management" as an approach.