

1. Motivate

When you were a kid, what would make you really angry?

An introductory video is available. View at https://watch.liberty.edu/media/1_ap7sn1yy

2. Transition

Anger can get us in trouble if we get out of control.

- It's better to take your anger to God and leave matters in His hands.

3. Bible Study

3.1 Admit Your Anger to God

Listen for military references.

Psalm 35:1-3 (NIV) Contend, O LORD, with those who contend with me; fight against those who fight against me. 2 Take up shield and buckler; arise and come to my aid. 3 Brandish spear and javelin against those who pursue me. Say to my soul, "I am your salvation."

What did the psalmist pray for the Lord to do for him?

How does the imagery employed indicate that he wanted the Lord to defend him as well as take the fight to the enemy? Note the military references.

What assuring words did the poet want to hear?

What's your gut reaction to these verses? Why?

What might keep us from being honest with God about our anger?

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Redirecting Anger

What might you tell God when you are facing conflict with people opposing you?

How can you continue on believing God is your salvation from those who would seek to bring shame and dishonor upon you unjustly?

3.2 Respond with Love and Grace

Listen for a betrayal.

Psalm 35:13-16 (NIV) Yet when they were ill, I put on sackcloth and humbled myself with fasting. When my prayers returned to me unanswered, 14 I went about mourning as though for my friend or brother. I bowed my head in grief as though weeping for my mother. 15 But when I stumbled, they gathered in glee; attackers gathered against me when I was unaware. They slandered me without ceasing. 16 Like the ungodly they maliciously mocked; they gnashed their teeth at me.

In contrast to the way the poet was treated by those who opposed him, how did he say he responded to them during a time of need?

How does he say his opponents reacted to his acts of kindness?

What are some *emotions* when you are falsely accused or treated maliciously by others?

What are some natural *reactions* when people try to hurt us?

Why can retaliation not accomplish what we might want?

How should we pray when we are falsely accused or slandered?

3.3 Leave Matters in God's Hands

Listen for David's response to God.

Psalm 35:17-18 (NIV) O Lord, how long will you look on? Rescue my life from their ravages, my precious life from these lions. 18 I will give you thanks in the great assembly; among throngs of people I will praise you.

What emotions or suspicions thoughts might be behind the question the psalmist raised in verse 17?

How did the psalmist restate his plea?

What response did the psalmist pledge to give when the Lord answered?

What makes leaving matters in God's hands so challenging?

What are some ways we can help our children and grandchildren respond to difficult situations by trusting God?

Application

Vent—to God.

- Before talking to others about what has upset you, talk to God.
- Be honest with God about why you're angry.
- Ask Him for the strength to refrain from anger and the will to trust Him with the situation.

Seek resolution—not retaliation.

- If possible, find a way to resolve the relationship or situation that has angered you.
- At the very least, pray for the well-being of the other person.
- As you genuinely pray for another person, God will also work on your heart.

Love—no matter what.

- Find specific, concrete ways you can show the love of Christ to those who've hurt you or made you angry.
- Don't take any action to look self-righteous and better than the other person.
- Show love in order to honor the One who loves you.

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| AGAINST | MALICIOUSLY |
| AID | MOCKED |
| ARISE | MOTHER |
| ASSEMBLY | MOURNING |
| ATTACKERS | MYSELF |
| BOWED | PRAISE |
| BRANDISH | PRAYERS |
| BROTHER | PRECIOUS |
| BUCKLER | PURSUE |
| CEASING | RAVAGES |
| COME | RESCUE |
| CONTEND | RETURNED |
| FASTING | SACKCLOTH |
| FIGHT | SALVATION |
| FRIEND | SHIELD |
| GATHERED | SLANDEWRED |
| GLEE | SPEAR |
| GNASHED | STUMBLER |
| GREAT | TEETH |
| GRIEF | THANKS |
| HEAD | THRONGS |
| HUMBLED | UNANSWERED |
| ILL | UNAWARE |
| JAVELIN | UNGODLY |
| LIFE | WEEPING |
| LIONS | WITHOUT |

ELRAVAGESETUNGODLYTAERGIHN
 RJWSFOAUDASMYSELFDTMWYEEAE
 FELNOIOEHMOURNINGDELBMUHS
 ESPINIGSLANDEWREDELB MUTSGI
 IIDLCOIHATVWTF TARGMEUCSERR
 RANEGDIPTCSVGNIP EEWE EKBSIA
 GRRVNNUTTNKNODILSPERNLRHWS
 LPFAIRNMALICIOUSLYSA AEOIRD
 IDRJSUUNCVOLL AASNTHWYRTEBT
 OBIUARUTKMLKHOGNITS AFHHLOE
 NKEEEDEREHTAGETAHSRNOTEDWE
 SENSCAYERRPWSANHLPSUOIRAET
 SNDEDGNASHEDSGNORHTMOCKEDH



Talk about your **anger** ... humph! You should redirect it to finding these words. No Happy New Year for you if you don't realize they go up, down, left, right, and even diagonally. If you wimp out, you can go to <https://tinyurl.com/y4rmwvpb> for help ... and there's other activities for the whole family.