

Flint Hills Bible Church  
Biblical Soul Care Sunday School  
*Uprooting Anger* -Robert Jones  
Chapters 1-2

**I. Introduction**

1. What comes into your mind when you think about the word Anger?
  
2. What are some examples of anger that you can think of in our world, culture, town? What about in the Christian church?
  
3. As we start this new series on anger, what questions do you have? What do you hope to learn from our study?
  
4. How does the world define anger? How do you define it?

*Anger is a universal problem, prevalent in every culture, experienced by every generation. No one is isolated from its presence or immune from its poison. It permeates each person and spoils our most intimate relationships. Anger is a given part of our fallen human fabric. (Uprooting Anger pg 13)*

5. Why do you suppose anger is so prevalent in the world?
  
6. What makes it so difficult to deal with?
  
7. Do you have a serious problem with anger?

**Matthew 5:21–22 (ESV)**

**21 “You have heard that it was said to those of old, ‘You shall not murder; and whoever murders will be liable to judgment.’ 22 But I say to you that everyone who is angry with his brother will be liable to judgment; whoever insults his brother will be liable to the council; and whoever says, ‘You fool!’ will be liable to the hell of fire.**

8. What point is Jesus making here?

**Objectives:**

We will learn a definition of anger consistent with Scripture and use it to identify anger in our own lives and in others.

We will contrast righteous and unrighteous anger

**II. Anger defined**

“Anger is our whole-personed active response of negative moral judgment against perceived evil.” (pg. 15)

9. What words in that definition stand out to you?

10. How does this differ from other descriptions or definitions of anger you have heard?

**III. Categories of Anger in Scripture**

a. Divine Anger

*“Statiscically the vast majority of biblical references to anger are about God. One prominent Bible scholar observes that twenty different Hebrew words alone refer to God’s indignation against evil. All fourteen occurances of the most frequent Hebrew verb (anaph) and 181 of 229 occurances of the related noun (aph) refer to God’s anger in the Bible. In one sense, God is the most loving and the most angry person on our planet.” -pg 18*

As we read the following texts, consider how God’s anger is described:

Exodus 32:7-10

Psalms 2:1-6, 12, 7:11, 18:7-8, 15

Isaiah 65:1-7

John 3:36

Romans 1:18

Romans 12:18

Divine anger is God's "perfect, pure, settled opposition to evil. It is His holy abhorrence to everything that violates His character or misses his will." -pg 19

b. Human Righteous Anger

Exodus 32:19-20

"Righteous human anger imitates God's anger. It is our negative response to the evil that we accurately perceive as being evil." - pg. 20-21

c. Human Unrighteous Anger

What are some examples in Scripture where someone responded in sinful anger?

Why is it so rare for us to respond in righteous anger?

James 1:13-15, 4:1-3

**Summary:**

Now that we have a working definition and an understanding of what the bible means when it speaks of anger, we now turn our attention to our own experience with anger. How do we know when our anger righteous or unrighteous?

**IV. Is Your Anger Really Righteous? (chapter 2)**

Think back to the last time you were angry. Upon reflection, were you righteously angry?

Were there parts of your anger that were righteous?

If you were unrighteously angry, what do you think you should do next time? What should you definitely not do next time?

In this section of our notes we are going to consider what righteous anger looks like and use it as a measuring stick to assess our own anger.

Robert Jones describes three components of righteous anger:

a. Righteous anger reacts against actual sin (biblically defined)

What are some other reasons for anger that are excluded by this statement?

b. Righteous anger is concerned with God and His concerns- not me and mine  
Consider the conflicts in the news and in your own life. How many of them are about God and His glory? Examples?

c. Righteous anger coexists with other godly qualities and is expressed in godly ways  
What are some of the godly qualities that should coexist with righteous anger?

What qualities cannot coexist with righteous anger?

In each passage, see if we can identify the three components of righteous anger? Contrast Jesus actions with what we commonly see in others (or ourselves):

Mark 3:1-6

John 2:13-17

Next let's look at Jonathan's righteous anger:

1 Sam 20:24-35

In these passages, let's identify which of the 3 components is missing:

Genesis 4:1-8

Ruth 1:19-21

1 Samuel 18:6-9

Other examples?

**Conclusion:**

Now that we have a working definition of anger, as well as a tool to measure whether anger is righteous or unrighteous, we can begin diagnosing it in our hearts as well as in those around us. In the next chapters, we will see what is really at the heart of our sinful anger and what we should do about it.