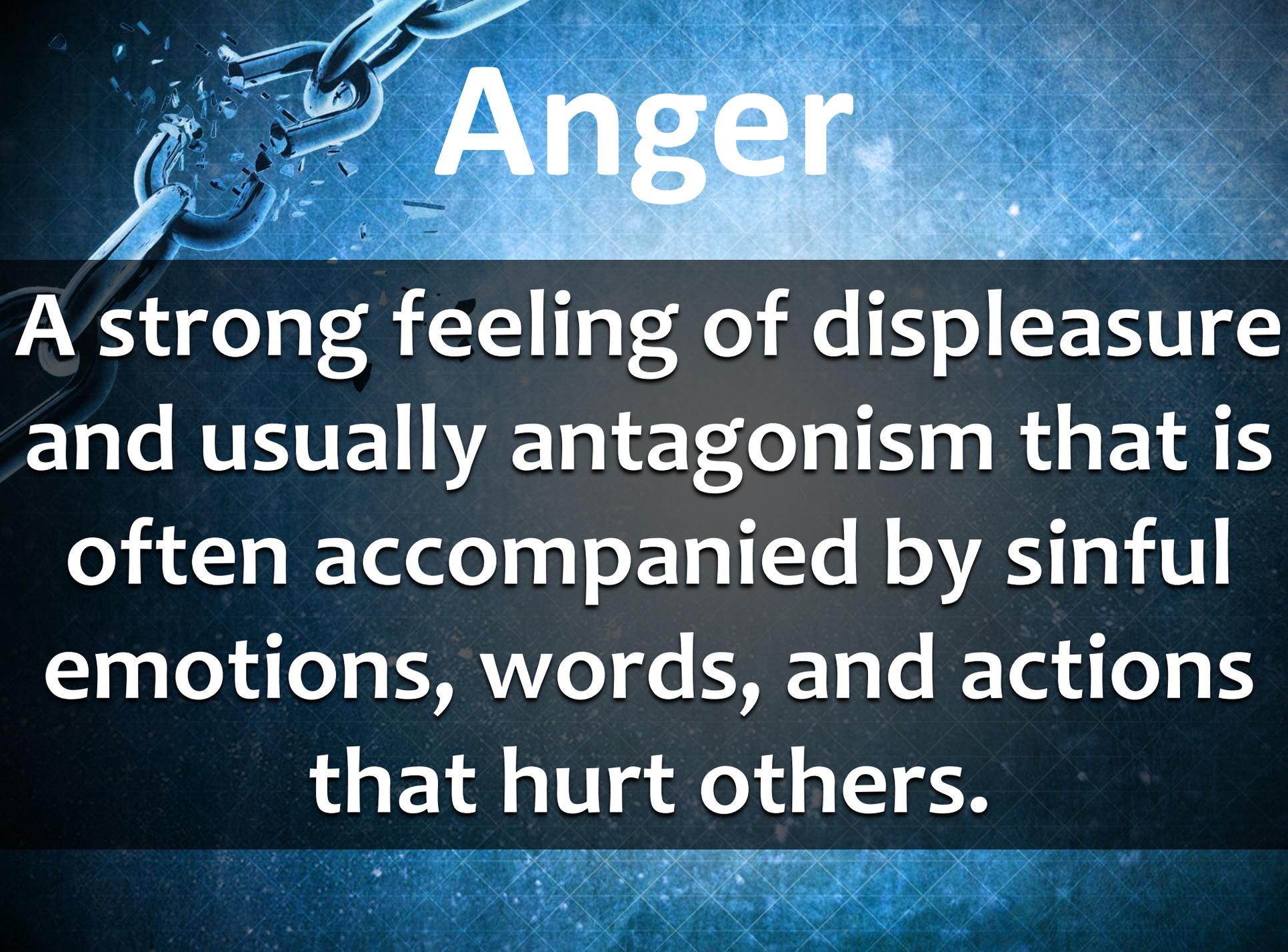


Impatience, Irritability, and Anger.

Respectable Sins by Jerry Bridges





Anger

A strong feeling of displeasure and usually antagonism that is often accompanied by sinful emotions, words, and actions that hurt others.

A broken metal chain is shown on the left side of the image, with several links and small metal fragments scattered around it. The background is a dark blue gradient with a faint grid pattern and some light speckles, resembling a digital or space theme. The word "Anger" is written in a large, white, sans-serif font in the upper right quadrant.

Anger

Righteous Anger?

If someone asks 'What would Jesus do?'

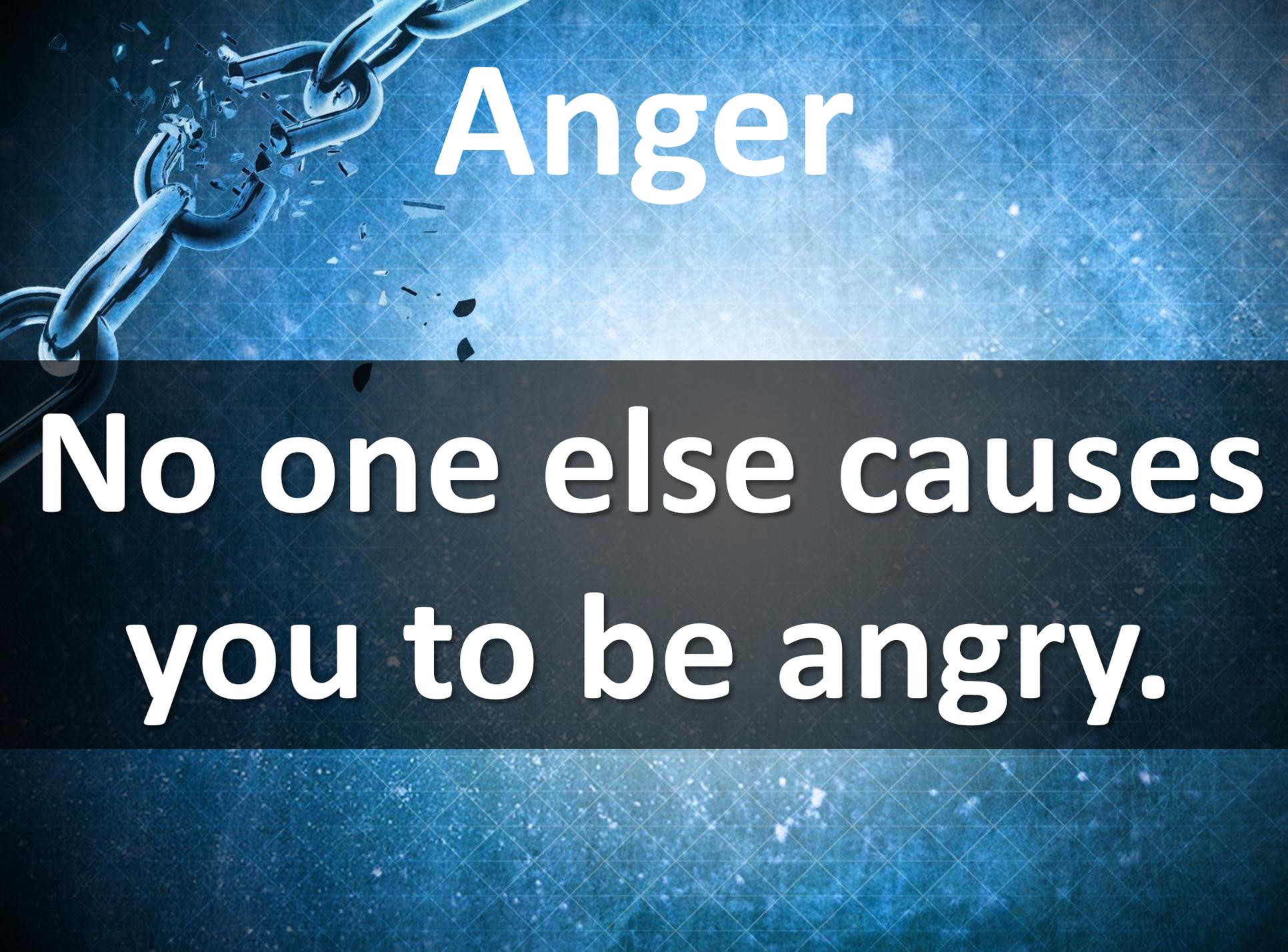


Remind them that turning over tables and breaking out whips is a possibility

A broken metal chain is shown on the left side of the image, with several links and sparks flying outwards. The background is a blue gradient with a grid pattern and some light effects. The word "Anger" is written in a large, white, sans-serif font in the upper right quadrant.

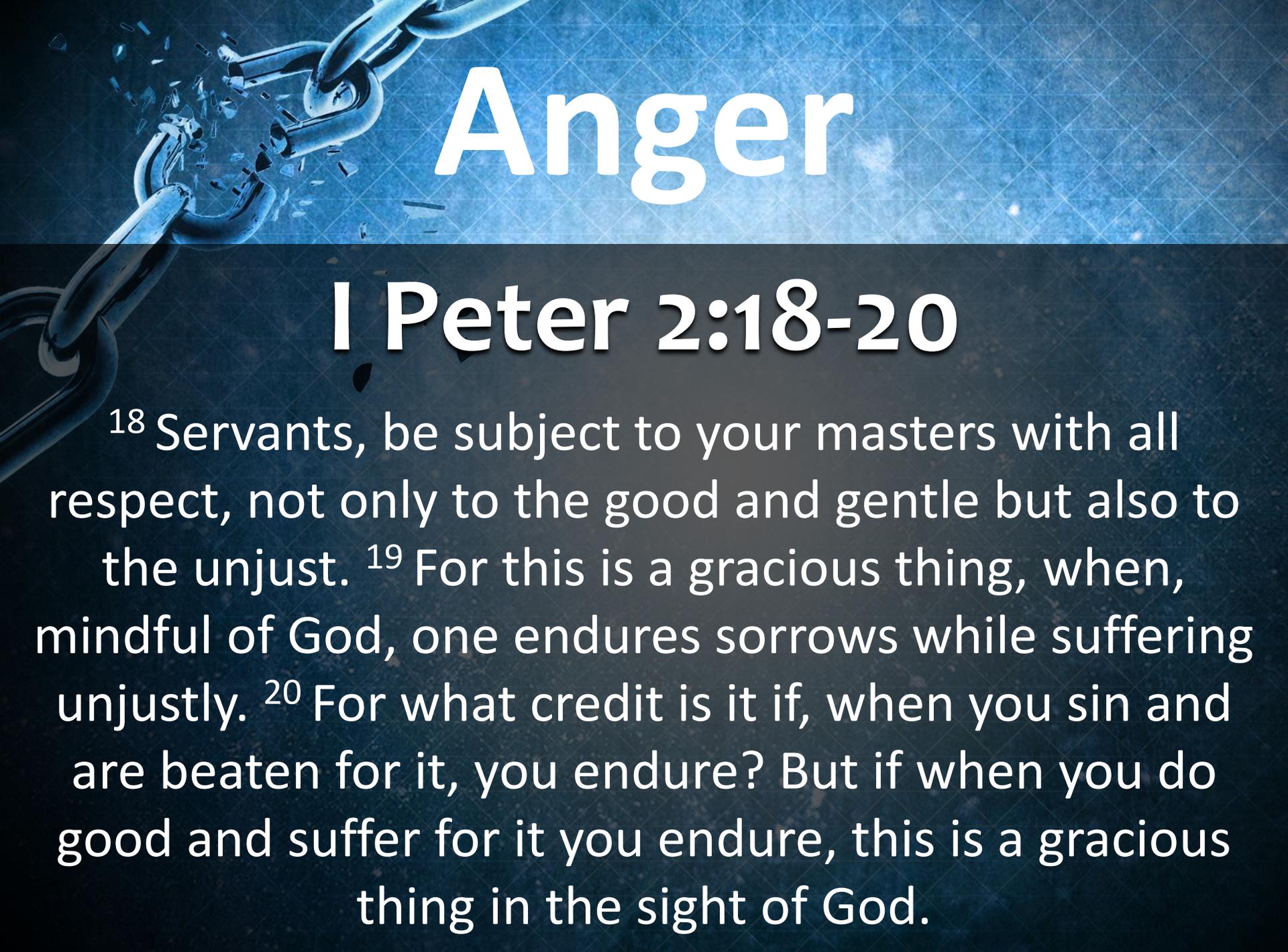
Anger

Continual Anger

A broken metal chain is shown on the left side of the image, with several links and shavings floating in the air. The background is a blue gradient with a faint grid pattern and some light speckles. The word "Anger" is written in large, white, sans-serif font in the upper right quadrant.

Anger

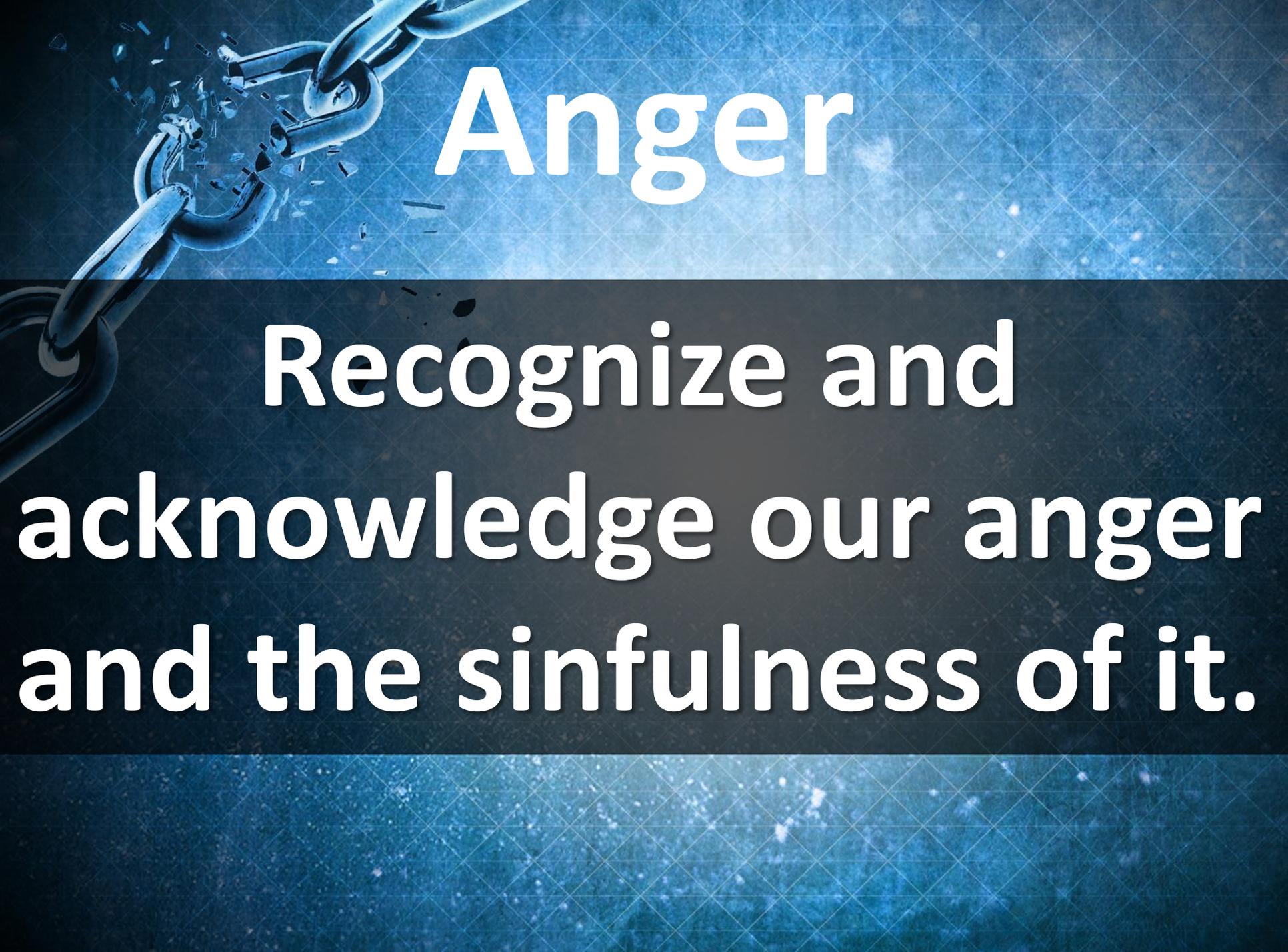
**No one else causes
you to be angry.**



Anger

I Peter 2:18-20

¹⁸ Servants, be subject to your masters with all respect, not only to the good and gentle but also to the unjust. ¹⁹ For this is a gracious thing, when, mindful of God, one endures sorrows while suffering unjustly. ²⁰ For what credit is it if, when you sin and are beaten for it, you endure? But if when you do good and suffer for it you endure, this is a gracious thing in the sight of God.

A broken metal chain is shown on the left side of the image, with several links shattered and debris flying. The background is a dark blue grid pattern with a subtle starry or nebula-like texture. The word "Anger" is written in large, white, sans-serif font in the upper right quadrant.

Anger

**Recognize and
acknowledge our anger
and the sinfulness of it.**



Anger

**Change our
attitude.**

A broken metal chain is shown on the left side of the image, with several links shattered and debris flying. The background is a dark blue grid pattern with a subtle light flare effect. The word "Anger" is written in large, white, sans-serif font in the upper right quadrant.

Anger

**Hand over to God the
occasion of our anger.**

A broken metal chain is shown in the upper left corner, with sparks and debris flying from the point of fracture. The background is a dark blue grid pattern with a subtle starry or particle effect. The word "Anger" is written in a large, white, sans-serif font in the upper right quadrant.

Anger

Anger toward
God?

Psalm 73
Psalm 88



A broken metal chain is shown in the upper left corner, with several links shattered and debris flying. The background is a dark blue grid pattern with a subtle light effect. The word "Anger" is written in a large, white, sans-serif font in the upper right.

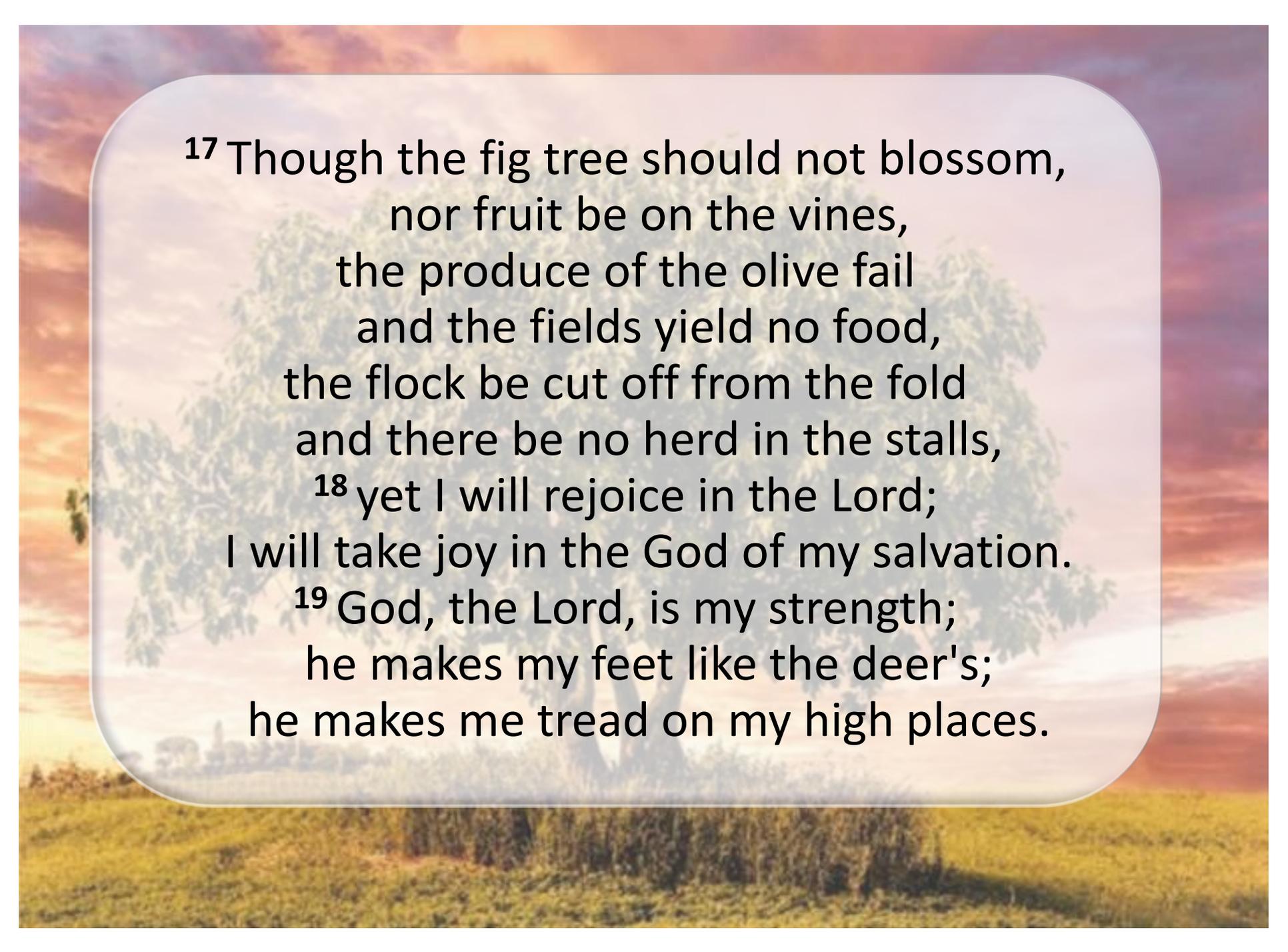
Anger

It is *never* okay to
be angry at God.

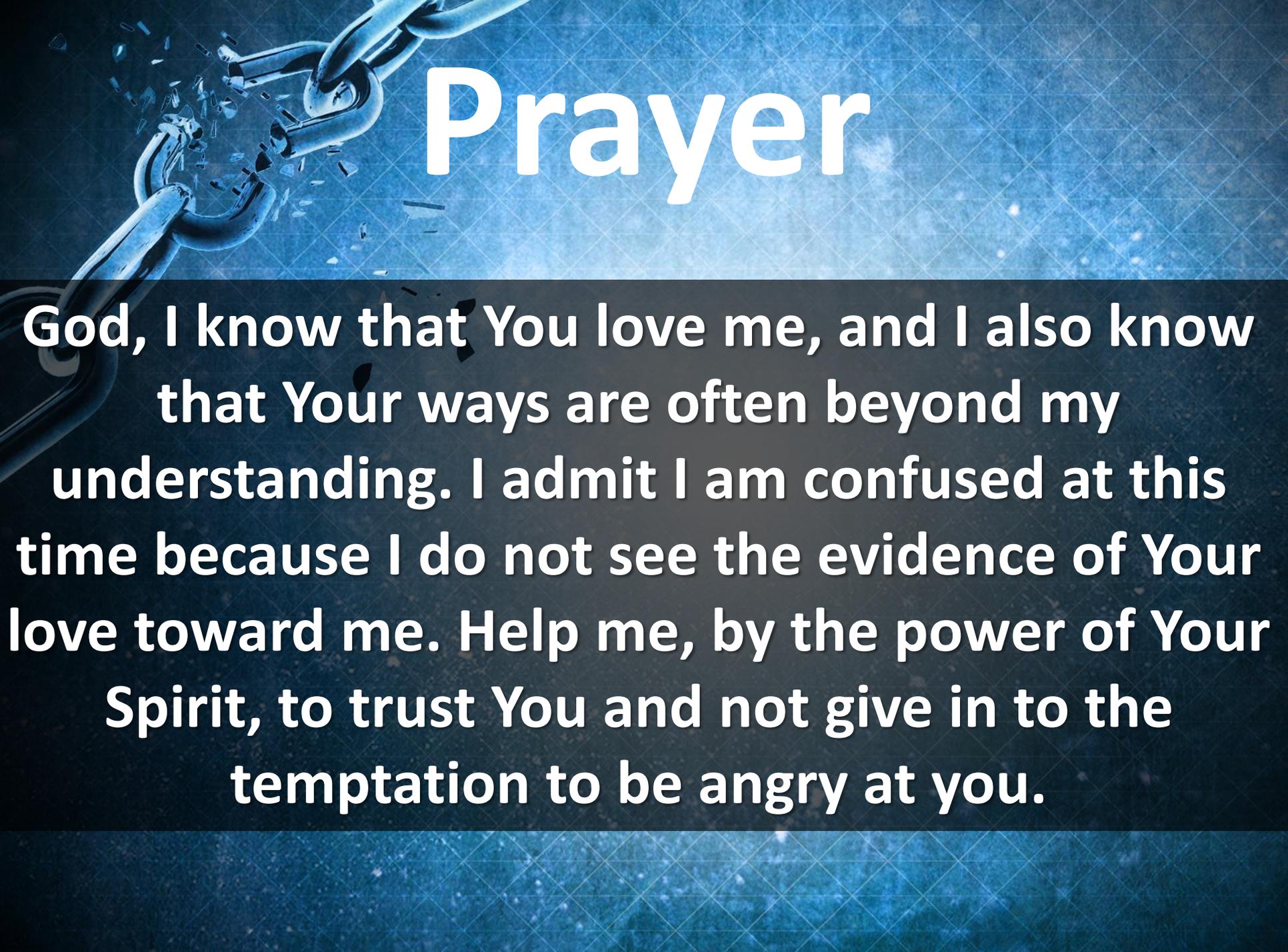


Habakkuk 3:17-19



A scenic landscape featuring a large, leafy tree in the foreground, partially obscuring the view. The background shows a sunset or sunrise sky with warm, orange and red hues, and a field of green grass in the lower foreground. The text is overlaid on a semi-transparent white rounded rectangle.

¹⁷ Though the fig tree should not blossom,
nor fruit be on the vines,
the produce of the olive fail
and the fields yield no food,
the flock be cut off from the fold
and there be no herd in the stalls,
¹⁸ yet I will rejoice in the Lord;
I will take joy in the God of my salvation.
¹⁹ God, the Lord, is my strength;
he makes my feet like the deer's;
he makes me tread on my high places.

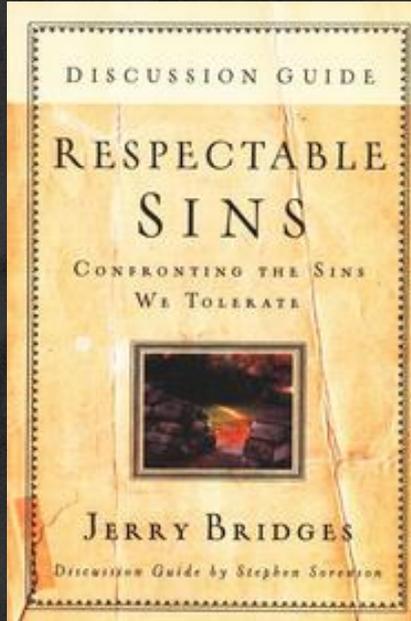
A broken metal chain is shown on the left side of the image, with several links shattered and debris flying. The background is a dark blue grid pattern with a subtle starry or particle effect. The word "Prayer" is written in a large, white, sans-serif font in the upper right quadrant.

Prayer

God, I know that You love me, and I also know that Your ways are often beyond my understanding. I admit I am confused at this time because I do not see the evidence of Your love toward me. Help me, by the power of Your Spirit, to trust You and not give in to the temptation to be angry at you.

Break into Groups of 3-4

1. Discuss this statement: “We can choose how we will respond to the sinful actions of others toward us.” Do you agree or disagree? Why?



2. What are the real causes of impatience, irritability, and sinful anger? Once we recognize them, what practical steps can we take to deal with them:

- a. Proactively – before situations arise?
- b. Responsively – in the heat-of-the-moment situation?
- c. Retrospectively – once the Holy Spirit makes you aware that you’ve “blown it”?

3. Imagine that a good friend keeps justifying his or her sinful anger and refuses to face the deeper, causative issues. What might you say to him or her?