



IronWorks: “TALKING BACK” Speaking truth to my dark thoughts ”

Sept. 27 & Oct. 2, 2019

Teacher: Roger Thompson

“Talking Back to Anger”

The Malware of Anger: Why am I an angry man?

Your passions are at war within you. James 4:1

A friend of the World...James 4:4

The Mother of Anger: What gives birth to Anger?

You desire and do not have, so...James 4:2

You covet and do not obtain, so...James 4:2

The Methods of Anger: What does anger look like?

You quarrel and fight...you do not have...you do not ask...you do not receive. James 4:2-3

The Misfires of Anger: How is anger perpetuated?

Hate: Leviticus 19:17

Anxiety: Psalm 37:8

Harsh Words: Proverbs 15:1

Taking Counsel with Angry People: Proverbs 22:24-25

Reaction & Retaliation: Matt. 5:44-45/Romans 12:17

TALKING BACK TO ANGER:

1) RECOGNIZE

Eph. 4:26 Be angry and do not sin.

No one, and nothing, MAKES me angry, I do this to myself!

Anger is a secondary emotion. Something lies beneath.



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2) RESIST

James 1:19-20 *Be quick to hear, slow to speak, slow to anger, for the anger of man does not produce the righteousness of God.*

A few moments or methods of self-control can re-direct anger and retain focus.

3) REPLACE

James 1: 21 *Put away all filthiness, and rampant wickedness and receive with meekness the implanted word*

1 Peter 3:9 *Do not repay evil for evil or reviling for reviling, but on the contrary, bless, for to this you were called, that you may obtain a blessing.*

Discussion Questions

1. Be honest: how has my anger hindered me or hurt someone else?
2. How is it possible to be angry and not sin?
3. What is one attitude or action I could start doing that would REPLACE my impulse of anger with a godly response?

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