

Day One: "Righteous Anger"

Read: Ephesians 4:26-27 "'In your anger do not sin': do not let the sun go down while you are still angry, and do not give the devil a foothold."

Reflect: How easily do you get angry?
What kinds of things usually cause anger in your heart?

Dig: The phrase, in your anger do not sin, is actually a quotation from Psalms 4:4. Look this text up and copy down the phrases on either side of this statement regarding anger. What do you learn by comparing Psalm 4:4 with Ephesians 4:26-27?

Read John 2:12-17. What was the motivation or source of Jesus' anger that day?

Read Mark 3:1-5. In this case, what other emotion was Jesus' anger mixed with?

Read Hebrews 4:15. What does this tell you about Jesus' temptations to be angry?

According to these three passages (John, Mark and Hebrews), how can we be angry and still not sin, that is, how can we be angry like Jesus was angry?

Apply: Ask God to give you a Jesus-tempered day. Ask him to cool your anger when its source is sin but to heat your anger when its source is zeal for God, mixed with grief for other people's pain.

Week Ten: "Handling Anger"

Day Two: "God's Anger Management"

Read: Ephesians 4:26-27 "'In your anger do not sin': do not let the sun go down while you are still angry, and do not give the devil a foothold."

Reflect: Does God still get angry with you? What does he do with that anger?

Dig: Read Psalms 103:8-10. How is God's anger described here?

Read Romans 3:21-26 and notice the footnote for verse 25 which reads as the one who would turn aside his wrath, taking away sin. According to this text, who absorbs God's anger against sin?

Read Hebrews 12:25-29. What does this tell you about God's wrath?

How is God's anger different from human anger?

Apply: In prayer, thank God for his settled opposition to sin, and his anger over this broken world. Ask him for a similar strength of emotion in yourself against sin. And finally, thank him for the sacrifice of Christ so that his anger is deflected from us and placed on Christ.

Week Ten: "Handling Anger"

Day Three: "Fix It Quickly"

Read: Ephesians 4:26-27 "'In your anger do not sin': do not let the sun go down while you are still angry, and do not give the devil a foothold."

Reflect: What happens when you carry anger over from one day to the next? What happens to you physically, what happens to you emotionally, and what happens to you spiritually?

Dig: Read Hebrews 12:14-15. In this passage, what happens when anger grows into bitterness? That is, what do you miss when you grow bitter and what are the effects of bitterness?

Look up I Peter 2:1-2. List the sins that we are called to rid ourselves of:

How might the sins of 1 Peter 2:1 be related to the innocence described in I Peter 2:2?

Read James 4:1-3. What does the Bible say here about how anger leads to fights? What is the cure for our anger, according to this passage?

Read Matthew 18:15-17. According to this passage, what are we supposed to do immediately if someone offends us?

Apply: Ask God to give you the courage and wisdom to deal with offenses in such a way that anger does not carry over into bitterness. Is there anyone against whom you hold bitterness?

Week Ten: "Handling Anger"

Day Four: "Footholds"

Read: Ephesians 4:26-27 "'In your anger do not sin': do not let the sun go down while you are still angry, and do not give the devil a foothold."

Reflect: How have you given Satan a foothold in your life recently?

Dig: Read Acts 5:1-4. What foothold did Satan get in the lives of and Ananias and Sapphira?

Read 2 Corinthians 2:10-11. How could Satan have gotten a foothold in this situation?

What was Paul, the author of this letter, warning them of with regard to Satan and his plan?

When does anger move from being just anger and a normal human reaction to becoming a foothold for the devil?

Apply: Ask God to make you aware of Satan's schemes in your life. If you know how Satan may have a foothold in your life, confess that sin now, and pull the foothold away so that Satan may no longer use it to step into your life.

Week Ten: "Handling Anger"

Day Five: "Lectio Divina"

Read: Ephesians 4:26-27 "'In your anger do not sin': do not let the sun go down while you are still angry, and do not give the devil a foothold."

Lectio divina (a Latin expression which means Sacred reading) is done in three stages:

- reading: you read the passage slowly and reverentially, allowing the words to sink into your consciousness: after you have memorized the text, write down one word which strikes you and draws your attention and note why you chose that word.
- meditation: you allow the passage to stir up memories within you, so that you recognize in it your own experience or that of people who have touched your life: write down memories of events or conversations or other scripture passages.
- prayer: you allow the meditation to lead you to prayer -- thanksgiving, humility and petition. Write out a prayer based on the passage.