

Self-Confrontation

Matthew 7:1-5

Part 1

January 6 ~ March 24

Hobson Auditorium

Self-Confrontation



Week 11

Anger and Bitterness

Self-Confrontation (Week 11)

God's View of Anger

Anger (great displeasure, animosity) that is quickly aroused or quickly expressed is characteristic of your old self apart from Jesus Christ and is contrary to Scripture (Galatians 5:19-20); Colossians 3:8; James 1:19-20). Bitterness is related to anger and demonstrates a great dissatisfaction with God's sovereignty in your life. Bitterness arises out of living to please self instead of living to please the Lord (Acts 8:18-23; Romans 3:10-18) and causes much trouble (Hebrews 12:15). (SCM – 173, Principle 45)

Self-Confrontation (Week 11)

Your Hope in Anger

Since God's Word commands you to put away anger and bitterness (Psalm 37:8; Ephesians 4:32; Colossians 3:8), it is possible to do so (I Corinthians 10:13; Hebrews 2:17-18, 4:15-16). (SCM – 173, Principle 46)

You do not need to defend or preserve what you perceive to be your "rights" (Psalm 37:23, 84:11-12; I Peter 2:19-25), because God causes all things to work together for good to those who belong to Him and love Him (Romans 8:28-29). (SCM – 173, Principle 47)

Self-Confrontation (Week 11)

Your Change in Anger

You are to control your spirit (Proverbs 25:28), be slow to anger (James 1:19), and deal with anger quickly (Ephesians 4:26-27). You are to put off anger, wrath, bitterness, quick-temperedness, dissension, abusive speech, and strife; and you are not able to take into account a wrong suffered (Matthew 5:21-22; I Corinthians 13:5; Ephesians 4:31; Colossians 3:8; I Timothy 2:8; Titus 1:7). Instead, you are to put on the patience, kindness, humility, bearing with one another, tenderheartedness, forgiveness, love, and self-control (Ephesians 4:31-32; Colossians 3:12-14). (SCM – 173, Principle 48)

What is Anger

Our anger is our whole-personed active response of negative moral judgment against perceived evil. (Dr. Robert Jones, Uprooting Anger)

- **Active Response:** Anger is something we do, not something we have.
- **Whole-Personed:** It involves our entire being and engages our whole person.
- **Response Against:** Anger reacts against some provocation
- **Negative Moral Judgment:** Anger protests, "What you did was wrong."

Self-Confrontation (Week 11)

The General Solution to Anger

Our anger is our whole-personed active response of negative moral judgment against perceived evil. (Dr. Robert Jones, Uprooting Anger)

**The Answer to Anger is Cultivating a Heart that
Wants What God Wants the Way He Wants It**

What is “Righteous” Anger

1. Righteous Anger Reacts against Actual Sin
2. Righteous Anger Focuses on God’s Kingdom, Rights, and Concerns, Not on Me and My Kingdom, Rights, and Concerns
3. Righteous Anger Is Accompanied by Other Godly Qualities and Expresses Itself in Godly Ways

*Dr. Robert Jones, Uprooting Anger

What is “Righteous” Anger

Questions:

- Do you get angry about the right things?
- Do you express your anger in the right way?
- How long does your anger last?
- How controlled is your anger?
- What motivates your anger?
- Is your anger “primed and ready” to respond to another person’s habitual sins?
- What is the effect of your anger?

*David Powlison, CCEF

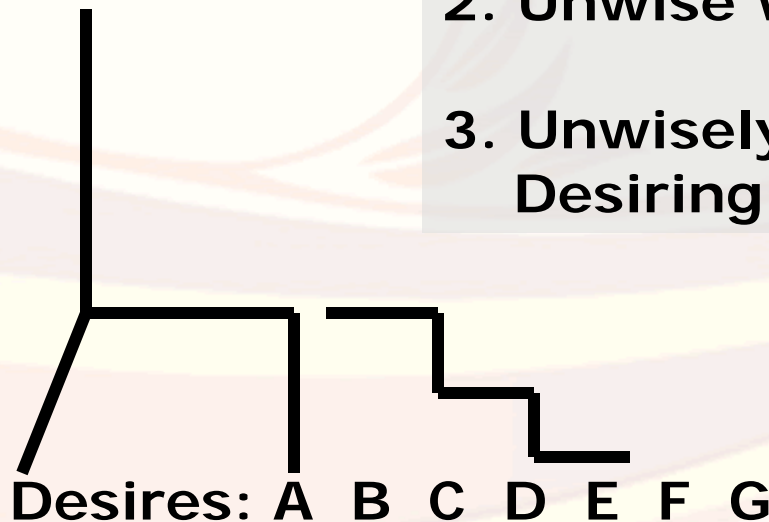
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Matthew 6:19-21

Do not store up for yourselves treasures on earth, where moth and rust destroy, and where thieves break in and steal. 20 "But store up for yourselves treasures in heaven, where neither moth nor rust destroys, and where thieves do not break in or steal; 21 for where your treasure is, there your heart will be also."

Desires:

1. **Wise Wants: Desiring Something good in a good way**
2. **Unwise Wants: Desiring something bad**
3. **Unwisely Wanting Wise Wants: Desiring something good in a bad way**



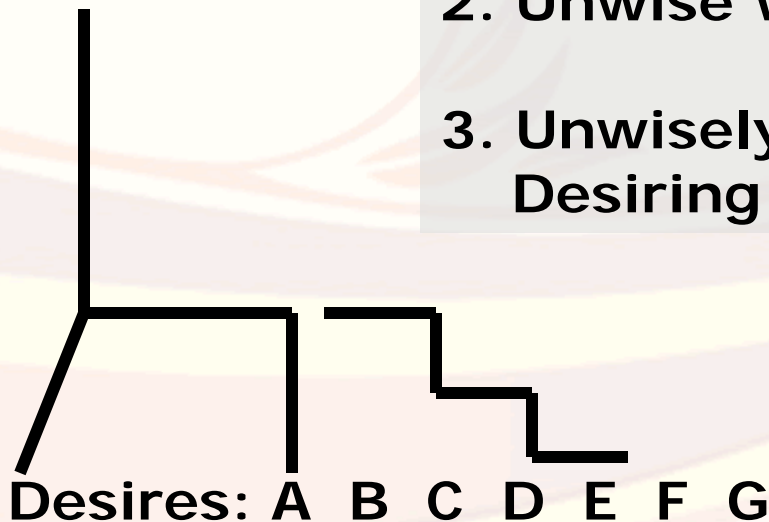
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The Progression of Desire:

- I Desire
- I Demand
- I Judge
- I Punish

Desires:

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Self-Confrontation (Week 11)

Pleasures that Wage War

James 4:1-5, 7-10

What is the source of quarrels and conflicts among you? Is not the source your pleasures that wage war in your members? 2 You lust and do not have; so you commit murder. You are envious and cannot obtain; so you fight and quarrel. You do not have because you do not ask. 3 You ask and do not receive, because you ask with wrong motives, so that you may spend *it* on your pleasures. 4 You adulteresses, do you not know that friendship with the world is hostility toward God?...Submit therefore to God. Resist the devil and he will flee from you. 8 Draw near to God and He will draw near to you. Cleanse your hands, you sinners; and purify your hearts, you double-minded. 9 Be miserable and mourn and weep; let your laughter be turned into mourning and your joy to gloom. 10 Humble yourselves in the presence of the Lord, and He will exalt you.

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Case Study: Jack and Diane

Jack is a Christian and faithful husband. He loves his wife and their 2 sons. To pay the bills, John has begun working a demanding job which requires him to put in 50-60 hours per week. His boss pressures him daily to make his quota of Sales, often threatening to fire John if he does not perform. In addition, 3 of John's co-workers are in direct competition with him and regularly chide him for his struggle to close deals. When John comes home at the end of the day, his wife Diane is often frazzled from corralling their rambunctious kids. Most nights Jack walks in the front door to the screams of his sons' fighting over toys and Diane immediately "blows off her steam" by recounting the details of her difficult day.

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Over recent months, Jack has begun to retreat to his workroom as soon as he can to escape the stress of his home. Jack spends his time building model airplanes. Meanwhile, Jack's wife has been pressuring him to spend more time with the kids, fix the leaky faucet, and clean up the yard.

Last night, Jack came home, entered his workroom, and found that one of the kids broke his nearly complete Air Force One model replica. Jack explodes in anger, screams at the kids, sends them to the bed without dinner, and slams the workroom door for the night.

What has gone wrong? What caused Jack to explode?

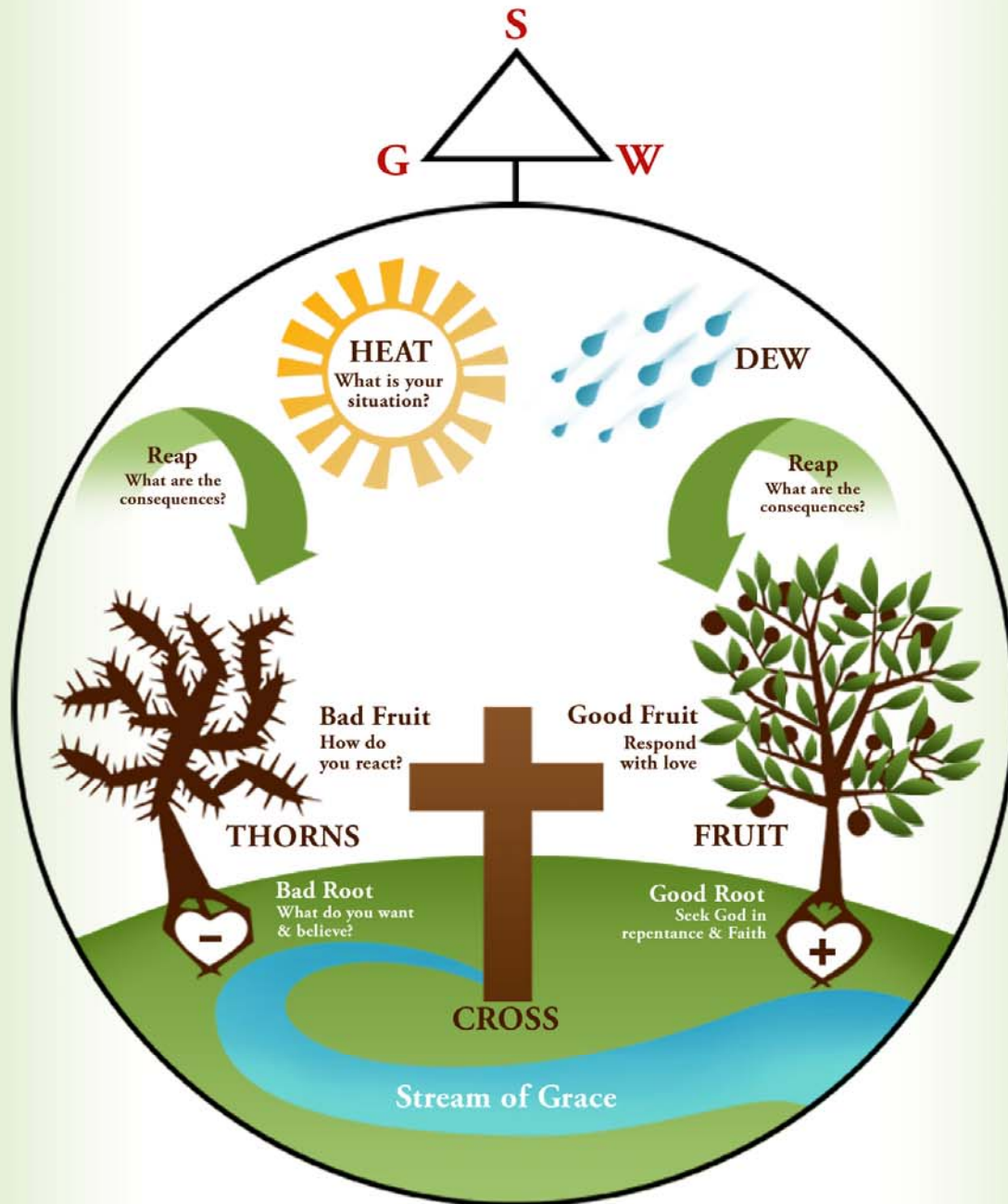
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A Helpful Guide to Examine Anger

- “I must/must not be inconvenienced.”
- “Your job is to make my life convenient.”
- “Because you failed, you are bad and I have a right to punish you.” – John Bettler

The Ingredients of Sinful Anger:

1. “I must not be inconvenienced” = an idolatrous drive (“must”) for something (convenience), even something that in and of itself is not bad.
2. “Your job is to make my life convenient” = a self-centered, unreasonable demand placed upon you to give me that idol.
3. “Because you failed, you are bad and I have a right to punish you” = a judgmental, punitive verdict on you as a transgressor. –Dr. Robert Jones



Redeemer
 Who is God and what does he say and do in Christ?

*diagram adapted by Robert D. Jones from Paul David Tripp, Timothy Lane, How People Change.

The Heart of Anger



If the pitcher were filled water, what would pour out of the spout?

If the pitcher were filled with milk, what would pour out of the spout?

If the pitcher were filled with iced tea, what would pour out of the spout?

If the pitcher were filled with arsenic, what would pour out of the spout? (Priolo)

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The Heart of Anger

Proverbs 15:2

**The tongue of the wise makes knowledge acceptable,
But the mouth of fools spouts folly.**

Proverbs 12:20

**Deceit is in the heart of those who devise evil,
But counselors of peace have joy.**

Psalms 101:5

**Whoever secretly slanders his neighbor, him I will
destroy; No one who has a haughty look and an
arrogant heart will I endure.**

Proverbs 26:24-25

**He who hates disguises *it* with his lips, But he lays up
deceit in his heart. 25 When he speaks graciously, do not
believe him, For there are seven abominations in his heart.**

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The Heart of Anger

Colossians 3:16-17

Let the word of Christ richly dwell within you, with all wisdom teaching and admonishing one another with psalms *and* hymns *and* spiritual songs, singing with thankfulness in your hearts to God.

Psalms 37:30-31

The mouth of the righteous utters wisdom, And his tongue speaks justice. 31 The law of his God is in his heart; His steps do not slip.

1 Peter 3:4-5

...but *let it be* the hidden person of the heart, with the imperishable quality of a gentle and quiet spirit, which is precious in the sight of God.

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The Heart of Anger

Matthew 12:34-36

"You brood of vipers, how can you, being evil, speak what is good? For the mouth speaks out of that which fills the heart. 35 "The good man brings out of *his* good treasure what is good; and the evil man brings out of *his* evil treasure what is evil.

How to Help Others with Anger

- 1. Enter the Persons' World, Understand Him and His Situation, and Give Gospel Hope**
- 2. Help the Person to Root Out His Sinful Heart Beliefs and Motives that Cause Sinful Anger and to Embrace the God of Grace**
- 3. Help the Person to Control His Sinful Anger Expressions and to Replace Them with Godly Words and Actions**

(Dr. Robert Jones, Uprooting Anger)

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Your Practice in Anger

List the circumstances or relationships in which you are (or have been) tempted to become angry or bitter (Proverbs 9:6, 14:16; Matthew 7:1-5; Galatians 5:16-21). Develop a biblical plan for overcoming anger or bitterness in those situations and formulate a contingency plan for dealing with anger or bitterness that may arise quickly or unexpectedly. As you rely on God's power and provisions, diligently do what you have planned to avoid further sin with regard to anger or bitterness (James 1:22-25, 4:17). (SCM – 173, Principle 49)

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Your Practice in Anger

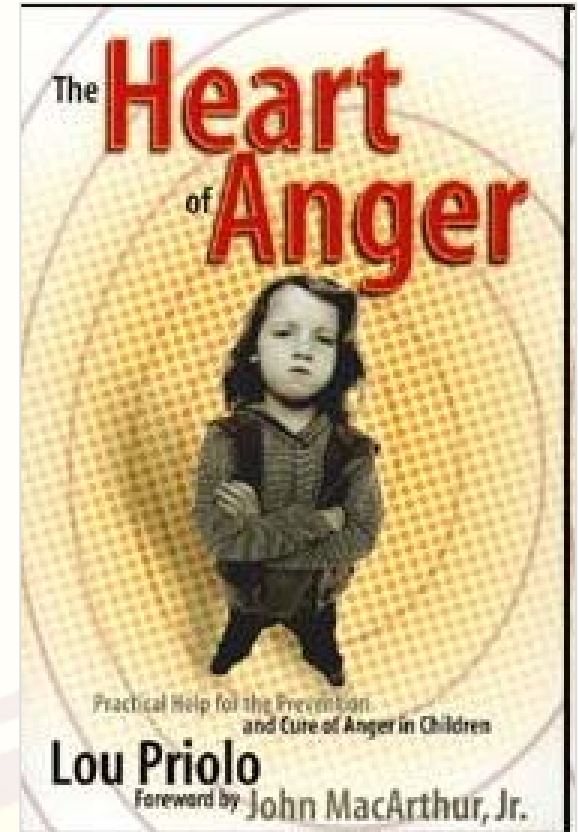
Practice biblical love (Proverbs 10:12; I Corinthians 13:4-8a; I Peter 1:22, 4:8; I John 4:11) by forgiving others just as God has forgiven you (Mark 11:25; Ephesians 4:32; Colossians 3:13) and by doing kind and tenderhearted deeds to the very individuals with whom you become irritated (Ephesians 4:32; I Peter 3:8-9). (SCM – 173, Principle 50)

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Today's Giveaway

The Heart of Anger

By
Lou Priolo



All Class Audio and Materials Available

@

www.mynameisrush.com

Self-Confrontation (Week 11)

Calendar

March 31: No Class (Lord's Supper in RLA)

April 7: No Class

April 14: No Class

April 21: Class Resumes (Lesson 12)

| Breaks

| to

| be

| Announced

July 21: Final Class (Lesson 24)



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Think about this...

What lesson from Self-Confrontation do you need to review before we resume class on April 21?



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For APRIL 21:

***Complete Lesson 12 in the
Self-Confrontation Student Workbook***