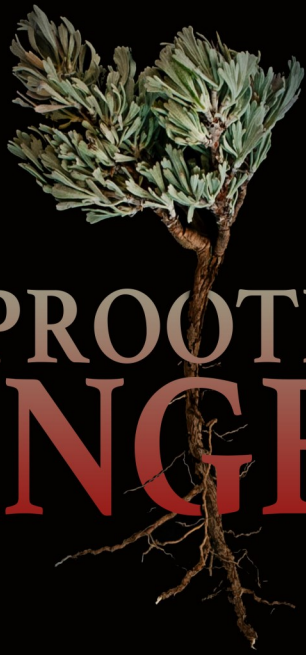


SEMINAR BY
DR. ROBERT JONES



UPROOTING
ANGER

Proverbs 22:24–25

1) What danger is there in associating with an angry person?

2) What does this imply about our own anger?

Proverbs 29:9

1) What does a fool do amidst conflict?

Proverbs 29:20

1) What aspect of uncontrolled anger is mentioned?

Proverbs 29:22

1) What results from anger?

Conclusion – Based on the above passages . . .

1. Write a brief application response that summarizes what God wants you to do about your anger or your temptation to become angry

2. On a separate page, write a prayer to God—a prayer of confession, thanksgiving, seeking his help, etc.

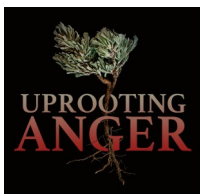
Seminar Schedule



Saturday, May 1

8:30am	Coffee & Refreshments / Check-in
9:00am	Welcome, worship & prayer
9:15am	Session 1: <i>What is Anger, and How Righteous is Ours?</i>
10:20am	Break
10:40am	Session 2: <i>Getting to the Heart of Our Anger</i>
12:00pm	Lunch
1:00pm	Session 3: <i>Ridding and Replacing Our Anger Through the Gospel</i>
2:00pm	Q & A
2:30pm	Closing prayer

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This booklet belongs to:



Speaker Bio:
Dr. Robert Jones

Dr. Robert Jones is an Associate Professor of Biblical Counseling at the Southern Baptist Theological Seminary (Louisville, KY). He served for 19 years as a lead pastor in West Virginia and then 12 years as a professor at Southeastern Baptist Theological Seminary.

He has written *Uprooting Anger: Biblical Help for a Common Problem* and *Pursuing Peace: A Christian Guide to Handling Our Conflicts*, along with numerous mini-books, and many writings on counseling and pastoral ministry.

Jones is a certified counselor, fellow, conciliation trainer, and speaker with the Association of Certified Biblical Counselors; a certified Christian conciliator with the Institute for Christian Conciliation; a founding council member of the Biblical Counseling Coalition; and a member of the Evangelical Theological Society.

Proverbs 15:1

1) How should we respond to anger?

2) What does this produce?

3) Give an example:

4) What does a harsh response produce?

Proverbs 15:18

1) How does anger contribute to conflicts?

2) How does a patient man calm conflicts?

3) How can you develop patience?

Proverbs 16:32

1) Describe (and meditate on) the image of strength this verse gives:

Proverbs 19:11

1) What temper-controlling activity is mentioned here?

Proverbs 19:19

1) What type of penalty must he pay?

2) Why?

Controlling Our Angry Behavior

A Bible Study Assignment from Proverbs by Robert D. Jones

God's Word presents a two-fold strategy for overcoming sinful anger: You must recognize and root out its source on the heart level and control its expression on the behavioral level (words and actions). This assignment focuses on this second aspect—learning to control our anger expression. Carefully read each verse from Proverbs, meditate on it, and answer the following questions.

Proverbs 29:11

1) How does a fool handle his anger?

2) How does a wise man handle it?

3) What are some ways you might control and not vent your anger?

4) Memorize this verse. When you are tempted to vent your anger, repeat it to yourself five times.

Proverbs 14:16–17

1) How is a fool described? What does he do?

2) How is a wise man described?

Proverbs 14:29–30

1) How is an angry man described?

2) What is the opposite of a fool? How is he described?

3) Could anger produce physical problems?

Session #1:

A common problem:

The good news:

1. What Is Anger? A Working Definition:

Anger is a _____-person response of negative moral _____ against _____ evil.

1)

2)

3)

4)

5)

6)

7)

2. What Categories of Anger Does the Bible Describe?

1) The righteous anger of _____
Psalm 7:11; Isaiah 34:2; John 3:36; Romans 1:18

2) The righteous anger of _____, the God-man

Mark 3:1–6

Mark 10:13–16

John 2:13–17

3) The _____ anger of other humans

Moses in *Exodus 32:19–20*

Saul in *1 Samuel 11:1–6*

Jonathan in *1 Samuel 20:33–34*

Psalmist in *Psalms 119:52–54, 103–104, 113–116, 127–129, 135–137, 139, 157–159, 162–164*

4) The _____ anger of humans

Sinful revealed anger:
Proverbs 12:18; 14:16–17, 29–30; 15:1, 18; 16:32; 19:11, 19; 22:24–25; 25:28; 29:11, 20, 22; Matthew 5:21–26; Ephesians 4:29–32

Sinful concealed anger:
Leviticus 19:16–18; Luke 15:25–30; Ephesians 4:26–27, 30–5:2

3. How Can We Tell If Our Anger Is Righteous or Sinful?

Three criteria to measure righteous human anger:

1) It reacts against _____

2) It focuses on God and _____ kingdom, rights, and concerns, and not on _____ and _____ kingdom, rights, and concerns

3) It is accompanied by other godly _____ and expresses itself in _____ ways

Conclusion: What About *Your* Anger?

1) Beware of _____!
Jeremiah 17:9; Ephesians 4:22; Hebrews 3:12–13
Jonah 4

3. Your Beliefs and Motives. What were you thinking or wanting in the midst of this situation? Summarize your attitudes, thoughts, desires, motives, etc., that might have motivated the wrong behavior. Note any “good desire, bad master” dynamics.

4. God’s Answers. How would God want you to deal with this situation now or next time it occurs? What changes in your behavior and in your thoughts, desires, and motives seem needed? What steps should you take?

Journaling a Problem Incident

Personal Growth Assignment by Robert D. Jones

Select a recent incident in which you displayed or felt anger, conflict, depression, anxiety, or similar negative attitudes or actions. Then summarize the situation and your response to it below

1. **Your Situation.** Who, what, where, when? Summarize what happened:

2. **Your Behavior.** What did you say, do, and feel in response to what happened? Summarize your words, actions, and emotions, especially the negative ones:

Session #2:

1. What Causes Sinful Anger?

Popular answers:

How should we view these factors?

God's answer from James 4:1-3

- 1) James describes angry people
- 2) James addresses the _____ of anger
- 3) James roots the cause in our sinful _____
- 4) These sinful desires are not necessarily desires for evil _____, but selfish, inordinate, _____ desires for _____ things

2. How Can We Identify and Expose Anger-Causing Demands?

Criteria to assess if my desire is ruling me:

- When it _____ me
- When I _____ to get it
- When I sin if I _____ get it

Sample questions: When you are angry (or in conflict, depressed, afraid, etc.), fill-in the blanks:

- "I must have/need/deserve/demand a _____ who _____?"¹

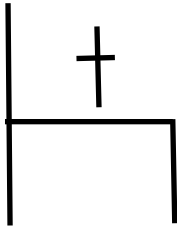
¹ For a biblical view of "needs," see *2 Peter 1:3; Luke 10:38-42; Psalm 27:73:23-28; Matthew 4:4.*

² See Robert D. Jones, *Pursuing Peace: A Christian Guide to Handling Our Conflicts* (Crossway, 2012).

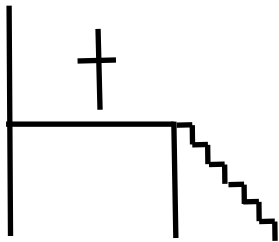
- "What I think I need or desperately want is ? .?"

The Throne–Staircase Diagram: How Legitimate Desires Become Ruling Demands²

A B C D E F



A B C D E F



A B C D E F

Romans 12:18

Ephesians 4:3

7. Christlike ministry

Mark 10:45

John 13:1–5

Philippians 2:1–4

Conclusion: Why Must We Put–Off Sinful Anger and Put–On Christlike Replacements?

Three reasons:

- 1)
- 2)
- 3)

Ephesians 4:30–32; James 1:19–21

Question & Answer Discussion Resources

For further study on various aspects of this seminar, see Robert D. Jones, *Uprooting Anger: Biblical Help for a Common Problem* (P&R, 2005); *Anger: Calming Your Heart* (a 31-day devotional, P&R, 2019); and *Pursuing Peace: A Christian Guide to Handling Our Conflicts* (Crossway, 2012). On the topic of anger, I recommend David Powlison, *Good and Angry: Redeeming Anger, Irritation, Complaining, and Bitterness* (New Growth, 2016); and Edward T. Welch, *A Small Book about a Big Problem: Meditations on Anger, Patience, and Peace* (New Growth, 2017).

Session #3:

The Put-off/Put-on Replacement Principle
Ephesians 4:17–32; Colossians 3:1–17

What Christlike attitudes and actions should we put on to replace sinful anger?

1. Contentment

Philippians 4:10–13

2. Prayer

James 4:1–3

3. Patience, forbearance, and forgiveness

Ephesians 4:1–2, 31–32

Colossians 3:12–14

Genesis 50:15–21

Proverbs 19:11

Matthew 18:21–35

4. Self-control

Galatians 5:22–23

Proverbs 16:32; 25:28; 29:11

5. Godly listening and speaking

Proverbs 12:18; 15:1; 18:13

Ephesians 4:29–32

6. Biblical peacemaking and problem solving

Matthew 5:9

3. What Should We Do About Our Sinful Anger?

- 1) **R**_____ the source

- 2) **R**_____ on both the heart and behavioral levels

- 3) **R**_____ on God and his grace, provisions, and promises

- 4) **R**_____ sinful anger with Christlike attitudes and actions