

Date:

**Podcast Worksheet**  
**To Rage or not to Rage, That is the Question: Anger**

**Scriptural Texts:**

Ephesians 4:25-32

**Main Points:**

1. If we don't think we have any anger, we are self-deceived. Everyone has anger, including God.
2. Anger is our messenger, not our problem.
3. Like all feelings, expressing anger can be either good or bad, but the anger itself is neutral.
4. What we choose to do with our anger determines whether we've done something wrong or not.
5. Anger is good because it brings us needed information about where we've been hurt.
6. Anger is an indicator something has been lost or threatened, and we have healing work to do.
7. Anger is never the primary emotion; there is always a deeper wound underneath such as: a broken heart, disappointment, shame, guilt, abandonment, neglect, rejection, or betrayal.
8. Heal the deeper wound and the anger will always resolve itself.
9. Anger hurts our relationships with God, and it hurts our own heart, mind, body, and soul.
10. Nurturing our anger gives Satan an open door to create a stronghold and hurt us even more.
11. Hanging onto our anger grieves the Holy Spirit.
12. Four steps to help you process your anger include: STOP (get alone and deal with it), PRAY (ask God to show you what is really going on, IDENTIFY (what is your deeper wound), and PROCESS WITH GOD (confess sin, forgive offenders).
13. God commands us to forgive others, to be kind and compassionate, because he does this for us.

**Questions:**

1. List a few situations in which you carry angry feelings. What are the deeper feelings? (see #7)
  
2. How have you chosen to handle or express your anger? Do you generally *send it out* or *hold it in*? Does your anger tend to be directed at God, others, or yourself? Are any of your actions sinful?
  
3. Go to the Lord and begin processing these wounds: Stop, pray, identify, and process with God.

**Prayer of Response:**

Lord God, I realize my anger needs to be dealt with in a way that is honoring to you. Please help me respond to my anger honestly and courageously. I want to be free from this bondage and be clear to operate in all relationships in a way that is kind and compassionate, never judgmental. In Jesus name, amen.

Commitment: After prayerful meditation on this podcast, I am going to \_\_\_\_\_

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