

Anger Study

1. What are the consequences of anger?

Proverbs 10: 12; 15: 1; 30:33

Proverbs 19: 19

Proverbs 14: 17

Proverbs 29: 22

2. How can you help another person turn
from their anger?

Proverbs 15: 1

Proverbs 15: 18

Proverbs 29: 8

Proverbs 26: 17

Proverbs 30:33

Proverbs 17: 14

Titus 3: 9

Phil. 2: 3

Genesis 13: 8

3. How does the Bible say we can solve the
problem of anger?

Ephesians 4: 31; Col. 3: 8

Proverbs 15: 1; 20: 2; Col. 3: 21

Proverbs 15: 18; 16: 32; 19: 11; 29: 11

Proverbs 22: 24-25; 29: 22

Ephesians 4: 26

4. What pressures or circumstances give
you the most difficulty in controlling your
anger?

5. Name the individuals that make you the most angry and what they do that causes that anger.

NAME

CAUSE

6. What character qualities should be developed in order to replace anger?

Col. 3: 8 put off...

Col. 3: 12-14 put on...

List and define each quality:

7. In light of the above teachings how should you respond to those who make you angry?

8. What personal commitment will you now make to allow the Holy Spirit to develop a proper response in you towards the individuals and circumstances that cause your anger?
