

Victory over Sin

Lesson 2: Sins of Anger

Identifying Sins of Anger

In this lesson, you first define the sins of anger below. Read the list and write the definitions of words you don't know. Then, circle or write down the sins that you see in your life right now and in your past. Look up the scriptures beside the sins that you think will be the hardest for you to change and the hardest for you to talk about. In your journal, write about how you see these sins in your life.

Hatred (Titus 3:3-5, I John 3:14-15, 4:19-21)

bitterness (Ephesians 4:31-32)	not loving others, even enemies (Matthew 5:43-48)
revenge (Romans 12:19-21)	self-hatred (I John 3:1-3)
unforgiveness (Matthew 6:14-15)	murder, including threats of murder (Revelation 21:1-8, I Corinthians 3:16-17)

Causing conflict (Titus 3:10-11)

arguing (II Timothy 2:22-26)	grumbling (James 5:9)
angry shouting (Ephesians 4:26,29-31)	complaining (Philippians 2:14-15)
saying hurtful words (Colossians 3:7-8,12-14)	coarse joking (Ephesians 5:1-2,4)
not resolving conflict (Matthew 5:23-24, Matthew 18:15-17)	cursing or cussing (Colossians 3:8,15-17)
gossip (II Corinthians 12:20)	causing divisions (Titus 3:9-11)
focusing on faults (Jude 1:16, James 1:5)	suining other believers (I Corinthians 6:1-8)
not showing compassion (Colossians 3:12)	unbiblical divorce (Matthew 5:32, Mark 10:10-12)
prejudice (I Corinthians 12:25-26, James 1:9-10)	
slander (I Corinthians 5:9-13)	

Going Deeper

In your journal, answer the Go Deeper questions below. Sometimes working through bad memories or tough times in our past helps us to see ways we have sinned and understand more about why we sin. Talk through these situations with a Christian friend, and talk about what love would look like instead. Pray together over these sins. Ask Jesus for his help and forgiveness.

Sins of Anger

1. Think of a time in the past or recently when you felt angry or pulled away from another person who hurt you. Maybe you felt sad, hurt, afraid, accused, misunderstood, neglected, disrespected, offended, disappointed, disregarded, judged, embarrassed, or even abandoned. What happened? How did you feel? How long did you feel this way?
2. What thoughts did you have about the person who hurt you? How did you respond?
3. Do you see some examples of Sins of Anger that describe your thoughts or actions?

4. Is there anyone in your life that you try to avoid or need to forgive? What happened? Can you see any Sins of Anger in how you have treated this person?
5. In the situations you described, have you had an honest conversation with the person or people who have hurt you? Why or why not? When's the last time you talked with this person?
6. Read Matthew 18:15-17. What steps have you taken so far to resolve the situation and restore the relationship? What next steps can you take?
7. The Bible teaches us to love our enemies. If the person is unwilling to restore the relationship, then in what ways can you show them love?
8. From this study, do you see yourself more as a conflict avoider or a conflict causer? Explain.
9. How has your sin of anger hurt people (i.e. people in your family, at school, at work, at church)? Make a list of names of the people you have hurt. Write about ways you can resolve situations, restore relationships, and show love to the people you hurt.
10. In the areas you discussed, what would loving God, others, or yourself look like?

Making Decisions

Study II Corinthians 7:10-11 and I Corinthians 13:4-8. What does Jesus want you to do about the sins in your life? What do you want to do? Talk about any decisions that you've made from this study.

This Week:

1. Take some time to read a few verses from two handouts: The Promises of God and My Identity in Christ. These handouts are found at <https://www.connectthenations.com/transform>.
2. Share what you wrote with your friend and ask them to share what they wrote with you as well. End the time with praying one for another.
3. Prepare for Lesson 3.