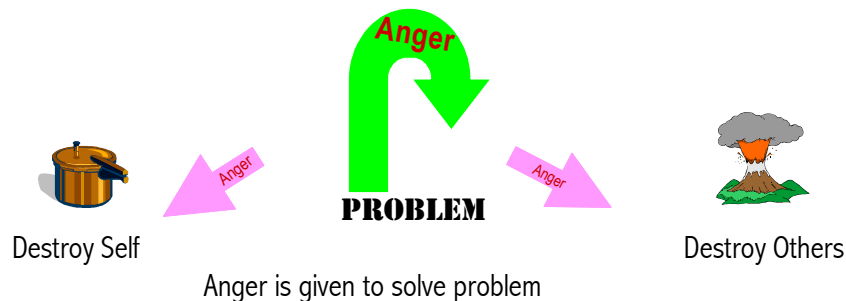


- G. Bless others through tangible and genuine expressions of biblical love and service – think about your daily responsibilities as husband, wife, parent, roommate, student, employer, employee, etc. (Mt 7:12; Rm 12:9-13, 15-16; 13:8-10; 1 Cor 13:4-8; Phil 2:3-8; 1 Tim 6:17-19; 1 Pt 3:8-9; 1 Jn 3:18). This means we are to do this:
- 1) Regardless of how you feel  
Gen 4:7; 2 Cor 5:14-15; Gal 5:16-17; Phil 4:13; Jms 4:17
  - 2) Especially to those who seem to be your enemies or to those against whom you have sinned  
Mt 5:23-24, 43-48; Mk 11:25-26; Rm 12:14, 17-21
  - 3) With kindness and tenderheartedness for the very individuals with whom you are or have been irritated  
Eph 4:31-32
  - 4) By taking advantage of opportunities to minister, especially in ways that keep you in a Christlike servant attitude towards others  
Mt 20:25-28; Phil 2:3-8; 1 Pt 4:10
  - 5) By practicing biblical stewardship to honor the Lord and to be of practical help to others  
Ps 24:1; Mt 25:14-29; 1 Cor 4:1-2; Eph 5:15-17; 1 Tim 6:17-19; 1 Pt 4:10
- H. As needed, be willing to sit down and discuss using godly communication using a 'conference table' if necessary  
Eph 4:17-32
- I. Correct deficiencies in your life that exist because of a lack of discipline
- J. If you need help, then ask a Christian friend to hold you accountable to carry out your basic and contingency plans until you have established a pattern of godly living  
Prv 27:17; Ecc 4:9-10; Heb 10:23-25.

**DAILY GUIDE** – Use this outline over the week to carefully study the Word concerning Anger and Bitterness. Particularly focus on God's New Attitude in Christ!



## A Sinners Guide to Anger – the Put Ons

July 1, 2007  
Eph 4:31-5:2

Oakbrook Community Church (PCA)  
Pastor Mark W. Turner

**We sin if we respond angrily in areas where Scripture has already informed us how we should act.** Areas where God has already defined our course of action:

- When dealing with an enemy – you must look for and meet his needs and show love to him. Rom 12:20; Lk 6:35
- Civil authorities, you are to obey them and give them their due unless their demands contradict God's Word 1 Pe 2:13-15; Roms 13:1-8
- An unreasonable superior or boss - you are to submit except when doing so would cause you to disobey God's Word. 1 Pe 2:18. Genesis 39:7-9
- Whatever circumstances you find yourself in – you are to trust God and be content! Ro 8:28-29; 1 Ti 6:6-8, Rom 5:3-5; Jms 1:2-4
- Fellow believers who are caught in sin – you are to restore them in gentleness and NOT regard them as enemies. Gal 6:1; 2 Th 3:14-15
- Your Parents while in biblical authority over you – you are to obey them in a manner pleasing to God Eph 6:1-2; Col 3:20
- Husbands and Wives – each are to submit to one another and to love each other consistently in a biblical manner Eph 5:21, 25; 1 Co 13:4-8; Tit 2:4
- Biblically qualified church leaders – you are to obey them and to esteem them in love Heb 13:17; 1 Th 5:12-13

**Anger does not need to be a controlling sin!** We must remember that all of life is to be lived for Christ. 2 Co 5:15; 1 Pe 4:2; 1 Co 6:19-20

Remember the put-off put-on dynamic of Scripture: Eph 4:31-32

Do you want to get serious with anger in your life? Record in a journal:

1. What happened that provoked me to anger?
2. What did I say or do when I became angry?
3. What does the Bible say about what I did or said when I became angry?
4. What should I have done/said when I became angry?

What you should learn from a careful journal:

Psalm 139:23-24

STEP 1 – Understand and recognize your sinful patterns

STEP 2 – Define them biblically (Use God's terms)

STEP 3 – Identify God's replacements (thoughts, speech & actions)