

Overcoming Anger

{General Principle 1 - Anger is a formidable detriment to biblical love, harmonious relationships, and maturity in Christ. Failing to put off anger grieves the Holy Spirit, gives Satan an opportunity in your life, obscures your witness to others, and disrupts the unity in the Body of Christ. Dealing biblically with anger requires wholehearted obedience to God's Word in every circumstance and with every person, even if your feelings dictate otherwise.

"Therefore do not let sin reign in your mortal body that you should obey its lusts, and do not go on presenting the members of your body to sin as instruments of unrighteousness; but present yourselves to God as those alive from the dead, and your members as instruments of righteousness to God. For sin shall not be master over you, for you are not under law, but under grace."

Romans 6:12-14

"Therefore, gird your minds for action, keep sober in spirit, fix your hope completely on the grace to be brought to you at the revelation of Jesus Christ. As obedient children, do not be conformed to the former lusts which were yours in your ignorance, but like the Holy One who called you, be holy yourselves also in all your behavior; because it is written, `You shall be holy, for I am holy.'"

1 Peter 1:13-16

I. God's View

v(Principle 1) Anger (great displeasure, animosity) that is quickly aroused or quickly expressed is characteristic of your old self apart from Jesus Christ and is contrary to Scripture. Anger demonstrates a great dissatisfaction with God's sovereignty in your life. Anger arises out of living to please self instead of living to please the Lord and causes much trouble.

"But now you also, put them all aside: anger, wrath, malice, slander, and abusive speech from your mouth." Col. 3:8

"This you know, my beloved brethren. But let everyone be quick to hear, slow to speak and slow to anger; for the anger of man does not achieve the righteousness of God." James

1:19-20

Overcoming Anger

II. Your Hope

v(Principle 2) Since God's Word commands you to put away anger and bitterness, it is possible to do so.

"No temptation has overtaken you but such as is common to man; and God is faithful, who will not allow you to be tempted beyond what you are able, but with the temptation will provide the way of escape also, that you may be able to endure it."

1 Cor. 10:13

v(Principle 3) You do not need to defend or preserve what you perceive to be your "rights", because God causes all things to work together for good to those who belong to Him and love Him.

"And we know that God causes all things to work together for good to those who love God, to those who are called according to His purpose."

Romans 8:28

III. Your Change

v(Principle 4) You are to control your spirit, be slow to anger, and deal with anger quickly. You are to put off anger, wrath, bitterness, quick-temperedness, dissension, abusive speech, and strife; and you are not to take into account a wrong suffered. Instead, you are to put on patience, kindness, humility, bearing with one another, tender-heartedness, forgiveness, love, and self-control.

"Love does not act unbecomingly; it does not seek its own, is not provoked, does not take into account a wrong suffered."

1 Cor. 13:5

"Let all bitterness and wrath and anger and clamor and slander be put away from you, along with all malice. And be kind to one another, tender-hearted, forgiving each other, just as God in Christ also has forgiven you."

Ephes. 4:31-32

IV. Your Practice

Overcoming Anger

v(Principle 5) List the circumstances or relationships in which you are (or have been) tempted to become angry or bitter. Develop a biblical plan for overcoming anger or bitterness in those situations and formulate a contingency plan for dealing with anger or bitterness that may arise quickly or unexpectedly. As you rely on God's power and provisions diligently do what you have planned to avoid further sin with regard to anger.

"He who conceals his transgressions will not prosper,
But he who confesses and forsakes them will find
compassion." Proverbs 28:13

"But prove yourselves doers of the word, and not merely hearers who delude themselves. For if anyone is a hearer of the word and not a doer, he is like a man who looks at his natural face in a mirror; for once he has looked at himself and gone away, he has immediately forgotten what kind of person he was. But one who looks intently at the perfect law, the law of liberty, and abides by it, not having become a forgetful hearer but an effectual doer, this man shall be blessed in what he does."
James 1:22-25

v(Principle 6) Practice biblical love by forgiving others just as God has forgiven you and by doing kind and tenderhearted deeds to the very individuals with whom you become irritated.

"Since you have in obedience to the truth purified your souls for a sincere love of the brethren, fervently love one another from the heart."
1 Peter 1:22

"To sum up, let all be harmonious, sympathetic, brotherly, kindhearted, and humble in spirit; not returning evil for evil, or insult for insult, but giving a blessing instead; for you were called for the very purpose that you might inherit a blessing."
1 Peter 3:8-9

"Above all, keep fervent in your love for one another, because love covers a multitude of sins."
1 Peter 4:8

UNBIBLICAL RESPONSES TO ANGER

Overcoming Anger

{General Principle 2 -At times, you may try to justify your anger by saying, saying God was angry and Jesus was angry, so I can be angry too. However, God is perfectly holy, and you are not. His holiness, justice, love, and perfection remain constant even though He is jealous, has wrath, exercises vengeance, and is indignant every day. Unlike God, your flesh is in continual conflict between good and evil. As a result, you will have difficulty responding to emotionally-charged situations without sinning.

"And the Lord said to Moses, `Take all the leaders of the people and execute them in broad daylight before the Lord, so that the fierce anger of the Lord may turn away from Israel."
Numbers 25:4

"And after looking around at them with anger, grieved at their hardness of heart, He said to the man, "Stretch out your hand." And he stretched it out, and his hand was restored."
Mark 3:5

"For the flesh sets its desire against the Spirit, and the Spirit against the flesh; for these are in opposition to one another, so that you may not do the things that you please."
Galatians 5:17

- I. Some examples from Scripture of unbiblical deeds resulting from anger and bitterness
 - A. Cain, in his anger, killed his brother. As a result, he became a vagrant and a wanderer (Genesis 4:5-8, 11-12).
 - B. Simeon and Levi were self-willed men, murdering others in their cruel anger. As a result, their families were scattered (Genesis 49:5-7).
 - C. Saul became angry and tried to kill his oldest son (I *Samuel* 20:30-33).
 - D. Naaman became furious and refused to follow a simple command in order to be healed of leprosy. However, when he finally obeyed, he was healed (11 Kings 5:10-14).
 - E. Uzziah, confronted by the priests for his unfaithfulness to the Lord, became enraged and was struck with leprosy until the day of his death (11 Chronicles 26:16-23).

Overcoming Anger

- F. Jonah was greatly displeased and angry when the Lord showed compassion on Nineveh, and God subsequently rebuked and humbled him (Jonah 4:1-11).
- G. Simon, in his bitterness, tried to buy the authority of God and was openly rebuked by Peter (Acts 8:14-24).

II. Some unbiblical ways of dealing with anger and bitterness

- A. You explode in a rage or temper, striking out physically or verbally at people or things.
- B. You express anger outwardly (ventilate your anger") by beating a pillow (or another inanimate object) while thinking (or speaking) about the person with whom you are angry or bitter.
- C. You control your temper at work (in front of your boss) and at church (in front of Christian brothers and sisters), but you exercise little or no control at home with your loved ones.
- D. You exercise strenuously to release feelings of anger yet fail to deal with the sinful basis of your anger.
- E. You "lose your temper" by honking your horn in traffic, throwing objects, yelling at others, or thinking and speaking obscenities.
- F. You seethe inwardly and become bitter.
- G. You verbally attack or slander individuals who persecute you or take advantage of you.
- H. You discuss everything about your anger or bitterness "to get in touch with your feelings" and to release repressed emotions ("catharsis").
- I. You deny ("internalize") that you are angry or bitter.
- J. You write vengeful letters to express your anger but don't mail them (to combine "ventilation of anger" and "catharsis").
- K. You characterize your anger as "righteous indignation" and your bitterness as "justifiable" instead of biblically examining your anger responding accordingly.

Overcoming Anger

III. Some unbiblical justifications for anger or bitterness

- A. You claim that others and/or their actions are responsible for your anger.
- B. You claim that past, present, and possible future circumstances have led to your anger.

vNote: You are living to please yourself when you respond unbiblically to the sins of anger and bitterness. As you focus on self, you may attempt to "solve" your problem of anger or bitterness; but this "solution" will be based on the wisdom of man. Trusting in man's wisdom leads to a further emphasis on self . Without relying solely on the Lord and His Word, you cannot overcome anger or bitterness in a manner that gives glory to God.

A BIBLICAL VIEW OF ANGER

{General Principle 3 -If you fail to deal biblically with anger, increasing disobedience to Scripture is inevitable. However, God's abundant resources and promises enable you to be an overwhelming conqueror as you deal biblically with the problem of anger in your life.

"A man of great anger shall bear the penalty, For if you rescue him, you will only have to do it again."
Proverbs 19:19

"I can do all things through Him who strengthens me."
Philip. 4:13

"But if any of you lacks wisdom, let him ask of God, who gives to all men generously and without reproach, and it will be given to him."
James 1:5

"And whatever we ask we receive from Him, because we keep His commandments and do the things that are pleasing in His sight." 1 John 3:22

I. Anger of God

Overcoming Anger

- A. While Scripture describes God as angry, He remains holy and without sin.

"Behold, the name of the Lord comes from a remote place;
Burning is His anger, and dense is His smoke;
His lips are filled with indignation,
And His tongue is like a consuming fire." Isaiah 30:27

- B. God is slow to anger and simultaneously merciful, gracious, compassionate, forgiving, and abundant in lovingkindness and truth.

"And they refused to listen,
And did not remember Thy wondrous deeds which Thou
hadst performed among them;
So they became stubborn and appointed a leader to return
to their slavery in Egypt.
But Thou art a God of forgiveness,
Gracious and compassionate,
Slow to anger, and abounding in lovingkindness;
And Thou didst not forsake them."
Neh. 9:17

- C. God's favor is for a lifetime, but His anger is for a moment. He often restrains His anger.

"For His anger is but for a moment, His favor is for a lifetime;
Weeping may last for the night,
But a shout of joy comes in the morning."
Psalm 30:5

- D. God's anger is always directed at rebellion or disobedience to His commands, which are always holy and just.

"Therefore the Lord heard and was full of wrath,
And a fire was kindled against Jacob,
And anger also mounted against Israel;
Because they did not believe in God,
And did not trust in His salvation."
Psalm 78:21-22

II. Anger of Jesus

- A. Jesus was angry at the hypocrisy and legalism of the religious leaders while simultaneously grieving over their hardness of heart. In spite of being angry, He healed a man (Mark 3:5).

Overcoming Anger

- B. In the first cleansing of the Temple Scripture does not teach that Jesus was angry but instead teaches that He was motivated by a divine jealousy (zeal) for His Father's house. Afterwards, He answered questions from the religious leaders. Nor is it recorded in Scripture that Jesus was angry at the second cleansing of the temple. After His actions on this occasion, He healed the sick and responded to questions of the religious leaders (Matthew 21:14-16; Mark 11:17-18, John 2:13-16)

III. Anger that is not sinful

- A. On extremely rare and exceptional occasions in Scripture, a person devoted to God was recorded as being angry with no accompanying sin. (for example: Exodus 16:20; Leviticus 10:16-20; I Samuel 11:6, 20:34; II Kings 13:19; Nehemiah 5:6)
- B. Since Scripture states that it is possible for a child of God to be angry and not sin, it is possible to do so. (Romans 6:12-13; I Corinthians 10:13; I Peter 1:13-16, Ephesians 4:26-27)
- C. In order to "be angry and sin not," you must obey God's Word with no exceptions and must completely follow the example of God and our Lord Jesus Christ (11 Timothy 3:16-17, Matthew 5:48; Ephesians 5:1; I Peter 1:14-16, 2:21-22).

IV. Sinful anger

- A. Scripture teaches that the anger of man cannot achieve the righteousness of God. Your anger, whether explosive in expression or settled as a disposition, is to be decisively put off if you are to be conformed to the image of Jesus Christ.
- B. Outbursts of anger are part of the deeds of the flesh and are characteristic of a fool. Besides showing a lack of the fruit of the Spirit, a person with a quick temper abounds in transgressions and is not fit to assume church leadership responsibilities.
- C. Anger is a prelude to and is often compounded by further sins, is devastating, and is associated with both strife and foolishness.
- D. Anger against another is condemned by our Lord and shows a lack of biblical love.

Overcoming Anger

- E. Anger demonstrates a lack of trust in God's sovereignty and may also indicate a failure to follow the Lord Jesus Christ.
- F. A person with great anger will continually be in difficulty, will wrongly influence others, and should be avoided.
- G. Your anger is sinful when you:
 - 1. Are quick-tempered or have angry outbursts;
 - 2. Become angry and are not merciful, compassionate, and forgiving;
 - 3. Seek vengeance or retaliation against another;
 - 4. Violate biblical love in your anger;
 - 5. Fail to demonstrate the fruit of the Spirit in your thoughts, words, or actions: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control;
 - 6. Use words that are not edifying;
 - 7. Respond angrily in order to "protect your rights" or "get your own way";
 - 8. Have an abiding (continuing) anger against another (Matthew 5:21-22) or let the sun go down on your anger (i.e., fail to deal with your anger in a biblical manner but harbor it instead);
 - 9. Respond to anger in a manner that does not please the Lord or bring honor to His Name; and
 - 10. Become angry and neglect to rejoice, to pray, or to give thanks in the very situation in which you find yourself.

Overcoming Anger

- H. You also sin if you respond angrily in areas where Scripture has already told you how to act. For example, with regard to:
1. An enemy, you must look for and meet his needs and show love to him;
 2. The civic authorities, you are to obey them and give to them what is due, unless their demands contradict Gods Word and would force you to sin;
 3. An unreasonable supervisor, you are to submit, except when doing so would cause you to disobey Scripture;
 4. Your circumstances, you are to trust God and be content;
 5. Your trials, you are to cooperate with God and respond joyfully as He develops Christ-like character in your life;
 6. Unjust treatment, you are patiently to endure and thus find favor with God
 7. Fellow-believers who are caught in sin, you are to restore them in gentleness and not regard them as enemies;
 8. Your parents (while they are in biblical authority over you), you are to obey them in a manner that pleases the Lord;
 9. Your children, you are not to provoke them to wrath but are to teach them with the discipline and instruction of the Lord;
 10. Husbands and wives, each is to submit to one another and to love each other in a consistently biblical manner; and
 11. Scripturally qualified church leaders, you are to obey them and to esteem them highly in love.

Overcoming Anger

V. Anger and the inner man

- A. Since your heart is revealed by your thoughts, words, and actions, sinful anger reveals that you are living to please yourself.
- B. One who is slow to anger has great understanding, is better than the mighty, is able to pacify contention, and is obedient to Gods Word.
- C. One who is wise turns away anger and holds back his anger.
- D. One often reveals his failure to deal biblically with his own anger by judging others for this same sin.
- E. One who becomes angry quickly shows himself to be a fool.

VI. Conclusions about anger

- A. It is possible for you to be angry and not sin. However, sinful anger (violates Scripture), doesn't conform to the character of Christ, is characterized by outbursts, and often is allowed to remain into the future.
- B. Following the example of God the Father and His Son, Jesus Christ, anger is righteous only if it is aroused by specific violations of God's Word and remains righteous only if it is acted upon with a spirit of compassion.
- C. Because of the ever-present temptation to live for self rather than to live for God, you must obey God's Word, pray habitually, constantly depend on God's Spirit, and consistently do the Word in order to deal biblically with anger.
- D. You are not to allow anger to get the upper hand and gain control of your mind or conduct, since Satan uses this as an opportunity to affect your life. You must live in a manner that pleases the Lord no matter how you feel.
- E. Your deeds (thoughts, words, actions) reveal whether you are living to please yourself or living to please God. If you are focused on self and become angry, you run the risk of:

Overcoming Anger

1. Carrying out fleshly desires instead of being led by the Holy Spirit (Galatians 5:16-17);
2. Having your prayer life hindered (Psalm 66:18; I John 3:22);
3. Damaging your relationships with others by becoming judgmental and placing a stumbling block in their paths (Romans 14:13);
4. Being unwilling to overlook others' transgressions or to forgive them (Ephesians 4:31-32);
5. Thinking unbiblically and using words that do not edify (Ephesians 4:29);
6. Returning evil instead of giving blessings and stirring up more anger and strife (Proverbs 15:1, 29:22);
7. Impairing your own judgment (Hebrews 5:14; James 1:22);
8. Falling into foolish mistakes and becoming unfit for spiritual leadership (Titus 1:7);
9. Judging others in the area of your own sin; and
10. Failing to love others biblically (I Corinthians 13:4-5).

VII. THE PLAN FOR OVERCOMING ANGER

Develop a specific plan to overcome anger - Take into consideration the following truths and practical steps.

1. Begin with genuine repentance before God and any others who have been effected by your anger. Make a list and go to each one specifically and ask forgiveness.
2. Begin a war you expect to win

Overcoming Anger

Most Christians expect to lose the war with anger but hope that by trying to oppose them they might reduce their number of defeats. This approach not only gives the flesh a foothold but destroys the very basis of the discipline and dedication that God calls for in Scripture. God commands that we fight sin wholeheartedly:

"Do not let your heart envy sinners, but always be zealous for the fear of the LORD. There is surely a future hope for you, and your hope will not be cut off." Proverbs 23:17-18
"Consider him who endured such opposition from sinful men, so that you will not grow weary and lose heart. In your struggle against sin, you have not yet resisted to the point of shedding your blood."

Hebrews 12:3-4

"But when he asks, he must believe and not doubt, because he who doubts is like a wave of the sea, blown and tossed by the wind. That man should not think he will receive anything from the Lord;"

James 1:6-7

Resisting sin involves a commitment of our whole mind for victory, whatever the cost. Our example is Daniel who

"purposed in his heart that he would not defile himself."
Daniel 1:8.

When we purpose to win this war, God will turn any defeat of ours into a revelation of our heart. He will show us the hidden causes of why we fail. God promises,

"But if from there you seek the LORD your God, you will find him if you look for him with all your heart and with all your soul." Deuteronomy 4:29

The Lord therefore will use small defeats to show us our utter need of Him. Thus, we may lose some minor battles but still win the war. These losses should only increase our determination to win the war. But if we don't really expect to win the war, then any small defeat will discourage us rather than point us on to God and victory.

2. Picture the tragic consequences of those who lost the war against anger.
3. Give God's Spirit His most effective weapon

Overcoming Anger

Our battle against impure thoughts is far more than some mental or physical struggle. It is spiritual warfare.

"For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms."
Ephesians 6:12

God knows that our natural inclinations easily betray us. They betray us to the delusive results that anger can produce in others in exchange for our destruction. God does not want us just to conquer anger; He wants us to use the pressure of the battle as daily motivation to transform our mind to His way of thinking. This will be achieved by the Holy Spirit if we give Him His weapon.

"take the sword of the Spirit, which is the word of God."
Ephesians 6:17

It is not only important to resist temptation, but it is equally important to prepare ourselves between temptations.

Here is a list of key Scriptures which must be in the mind of one who intends to conquer anger.

"A fool's vexation is known at once, But a prudent man conceals dishonor."
Proverbs 12:16

"A quick-tempered man acts foolishly, And a man of evil devices is hated."
Proverbs 14:17

"He who is slow to anger has great understanding, But he who is quick-tempered exalts folly."
Proverbs 14:29

"A gentle answer turns away wrath, But a harsh word stirs up anger."
Proverbs 15:1

"A hot-tempered man stirs up strife, But the slow to anger pacifies contention."
Proverbs 15:18

Overcoming Anger

"A man of violence entices his neighbor, And leads him in a way that is not good."
Proverbs 16:29

"He who is slow to anger is better than the mighty, And he who rules his spirit, than he who captures a city."
Proverbs 16:32

"The beginning of strife is like letting out water, So abandon the quarrel before it breaks out."
Proverbs 17:14

"A man's discretion makes him slow to anger, And it is his glory to overlook a transgression."
Proverbs 19:11

"A man of great anger shall bear the penalty, For if you rescue him, you will only have to do it again."
Proverbs 19:19

"Do not associate with a man given to anger; Or go with a hot-tempered man, Lest you learn his ways, And find a snare for yourself."
Proverbs 22:24-25

"Like a city that is broken into and without walls Is a man who has no control over his spirit."
Proverbs 25:28

Scorners set a city aflame, But wise men turn away anger."
Proverbs 29:8

"An angry man stirs up strife, And a hot-tempered man abounds in transgression."
Proverbs 29:22

"For the churning of milk produces butter, And pressing the nose brings forth blood; So the churning of anger produces strife." Proverbs 30:33

"Do not be eager in your heart to be angry, For anger resides in the bosom of fools."
Eccles. 7:9

"But I say to you that everyone who is angry with his brother shall be guilty before the court; and whoever shall say to his

Overcoming Anger

brother, 'Raca,' shall be guilty before the supreme court; and whoever shall say, 'You fool,' shall be guilty enough to go into the fiery hell."

Matthew 5:22

"For I am afraid that perhaps when I come I may find you to be not what I wish and may be found by you to be not what you wish; that perhaps there may be strife, jealousy, angry tempers, disputes, slanders, gossip, arrogance, disturbances."

2 Cor. 12:20

"Now the deeds of the flesh are evident, which are: immorality, impurity, sensuality, idolatry, sorcery, enmities, strife, jealousy, outbursts of anger, disputes, dissensions, factions, envying, drunkenness, carousing, and things like these, of which I forewarn you just as I have forewarned you that those who practice such things shall not inherit the kingdom of God."

Galatians 5:19-21

"That, in reference to your former manner of life, you lay aside the old self, which is being corrupted in accordance with the lusts of deceit, and that you be renewed in the spirit of your mind, and put on the new self, which in the likeness of God has been created in righteousness and holiness of the truth. Therefore, laying aside falsehood, speak truth, each one of you, with his neighbor, for we are members of one another. Be angry, and yet do not sin; do not let the sun go down on your anger."

Ephes. 4:22-26

"Let all bitterness and wrath and anger and clamor and slander be put away from you, along with all malice. And be kind to one another, tender-hearted, forgiving each other, just as God in Christ also has forgiven you."

Ephes. 4:31-32

"But now you also, put them all aside: anger, wrath, malice, slander, and abusive speech from your mouth."

Col. 3:8

"For the overseer must be above reproach as God's steward, not self-willed, not quick-tempered, not addicted to wine, not pugnacious, not fond of sordid gain."

Titus 1:7

Overcoming Anger

"This you know, my beloved brethren. But let everyone be quick to hear, slow to speak and slow to anger; for the anger of man does not achieve the righteousness of God."

James 1:19-20

4. Reinforce your will by a bond of accountability

The principle of accountability is one of the most powerful means to conquer temptation. If we tell ourselves we will do something, we have only ourselves to answer to. But if we tell someone else what we're going to do, we double our accountability.

If we are defeated by anger three times a week, this means we experience over one hundred fifty defeats a year. If in our first year of battle we reduce these defeats by half, we would be taking a major step toward freedom from anger. A program of action to accomplish this is making a covenant with a Christian friend. The covenant would be that whenever we face a time of temptation we would contact him and ask for special prayer. We will find that three major things happen. First, the thought of telling him will be a powerful new motivation to resist the temptation.

Secondly, our need for prayer will be a powerful new motivation for him to be a more effective brother or sister in Christ. And third, his prayers for us will be a powerful force for victory.

In this sense, your weakness will cause him to be stronger. There is no need to go into detail when we ask for prayer, but it is important to ask him to check later to see if his protective prayers were effective. In this way we fulfill James 5:16.

"Confess your sins one to another, and pray one for another, that you may be healed. The effectual, fervent prayer of a righteous man availeth much."

When we are faithful in following through on this covenant, a temptation to become angry can be turned into a double victory--motivation to build Scripture into our lives and motivation to greater godliness for a fellow Christian.

5. Realize that winning a war means many battles

Scripture is filled with examples and reminders that we need more determination than we think necessary.

Overcoming Anger

"If you have raced with men on foot and they have worn you out, how can you compete with horses? If you stumble in safe country, how will you manage in the thickets by the Jordan?"

Jeremiah 12:5

"If you falter in times of trouble, how small is your strength!"

Proverbs 24:10

"Then he returned to his disciples and found them sleeping. 'Could you men not keep watch with me for one hour?' he asked Peter."

Matthew 26:40

"Watch and pray so that you will not fall into temptation. The spirit is willing, but the body is weak."

Matthew 26:41

6. Learn to live in the fear of God

We see how vital this point is when we remember God's words:

"And by the fear of the Lord, men depart from evil." Proverbs 16:6

A sincere Christian cannot enjoy anger unless he temporarily blots out of his consciousness the presence of God. If we knew that God was evaluating every one of our actions, we would quickly reject those which are wrong. This is precisely what the fear of the Lord is--the moment by moment awareness that God is watching and weighing every one of our words, thoughts, actions and attitudes. The following verses can be silent reminders of God's presence:

"Thou God sees me."

Genesis 16:13

"The eyes of the Lord are in every place, beholding the evil and the good."

Proverbs 15:3

"That everyone may receive the things done in his body, according to that he hath done, whether it be good or bad."

II Corinthians 5:10

"He that planted the ear, shall he not hear? He that formed the eye, shall he not see?"

Psalms 94:9

Overcoming Anger

"For the ways of man are before the eyes of the Lord, He
pondereth all his goings."
Proverbs 5:21

"You understand my thoughts afar off."
Psalm 139:2

"For there is not a word in my tongue, but, lo, O Lord, You
know it altogether."
Psalm 139:4

7. For two weeks fill out a "Discovering Problem Patterns Worksheet." This will help you identify some specific aspects of your problem. This discovery will give us valuable information in dealing with your anger
8. Fill out a "Victory Over Failures Worksheet." This will help you begin to put a specific plan into effect to overcome your anger.