

COUNSELING EXAM QUESTION 16

Anger

Anger Defined

Anger is "our whole-personed active response of negative moral judgment against perceived evil." [Jones, *Uprooting Anger*, 15.]

Anger Defined

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|-----------------|---------------|----------------|---------------------|
| □ Arguing | □ Frustration | □ Murmuring | □ Unloving |
| □ Backbiting | □ Gossip | □ Pride | □ Unmerciful |
| □ Bitter | □ Harsh words | □ Quarreling | □ Unwholesome words |
| □ Blaspheming | □ Hatred | □ Selfish | □ Vengeance |
| □ Boasting | □ Hurtful | □ Spiteful | □ Vulgar |
| □ Contentious | □ Impatient | □ Uncontrolled | □ Whispering |
| □ Cursing | □ Intolerant | □ Unforgiving | □ Wrath |
| □ Disobedient | □ Malice | □ Ungrateful | □ = ANGER |
| □ Disrespectful | □ Mocking | □ Unkind | |

A key passage — Eph. 4:26

- What does it mean “to be angry and yet...not sin?”
- There *is* a kind of anger that is righteous.
- To be righteous, anger must —
 - be directed against the RIGHT object (sin) — it must be a response against real sin
 - not be motivated by any UNGODLY desire — it must be because the name of God is degraded, not mine

A key passage — Eph. 4:26

- To be righteous, anger must —
 - not DECLINE into ungodly bitterness
 - be RESOLVED and END quickly
 - trust God to enact His JUSTICE and VENGEANCE (Rom. 12:17-21)

A key passage — Eph. 4:26

- The progression in unrighteous anger —
 - A refusal to listen to another person
 - A quick response/retort
 - A number of quick, heated words accumulate
 - A grudge begins to settle in one’s heart
 - A sullen state of bitterness develops
 - The momentary outburst is replaced by revenge
 - The revenge is driven from a heart of real malice

The Face of Anger

- Angry WORDS and outbursts — outbursts, arguments, slander, and even gossip (Num. 22:27; Gen. 30:1-2; 2 Cor. 12:20; Gal. 5:20)
- CLAMMING up — the slow burn (Js. 1:19-20; 1 Kings 21:4; Eph. 4:31)
- ATTACKING some substitute (Mt. 2:16; Cain, Gen. 4:6-8)

The Face of Anger

- Becoming IRRITABLE and BITTER (Eph. 6:4)
- DENYING the anger
- REPENTANCE and CONFESSION (2 Cor. 7:11)
- RECONCILIATION (Eph. 4:26b-27)

Summary of Sinful Anger

- Human anger almost always is seen in Scripture to be something unwise and foolish and ungodly. Even righteous anger can become ungodly and sinful (Num. 20:8-11).
- Anger becomes sinful when we are concerned for our own desires ahead of God's desires (Js. 4:1ff).
- All anger is ultimately against God (Js. 1:19-20).

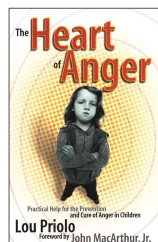
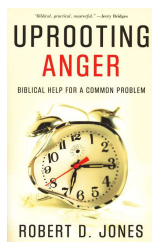
Hope for the Angry Person

- We DO NOT have to be *sinfully* angry.
- Anger can be CORRECTED.
 - REPENTANCE for the sin of anger (2 Tim. 2:24-25)
 - Discover and repent of the heart motive that finds greater pleasure in ungodly anger than in PLEASING God (2 Cor. 5:9)
 - REST in an understanding of God's active, sovereign involvement in the circumstance (Gen. 45:5-8; 50:20)

Hope for the Angry Person

- Anger can be CORRECTED.
 - TRUST God that He will respond righteously to the injustice at the right time (Rom. 12:19)
 - PUT ON a corresponding (and opposite) righteous response (Mt. 5:25, 43-45; Rom. 12:21; 1 Pt. 2:19-20)
 - COMMIT to solve the problem Biblically (Eph. 4:26ff; Mt. 7:3-5)

Two Particularly Helpful Resources



COUNSELING EXAM QUESTION 17

Homework for Depressed, Worried, and Fearful People

Reminder of Homework Essentials

- Why do we give homework?
 - It translates the instruction in the session into action
 - Homework continues the process of transformation after the session throughout the week
 - It puts the responsibility for change on them and their obedience to Christ
 - It provides encouragement and hope when they do the homework — “things can be different today.”

Reminder of Homework Essentials

- What kind of homework should be assigned?
 - Selected SCRIPTURE reading
 - Meaningful SCRIPTURE memory
 - THEOLOGICAL reading (pamphlets, articles, or books)
 - Acts of SERVICE
 - CHURCH attendance and note taking on the sermon
 - PRAYER — for themselves, others in the situation, and the counselor

Spiritual Issues Related to Depression

- Help the counselee change his patterns of thinking
 - Stimulate thankfulness and praise
 - Find the biblical solutions to his daily problems
 - Help him change his thinking about his feelings related to his problems (Rom. 6:11; Js. 1:25)
 - Find the source of his depression and anger and connect his anger to his anger at God (Rom. 8:28-29; James 1:12-18; 4:1ff).

Spiritual Issues Related to Depression

- Help the counselee change his actions
 - Help him construct his daily schedule
 - Incorporate work and exercise
- Encourage a physical examination and *do not* encourage the counselee to change any medications (deal with the heart, not the body — you're not his doctor)

Homework for Depressed People

- Go to your doctor and get a complete physical to see if there are any organic issues that are driving the depression (i.e. low blood sugar, thyroid, etc.)
- Read your Bible 3+ times per week — even if just for 10 minutes. Use a notebook to record any characteristics that you see about God each day in your reading. Take a moment to meditate on how that characteristic of God should shape your day. Bring your notebook with you to our next meeting.

Homework for Depressed People

- Read Pss. 42-43 and write down the verses you most identify with; why do you identify with those verses? How does the psalmist address his depression and despondency? What does he think about God to help him in his depression?
- When you are particularly depressed, complete the "Heart Journal" (Depression & Discouragement), and bring it with you to discuss the next time.

Homework for Depressed People

- Read Ed Welch's booklet "The Way Up When You are Down" and underline the 10 most important sentences to you. Bring it with you to our next meeting.
- Read at least one chapter weekly in *Spiritual Depression*, by Martyn Lloyd-Jones. Identify the five most significant sentences (or ideas) in each chapter. What are two things that you will commit to implanting and changing in light of what you learned from your reading?

Homework for Depressed People

- Complete Wayne Mack's "Study Guide for Overcoming Depression" (in *A Homework Manual for Biblical Living*, vol. 1, 58-59). and "True Happiness — Overcoming Depression" (in *A Homework Manual for Biblical Living*, vol. 1, 60-62).
- Read a biography of someone who suffered from depression or discouragement or difficulty (because we need someone to imitate who has done well spiritually, 1 Cor. 11:1).
- Make of list of 50 things for which you can be thankful. Be specific. Don't list large general categories. Then go over the list each morning as you read your Bible.

Spiritual Issues Related to Worry

- Worry is a sin (Mt. 6:19-34) and it's not "respectable."
- Worry is idolatry and the solution is repentance (Mt. 6:19-25).
- Worry is unbelief and the solution is believing and resting in God's goodness (Mt. 6:25-34).

Homework for Worried People

- Make a written list of everything that you are worried about. Bring it with you to our next meeting and we'll determine what things are your responsibilities and what things are simply areas of concern.
- When you are particularly worried, complete the "Heart Journal" (Worry), and bring it with you to discuss the next time.

Homework for Worried People

- Using a concordance, make a list of every occurrence of the words related to trust (trust, trusting, trusts, trusted) in the Psalms. How did the Psalmists evidence their trust? What kinds of things inhibit trust?
- Read one chapter of Ed Welch's book *Running Scared: Fear, Worry and the God of Rest*. Highlight the five most significant statements in the chapter.

Homework for Worried People

- Cultivate a daily time to pray. Keep a list/journal of things for which you are praying and a corresponding list of verses that inform how you should pray for those items (e.g., when praying for gospel-sharing opportunities, also pray Eph. 6:19).
- Limit yourself to praying only 2-3 times daily (2 Cor. 12:8); praying many times a day (10 or more) about the same issue may indicate a worried lack of trust in God.

Homework for Worried People

- Read Jay Adam's pamphlet "What to Do When You Worry all the Time?" and underline the 10 most important sentences to you. Bring it with you to our next meeting for discussion.
- Memorize Matt. 6:33-34 or Ps. 37:1-7. What are the manifestations of trusting in God in these verses (e.g., "doing good," v. 3)? Select one and find a way to practice it each day.

Spiritual Issues Related to Ungodly Fear

- Not all fear is ungodly (Prov. 1:7; 9:10; Lev. 26:17-18)
- Ungodly fear includes fear of men (Jn. 12:42-43) and fear of temporal circumstances (Lk. 12:4-5)
 - Fear is right and good when it moves us toward God and biblical behavior.
 - Fear is wrong and sinful when it is allowed to motivate thinking and behavior that is unbiblical.

Spiritual Issues Related to Ungodly Fear

- To overcome fear, cultivate a deep and rich understanding of God and His goodness (Is. 26:3; Is. 40; Pss. 42-43; 2 Cor. 5:9-15)
- Replace fear with love of God (1 Jn. 4:17-19)
- View "fearful" circumstances as an opportunity to grow in Christ (Rom. 8:28-29)

Homework for Fearful People

- Read Jay Adam's pamphlet, "What To Do When Fear Overcomes You?" Underline the 10 most important sentences to you, and bring it with to our next meeting for discussion.
- When you are fearful or feel that you are suffering a "panic attack," complete the "Heart Journal" (Fear and Anxiety), and bring it with you to discuss the next time.

Homework for Fearful People

- Read one chapter each week in *Trusting God* by Jerry Bridges and answer the questions in the corresponding workbook. Bring it with you for discussion to our next meeting.
- Complete one section each week in Wayne Mack's workbook, *Fear*.

Homework for Fearful People

- Read one chapter each week in Ed Welch's book *Running Scared: Fear, Worry and the God of Rest* and highlight the five most important statements in the chapter. Also, do the questions in his corresponding workbook, *When I Am Afraid*. Bring both books with you to the next counseling session.

Homework for Fearful People

- Memorize John 14:27. Then read John 14-17. What were the kinds of things that might have precipitated fear in the disciples? What was Christ's provision for those fears? Has He made similar provision for you? How might you avail yourself of the power of the provision?

Homework for Fearful People

- Fight to form the habit of talking to yourself rather than listening to yourself. [Read chapter one of *Spiritual Depression*, by Martyn Lloyd-Jones.] What Scriptural thoughts should you be speaking to yourself instead of listening to your own voice of fear and fear-producing thoughts?
