

# Internal Warfare

## Fighting Sinful Anger

part 3



Colossians 3:7-8

<sup>7</sup> You used to walk in these ways, in the life you once lived. <sup>8</sup> But now you must rid yourselves of all such things as these: anger, rage, malice, slander, and filthy language from your lips. (NIV)

### 1. Monitor \_\_\_\_\_

Ask:

Resolve:

### 2. Monitor \_\_\_\_\_

Ask:

Resolve:

### 3. Monitor \_\_\_\_\_

Ask:

Resolve:

# Application Questions

*These questions are provided for your further study and application of today's message. Thoughtfully writing out the answers to these questions will help to drive home the point of today's message. It is also helpful to discuss your answers with others. This can take place with friends, your family, accountability partners, or ministry groups within the church.*

1. Describe in your own words the difference between righteous anger and selfish anger.

In what creative way can you remind yourself to distinguish between the two the next time you feel yourself getting frustrated or angry?

2. Read Proverbs 15:1. Describe a situation in which you have seen the second half of that verse played out in your life.

Describe a situation in which you have seen the first half of that verse played out in your life.

3. What are some subtle ways you have sought to "settle the score" with someone who has offended you or hurt your feelings?

What does it feel like to *completely* relinquish a debt owed to you? In other words, how can you tell the difference between partially forgiving someone and completely forgiving someone?

4. If I were to ask those who know you best how much hostility or anger are evident in your disposition, what would they tell me?

What kinds of critical comments, angry words or rude vocabulary add to that perception?

5. Read Proverbs 16:32. Write out a prayer that reflects your desire to have God cultivate that kind of heroic self-control.

*Read through the Bible in a year! Here is this week's schedule.*

**Sunday**

*2 Sam. 19-20 & Acts 20*

**Monday**

*2 Sam. 21-22 & Acts 21*

**Tuesday**

*2 Sam. 23-24 & Acts 22*

**Wednesday**

*1 Kgs. 1-2 & Acts 23*

**Thursday**

*1 Kgs. 3-4 & Acts 24*

**Friday**

*1 Kgs. 5-6 & Acts 25*

**Saturday**

*1 Kgs. 7-8 & Acts 26*