



## Lesson #2: Anger

We live in an increasingly angry society.

- \_\_\_\_\_ in \_\_\_\_\_ people have a close friend or relative that has a tough time controlling his or her anger
- \_\_\_\_\_ in \_\_\_\_\_ people admit they worry about how angry they feel
- \_\_\_\_\_ in \_\_\_\_\_ adults have sought medical treatment for their anger

The issue of anger is not a new issue. In fact, as we study the pages of God's Word we encounter the problem of anger in one of the foremost Old Testament servants of the Lord. His name is \_\_\_\_\_, and by looking at his life, we will discover the anatomy of anger.

### CONSIDER THE \_\_\_\_\_ OF AN ANGRY PERSON

Moses' anger was often on full display for all to see.

#### A. Angry people find ways to \_\_\_\_\_ their anger (Ex. 2:11-12)

Moses had the perfect way to justify his anger! His brother was being \_\_\_\_\_ and he would deliver him! But Moses was \_\_\_\_\_.

#### B. Angry people tend to lash out \_\_\_\_\_ (Ex. 21:19)

In a fit of rage Moses slams the two \_\_\_\_\_ containing the Ten Commandments on the ground, breaking them. What did this accomplish? Absolutely nothing. But that's what angry people do. They lash out illogically.

#### C. Angry people often hurt those \_\_\_\_\_ to them

Consider the two previous examples. Who has Moses really hurt?

- 1) When Moses kills the Egyptian, he is forced to wander in the wilderness. He leaves his own people \_\_\_\_\_.
- 2) When Moses breaks the tablets, he is forced to repent to God. All of those past 40 days meant nothing?

#### D. Angry people always over look God's \_\_\_\_\_

In those moments of rage Moses forgot that God was in \_\_\_\_\_.

### CONSIDER THE \_\_\_\_\_ OF THE ANGRY PERSON

So far, we've highlighted just two times that Moses got angry. There were many, many more times. But God did not hold Moses guiltless. Moses was held \_\_\_\_\_ to God for his actions.

#### A. Anger will destroy your \_\_\_\_\_ relationships

God sent Moses into the wilderness for 40 years. For 40 years he was separated from the \_\_\_\_\_ he had chosen to be with. For 40 years he was separated from his own \_\_\_\_\_. For 40 years his separation worked to destroy his relationships. That's what anger does – it will cost you your relationships.

#### B. Anger will destroy you \_\_\_\_\_ relationships (Num. 20:12)

After 38 years of leading the stubborn Israelites through the wilderness, Moses failed again. He was fed up and didn't care who knew it. God instructed Moses to \_\_\_\_\_ to the rock but in a fit of rage he \_\_\_\_\_ it instead.

### CONSIDER THE \_\_\_\_\_ FOR THE ANGRY PERSON

What are the steps God took with Moses in order for him to see victory?

#### A. The angry person must learn \_\_\_\_\_

Look how far Moses falls after he kills the Egyptian.

He was not in a palace, but in a \_\_\_\_\_

He was not leading a nation, but tending \_\_\_\_\_

He was not in the service of Pharaoh, but his \_\_\_\_\_

When God called Moses after 40 years Moses had learned humility.

#### B. The angry person must learn \_\_\_\_\_ (Ex. 3)

Now, God comes to Moses in Exodus 3

Verse 3 – *Moses, take off your \_\_\_\_\_*

Verse 14 – *Tell them \_\_\_\_\_ sent you*

Moses, you angry, indignant, arrogant man – You cannot do this without me!

### CONCLUDING THOUGHTS

The angry person has no control and always \_\_\_\_\_ his actions afterwards. That's exactly where many of you are today. The angry person is living in denial of God's \_\_\_\_\_, and anger has taken a hold on his life. What should you do? Learn to humble yourself and learn to depend on God.

*Because your anger will \_\_\_\_\_ you, you must learn to \_\_\_\_\_ your anger.*