

Genesis 1:27 “God created man in His own image, in the image of God He created him; male and female He created them.” God created us in his image and this image includes anger.

Exodus 4:14 “Then the anger of the LORD burned against Moses, and He said, “Is there not your brother Aaron the Levite? I know that he speaks fluently. And moreover, behold, he is coming out to meet you; when he sees you, he will be glad in his heart.” **This passage reveals that God gets angry, but God has absolute control on His anger.**

Q1. Do you know someone who does not get angry?

Ephesians 4:26 “BE ANGRY, AND yet DO NOT SIN; do not let the sun go down on your anger.” **This passage reveals that anger is not sin. It is OK to be angry, but we must learn to control it. If one does not control anger, it can result in sin. Anger should not be carried from one day to the next.**

Q2. What sins can be the result of anger?

Q3. What can you do to not carry anger from day to the next?

Proverbs 27:4 “ Wrath is fierce and anger is a flood, But who can stand before jealousy”.

Anger can take many forms, and this passage also indicates some kind of intensity. For sufferers of mood disorder, the intensity of anger is usually much higher, than those who do not suffer them.

Q4. What can you do when your anger is higher than normal?

Proverbs 15:1 “A gentle answer turns away wrath, but a harsh word stirs up anger.” **This wonderful proverb tell us how to deal with harsh words spoken in anger.**

Q5. Is it easy to give a gentle answer to someone saying something in anger?

Exodus 34:6-7 “ Then the LORD passed by in front of him and proclaimed, “The LORD, the LORD God, compassionate and gracious, slow to anger, and abounding in lovingkindness and truth, who keeps

lovingkindness for thousands, who forgives iniquity, transgression and sin; yet He will by no means leave *the guilty* unpunished, visiting the iniquity of fathers on the children and on the grandchildren to the third and fourth generations.” **This passage shows that anger is part of God’s image and how he is “slow anger”, but more important, that He is loving and forgiving.**

Q6. What is our responsibility when someone sins in anger against us?

Matthew 18:21-22“ Then Peter came and said to Him, ‘Lord, how often shall my brother sin against me and I forgive him? Up to seven times?’ Jesus said to him, ‘I do not say to you, up to seven times, but up to seventy times seven’”. **Both caregivers and care-receivers alike have to forgive each other.**

Q3. What exceptions to forgiveness does Jesus mention?

Matthew 6: 12, 14-15 “And forgive us our debts, as we also have forgiven our debtors.” ...”For if you forgive others for their transgressions, your heavenly Father will also forgive you. But if you do not forgive others, then your Father will not forgive your transgressions.” **Note that Jesus forgave us of our sins, and God thru Jesus also forgives us our sins. If we do not forgive, we will not be forgiven.**

Q4. What will happen if we do not forgive?

Prayer Requests

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.
- 11.

II Corinthians 1:3-4

“Blessed *be* the God and Father of our Lord Jesus Christ, the Father of mercies and God of all comfort, ⁴ who comforts us in all our affliction so that we will be able to comfort those who are in ^[a]any affliction with the comfort with which we ourselves are comforted by God”

Mood Disorder Share & Prayer Support Group

Coping with Anger as Mood Disorder Care Receivers and Care Givers

Our Mission – Glorify God by serving those who suffer from a mood disorder and those who care for them

A ministry of Grace Baptist Church, Bowie MD
Childcare available at no cost from 7:00-8:30 Tuesdays
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