

Dealing With

Our Anger

A Constructive Work Book

**A Biblical Perspective on Anger
Management, Temper Control,
Dealing with Life, and Dealing
with Others.**

**By
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Dealing with Anger, A Bible Perspective.

This material is intended for someone who realizes their need to change and intends to do so. It uses the Bible teachings of the Lord Jesus Christ to bring about true reform in a persons life. It draws on the wisdom of Solomon to use the Bible as a users manual for life. It is effective whether you are a Christian or not. If you are, you have it's author living in you and empowering you to live for Him and to live according to His commandments. If you are not, we will introduce you to the REFORMER as we teach you how you can reform. He is your creator. He knows how you work, and how you should work. He can fix what is broken or misaligned in your life.

Rev 4:11 Thou art worthy, O Lord, to receive glory and honour and power: for thou hast created all things, and for thy pleasure they are and were created.

This material is designed to provide a wealth of Bible information concerning temperance which means 'self restraint' or 'self control.' There will be challenges each week aimed at teaching you some thins about yourself and more so about God's Word, which teaches us temperance. I put this material together to use in our ministry addressing problems of addictions, anger and depression, to be used in jails, prison, homes and Church. We always recommend that you pursue this material

through our Baptist Church or an Independent Baptist Church of like faith and practice, but recognize that sometimes this preference is not available to students. Make it your goal to get into one of these KJV Bible Believing, Bible Preaching Baptist Churches for your full growth in Christ. Don't settle for an ecumenical church with an ecumenical bible. A Baptist distinctive is their use of the Bible as their sole authority of truth, faith and practice. All other denominations use something or someone in addition to the Bible and can lead you astray pretty swiftly.

As you pursue this study please pursue the new relationship with the Word of Truth, the Lord Jesus Christ. He can change you . He can make your life new.

John 14:6 Jesus saith unto him, I am the way, the truth, and the life: no man cometh unto the Father, but by me.

God Bless you in your pursuit

Pastor Ed Rice
Good Samaritan Baptist Church

Methodology for Anger management

In this 6 week effort we will use three Biblical methods to manage our anger. We will:

MEMORIZE and MEDITATE

the living Word of God:

Psalm 119:9 (Hebrew Letter BETH).

*Wherewithal shall a young man cleanse his way?
by taking heed thereto according to thy word.*

*Psalm 119:11 Thy word have I hid in mine heart,
that I might not sin against thee.*

We will SEEK and PRAY

to our maker and creator:

*Psalm 138:3 In the day when I cried thou
answeredst me, and strengthenedst me with
strength in my soul.*

*Psalm 139:23 Search me, O God, and know my
heart: try me, and know my thoughts:*

*24 And see if there be any wicked way in me, and
lead me in the way everlasting.*

PRACTICE and ANALYZE

what we learn as we learn it:

*John 13:17 If ye know these things, happy are ye
if ye do them.*

*James 1:22 But be ye doers of the word, and not
hearers only, deceiving your own selves.*

When we meet each week we will analyze progress, and learn new principles.

Dealing with Anger, the Bible Perspective.

The Bible says much about anger. Read through these verses for now. We will be memorizing key verses from this list.

Ecc 7:9 Be not hasty in thy spirit to be angry: for anger resteth in the bosom of fools.(challenge 3)

Pr 12:16 A fool's wrath is presently known: but a prudent *man* covereth shame.

Pr 14:17 He that is soon angry dealeth foolishly: and a man of wicked devices is hated.(challenge 3)

Pr 14:29 He that is slow to wrath is of great understanding: but he that is hasty of spirit exalteth folly.(challenge 3)

Pr 15:1 A soft answer turneth away wrath: but grievous words stir up anger. (challenge 3)

Pr 15:18 A wrathful man stirreth up strife: but he that is slow to anger appeaseth strife.
(challenge 7)

Pr 16:32 He that is slow to anger is better than the mighty; and he that ruleth his spirit than he that taketh a city. (challenge 7)

Pr 19:11 The discretion of a man deferreth his anger; and it is his glory to pass over a transgression. (challenge 10)

Pr 19:19 A man of great wrath shall suffer punishment: for if thou deliver *him*, yet thou must do it again.

Pr 21:19 It is better to dwell in the wilderness, than with a contentious and an angry woman. (challenge 15)

Pr 25:24 It is better to dwell in the corner of the

housetop, than with a brawling woman and in a wide house.

Pr 21:24 Proud *and* haughty scorner *is* his name, who dealeth in proud wrath.

Pr 22:8 He that soweth iniquity shall reap vanity: and the rod of his anger shall fail.

Eph 4:26 Be ye angry, and sin not: let not the sun go down upon your wrath:

Pr 22:24 Make no friendship with an angry man; and with a furious man thou shalt not go: (challenge 15)

Pr 25:8 Go not forth hastily to strive, lest thou know not what to do in the end thereof, when thy neighbour hath put thee to shame.

Pr 25:11 ¶ A word fitly spoken is like apples of gold in pictures of silver.

Pr 25:12 As an earring of gold, and an ornament of fine gold, so is a wise reprovener upon an obedient ear.

Pr 25:23 The north wind driveth away rain: so *doth* an angry countenance a backbiting tongue.

Pr 27:3 A stone *is* heavy, and the sand weighty; but a fool's wrath *is* heavier than them both.

Pr 27:4 Wrath *is* cruel, and anger *is* outrageous; but who *is* able to stand before envy?

Pr 29:22 An angry man stirreth up strife, and a furious man aboundeth in transgression.

Pr 25:28 He that hath no rule over his own spirit is like a city that is broken down, and without walls. (challenge 10)

Pr 30:33 Surely the churning of milk bringeth forth butter, and the wringing of the nose

bringeth forth blood: so the forcing of wrath
bringeth forth strife.

Mt 5:22 But I say unto you, That whosoever is
angry with his brother without a cause shall be
in danger of the judgment: and whosoever shall
say to his brother, Raca, shall be in danger of
the council: but whosoever shall say, Thou
fool, shall be in danger of hell fire.

Eph 4:31 Let all bitterness, and wrath, and anger,
and clamour, and evil speaking, be put away
from you, with all malice:

Col 3:8 But now ye also put off all these; anger,
wrath, malice, blasphemy, filthy
communication out of your mouth.

Col 3:21 Fathers, provoke not your children *to*
anger, lest they be discouraged.

Tit 1:7 For a bishop must be blameless, as the
steward of God; not selfwilled, not soon angry,
not given to wine, no striker, not given to filthy
lucre;

Anger and Stress

Pr 15:18 A wrathful man stirreth up strife: but *he*
that is slow to anger appeaseth strife.

Pr 16:28 A froward man soweth strife: and a
whisperer separateth chief friends.

Pr 17:1 Better *is* a dry morsel, and quietness
therewith, than an house full of sacrifices *with*
strife.

Pr 17:14 The beginning of strife *is as* when one
letteth out water: therefore leave off contention,
before it be meddled with.

Pr 17:19 He loveth transgression that loveth

strife: *and* he that exalteth his gate seeketh destruction.

Pr 20:3 *It is an honour for a man to cease from strife: but every fool will be meddling.* (chal 7)

Pr 22:10 Cast out the scorner, and contention shall go out; yea, strife and reproach shall cease.

Pr 26:17 He that passeth by, *and* meddleth with strife *belonging* not to him, *is like* one that taketh a dog by the ears.

Pr 26:20 Where no wood is, *there* the fire goeth out: so where *there is* no talebearer, the strife ceaseth.

Pr 26:21 *As* coals *are* to burning coals, and wood to fire; so *is* a contentious man to kindle strife.

Pr 28:25 He that is of a proud heart stirreth up strife: but he that putteth his trust in the LORD shall be made fat.

Pr 29:22 An angry man stirreth up strife, and a furious man aboundeth in transgression.

Pr 30:33 Surely the churning of milk bringeth forth butter, and the wringing of the nose bringeth forth blood: so the forcing of wrath bringeth forth strife.

Anger and your Spirit

Pr 14:29 *He that is* slow to wrath *is* of great understanding: but *he that is* hasty of spirit exalteth folly.

Pr 15:4 A wholesome tongue *is* a tree of life: but perverseness therein *is* a breach in the spirit.

Pr 15:13 A merry heart maketh a cheerful

countenance: but by sorrow of the heart the spirit is broken.

Pr 16:18 Pride *goeth* before destruction, and an haughty spirit before a fall.

Pr 16:19 Better *it is to be* of an humble spirit with the lowly, than to divide the spoil with the proud.

Pr 16:32 *He that is* slow to anger *is* better than the mighty; and he that ruleth his spirit than he that taketh a city.

Pr 17:22 A merry heart doeth good *like* a medicine: but a broken spirit drieth the bones.

Pr 17:27 He that hath knowledge spareth his words: and a man of understanding is of an excellent spirit. (challenge 10)

Pr 18:14 The spirit of a man will sustain his infirmity; but a wounded spirit who can bear?

Pr 20:27 The spirit of man is the candle of the LORD, searching all the inward parts of the belly. (challenge 15)

Pr 25:28 He that *hath* no rule over his own spirit *is like* a city *that is* broken down, *and* without walls.

Pr 29:23 A man's pride shall bring him low: but honour shall uphold the humble in spirit.

Contrast Anger with Wrath.

Anger is not Sin. It is a human emotion. Jesus, who was without sin, got angry. Notice that in the following verses:

Mr 3:5 And when he (Jesus) had looked round about on them with anger, being grieved for the hardness of their hearts, he saith unto the man, Stretch forth thine hand. And he stretched *it* out: and his hand was restored whole as the other.

Mt 5:22 But I say unto you, That whosoever is angry with his brother without a cause shall be in danger of the judgment: and whosoever shall say to his brother, Raca, shall be in danger of the council: but whosoever shall say, Thou fool, shall be in danger of hell fire.

But modernist eccumenical Bibles errorantly report Matt 5:22 as *“but I say unto you, that every one who is angry with his brother shall be in danger of the judgment;”* Be careful here and learn that believing every word of Scripture is important when we look at God's commands for our life, especially in this study of temperance.

A short defining difference between anger and wrath is that you might get angry when someone calls you an idiot. When you take action with your anger it is wrath. Thus when you punch him in the nose you stepped into wrath, and that is sin. God Bless you as you memorize and learn these truths.

Examine and Learn

The Five 'R's of Reformation

- 1. Recognize and Receive.** Things are not right in my life and I need help. Recognize that the one who created you loves you more than anyone else in this world and wants to fix your mess if you will receive Him. The Lord Jesus Christ came into this world to seek and to save sinners. He will not only save your soul he will save your life and turn you around to where you can live joyful prosperous life with Him as your Lord. Believe Him, and become a believer. Trust him and become his disciple. Let him change your life so you can be conformed to his image, even so much so that you could be called a Christian, one who acts like Christ. If you want a new life, he can give you one. He said *“He that cometh unto me I will in no wise cast out.”* If you want to turn over a new leaf because of your problems, he will not help. But if you want a whole new life, a new direction in your life, a saviour who will reform you from the inside out, then you can call on him today.
- 2. Responsible Reporting.** Three areas of accountability are A) an accountability to God, Rom 10 says *“That if thou shalt confess with thy moth the Lord Jesus, and shalt believe in thine heart that God hath raised him from the dead, thou shalt be saved. For with the heart man believeth unto righteousness; and with the mouth confession is made unto salvation. For whosoever shall call upon the name of the*

Lord shall be saved.” You are accountable to believe and call upon your Lord Jesus Christ. B) An accountability to God's Commandments, one of which states that you, as a believer, are to be accountable to a Pastor of a local Bible Believing Church. You should take this command very seriously and seek out such a Pastor. C) Thirdly you need to be accountable to others for your progress and goals of change. This may be to a spouse or friend, especially another Christian. Ask them to ask about your progress, then report to them. If you receive Christ as your Lord and Saviour be sure to tell others. Jesus said *“Whosoever therefore shall confess me before men, him will I confess also before my Father which is in heaven.”*

3. **Read Regularly.** God told Joshua and tells us that *“This book of the law shall not depart out of thy mouth; but thou shalt meditate therein day and night, that thou mayest observe to do according to all that is written therein: for then thou shalt make thy way prosperous, and then thou shalt have good success.”* God wrote an owners manual for your life. When you recognize him as your owner and recognize that you need your life repaired you need to read his manual, the Holy Bible, regularly and *“Study to shew yorself approved unto God, a workman that needeth not be ashamed.* Read to Read. Read to Feed. Read to Lead.

4. **Recite Respectively.** The Psalmist says “*Thy word have I hid in my heart that I might not sin against thee.*” We need to memorize the Word of God. Paul wrote to the Church at Colosse and said “*Let the word of Christ dwell in you richly in all wisdom; teaching and admonishing one another in all psalms and hymns and spiritual songs, singing with grace in your hearts to the Lord.*” Hebrews 4 says “*For the word of God is quick and powerful, and sharper than any two edged sword, piercing even to the dividing asunder of soul and spirit, and of the joints and marrow, and is a discerner of the thoughts and intents of the heart.*” Paul tells Timothy that “*All scripture is given by the inspiration of God, and is profitable for doctrine, for reproof, for correction, for instruction in righteousness; that the man of God may be perfect, thoroughly furnished unto all good works.*” If you need your life to change memorizing your creators commands and principles is guaranteed to do the job. Memorize the Scriptures.

5. **Reunion Revival.** Gathering together with others of like mind is important. Hebrews 10 says 23 “*Let us hold fast the profession of our faith without wavering; (for he is faithful that promised;)* 24 *And let us consider one another to provoke unto love and to good works:* 25 *Not forsaking the assembling of ourselves together, as the manner of some is; but exhorting one another: and so much the more,*

as ye see the day approaching” Christians have been gathering together to sing hymns and read the Scriptures together on the first day of the week, the Lord's Resurrection day, Sunday's, for 1,975 years now. We are commanded to do so. We meet for accountability, for teaching, for encouragement, for edification (or building up in the faith) and we meet to fulfill the commission we have been given by the Lord Jesus Christ. You need to meet together for these same reasons. If your life is to change. It will require your attendance at Church and your attendance at these Bible Studies about your needed change.

This reform effort for your life will consist of several avenues of effort constructed around these 5 'R's of Reform. Foremost is the goal that you receive the Lord Jesus Christ as your life's Lord and your soul's Saviour. Any reform without Him dwelling within you is vain and temporary. We believe every word of the Bible is true. It is your creator's manual for living your life and leaving this life in His care for all eternity. In this reform effort you will find challenges to fulfill each week. You will find a help on defeating Satan's strongholds in your life. You will find a Journaling effort to mark and use the means of communication that God has open for your improvement and victorious living. I trust that you will use each of these and find rich reward with your new Lord and Saviour.

Pastor Ed Rice

The Strongholds Study Course

*A Biblical Approach to breaking the chains of strongholds and addictions.
By Steven Curington is used in this counseling/training with permission from
Reformers Unanimous www.reformu.com*

Reformers Unanimous is a program for dealing with addictions. The sin of anger mismanagement is related to the sin of vice and addictions. We will use their Challenger Techniques to drive home the Biblical truths that can set you free of these sins. God desires that everyone in His creation have a personal relationship with His son, Jesus Christ. It is the first step to freedom on earth and it also qualifies us for Eternal Life. We will study the book of John, where Jesus said He is “the Way, the Truth, and the Life.” With this (Jesus is Truth) in mind, please read Christ's formula for Freedom from sin's stronghold.

*John 8:31-32 Then said Jesus to those Jews which **believed on him**, If ye **continue in my word**, then are ye **my disciples** (follower) indeed; And ye shall **know te Truth** (Jesus), and the **Truth** (Jesus) shall make you free.*

We have placed the steps to freedom from strongholds in bold print. They are as follows:

- 1. Believe on Jesus**
- 2. Continue (study) in my Word (Bible).**
- 3. Follow Christ with your life (disciple)**
- 4. Your knowledge of Jesus will increase.**
- 5. Jesus (not you) will make your free.**

He is Able. When your are willing.

Journal Your Journey

It has been said that anyone who became 'someone' kept a journal. In Christ you are already 'someone' even if you don't journal your life. It will, however, be amazingly helpful to keep a journal of the next 6 weeks. In a separate notebook journal the 5 communication techniques outlined in the RU method. Noting them in writing will seal them in your habits. Write out the memory verses that will be assigned in your journal. Noting them in writing will seal them in your mind. Journal your progress, thoughts, meditations and journey through this anger management course. Noting them in writing will seal them in your life.

Whether you successfully journal this trip or not, at the very least take the time to fill in the checklist below. Take the time DAILY to work on changing your life. Keeping track of where we spend our time, or don't spend our time, makes for an amazing self revelation.

Record Daily Time Spent in:	Sun	Mon	Tue	Wed	Thur	Fri	Sat
Time Receiving Bible Teaching							
Personal Bible Reading Time							
Personal Prayer Time							
Christian Interaction							
Memorization and Meditation							

Learn 3 Things about Anger Issues

There are three things we need to consider about anger issues. Where it comes from, where it dwells and where it takes us. And there are verses we will memorize this week.

Ec 7:9 Be not hasty in thy spirit to be angry: for anger resteth in the bosom of fools.

Pr 14:17 He that is soon angry dealeth foolishly: and a man of wicked devices is hated. 29 He that is slow to wrath is of great understanding: but he that is hasty of spirit exalteth folly. 15:1 A soft answer turneth away wrath: but grievous words stir up anger.

Anger is dealt with here as a commodity that builds up inside of us. If it is not 'drained' off it can overflow into our thoughts and actions. Some people are filled with anger. One little thing will cause them to fly off the handle. Some are half filled with anger, half filled with frustration. One shakeup will expose an violent reaction. Some are topped off with anger, frustration and stress all mixed up. Don't rattle them, it could get ugly. Analyzing your anger levels and your 'drain plugs' in this manner will be a help in these next 6 weeks.

Consider the three root causes of anger buildup. Lack of discipline, selfishness and unforgivingness. What makes a child throw a 'tissy fit' of anger via his poor anger management? Lack of parental discipline, and over abundance of selfishness. What gall of bitterness gets pent up inside of us and blocks our reason and pleasantness? Unforgivingness does.

We shall strive to measure your content of these three commodities in the weeks ahead.

The Challenges

The format of these challenges from Reformers Unanimous www.reformu.com

Challenge 1 Reading lesson: John Chapter 1-7

To complete challenge 1, you must read John chapter 1 through 7. Below are spaces to list the topic of each chapter. Please fill these blanks in after you have completed each chapter.

Topic Chap 1 _____

Topic Chap 2 _____

Topic Chap 3 _____

Topic Chap 4 _____

Topic Chap 5 _____

Topic Chap 6 _____

Topic Chap 7 _____

Please list in your own words, how these chapters can be applied to you efforts to remain free from strongholds, (i.e. Habits or addictions that hold your life in bondage). _____

Challenge Complete _____ Date _____
(Student's Signature)

Challenge Complete _____ Date _____
(Challenger's Signature)

Challenge 2 Memorize John 3:16

To keep God's Words before us as we strive to take control of a strong hold it is essential that we commit some verses to memory. These memory verses will address what Jesus Christ has done to save us from our sin nature and with commands and principles that God has given us to live by. It's best to write them out on a 3x5 card, carry it with us and recall the verse several times per day.

John 3:16 For God so loved the world, that he gave his only begotten Son, that whosoever believeth in him should not perish, but have everlasting life.

Advanced students Memorize John 3:16,17,18, and 36
Please describe in your own words what this verse means to you.

Do you believe the above verse to be true?

Yes or No (Please circle one)

Challenge Complete _____ Date _____
(Student's Signature)

Challenge Complete _____ Date _____
(Challenger's Signature)

Challenge 3 Special Memory Verses

To keep God's Words working in us these verse to memorize are aimed at the specific stronghold that you are dealing with. It's best to write them out on a 3x5 card, carry it with us and recall the verse several times per day.

Memorize Bible Verses Concerning Anger

Ec 7:9 Be not hasty in thy spirit to be angry: for anger resteth in the bosom of fools.

Pr 14:17 He that is soon angry dealeth foolishly: and a man of wicked devices is hated. ...29 He that is slow to wrath is of great understanding: but he that is hasty of spirit exalteth folly.

Pr 15:1 A soft answer turneth away wrath: but grievous words stir up anger.

Please describe in your own words how these verses can be applied to your efforts to remain free from anger.

What three things seem to initiate your anger most often.

1. _____
2. _____
3. _____

Challenge Complete _____ Date _____
(Student's Signature)

Challenge Complete _____ Date _____
(Challenger's Signature)

Challenge 4 Attendance Requirement

In order to complete this challenge, you must attend a Sunday Morning Church Service (or Bible Study in your facility). Bring a Bible to this service and read it during the service even if they do not. The Lord Jesus Christ rose from the tomb on the Lords day, the first day of the week, a Sunday. Christians have been gathering together on the Lord's day, singing psalms, and hymns and spiritual songs and reading the Holy Scriptures together for all these 1,975 years. You should as well.

Challenge Complete _____ Date _____
(Student's Signature)

Challenge Complete _____ Date _____
(Challenger's Signature)

Congratulations on completing Challenges 1-4! During the working of these challenges, you have studied, memorized and heard God's Word taught. Studying, memorizing and hearing the Word of God will increase your knowledge of God. If you increase your knowledge of God, it will be easier to have faith. The book of Romans states that, "Faith cometh by hearing and hearing by the Word of God." It is easier to have faith in someone you know and trust. We will continue in this format throughout the rest of the anger management course. Do not give up on your efforts to overcome your stronghold, although you may have stumbled this week. God still loves you and wants to complete the change he has begun. If you would like to know more contact us.

GSBaptistChurch.com

Dealing With Life
WEEK #2 of
A Constructive Work Book
A Biblical Perspective on Victory over
Anger

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Before continuing in this series I would point out that success in your reformation is not found any program, it is found in the Lord Jesus Christ. This truth is made clear by examining the devotional for Christian Servants called "My Utmost for His Highest" by Oswald Chambers. The June 1st entry states:

June 1

The Staggering Question

He said to me, 'Son of man, can these bones live?'

—Ezekiel 37:3

Can a sinner be turned into a saint? Can a twisted life be made right? There is only one appropriate answer— "O Lord God, You know" (Ezekiel 37:3). Never forge ahead with your religious common sense and say, "Oh, yes, with just a little more Bible reading, devotional time, and prayer, I see how it can be done."

It is much easier to do something than to

trust in God; we see the activity and mistake panic for inspiration. That is why we see so few fellow workers with God, yet so many people working for God. We would much rather work for God than believe in Him. Do I really believe that God will do in me what I cannot do? The degree of hopelessness I have for others comes from never realizing that God has done anything for me. Is my own personal experience such a wonderful realization of God's power and might that I can never have a sense of hopelessness for anyone else I see? Has any spiritual work been accomplished in me at all? The degree of panic activity in my life is equal to the degree of my lack of personal spiritual experience.

"Behold, O My people, I will open your graves..." (Ezekiel 37:12). When God wants to show you what human nature is like separated from Himself, He shows it to you in yourself. If the Spirit of God has ever given you a vision of what you are apart from the grace of God (and He will only do this when His Spirit is at work in you), then you know that in reality there is no criminal half as bad as you yourself could be without His grace. My "grave" has been opened by God and "I know that in me (that is, in my flesh) nothing good dwells" (Romans 7:18). God's Spirit continually reveals to His children what human nature is like apart from His

grace. (Oswald Chambers)

As you continue in this reform effort understand that it is Christ working in you that causes the change, not your gritting your teeth and struggling for self reform. The journaling and the challenges which are pursued in this effort are intended to cause your trust in Him to enable the necessary changes in your life.

God Bless you as you pursue Him for those changes.

Pastor Ed Rice

Read a Short Lesson on dealing with Your Anger

To deal with our anger Biblically there are several areas we need to bring to our conscious knowledge.

1. We have the ability to know ourselves. God has made humans in His image and different than any other creature. We have the ability to have 1) self awareness, and 2) reason. You can really step outside of your self for a moment and examine what you are thinking, what you are doing and what you are feeling at any time, and then to do some deductive reasoning as to why we are thinking what we are thinking, why we are doing what we are doing, and why we are feeling what we are feeling. It is amazing to me how few people practice this self awareness and deductive reasoning. Being self aware and able to reason is a part of every human being. It is important to examine ourselves not only physically in this area but spiritually. Jesus said the first commandment was to love the Lord our God with all our heart, all our soul, and all our mind. Step outside yourself for a moment and examine how you are doing at your creators first command. How are you then doing at controlling our self awareness? Our mind? Our Anger? Practice bringing these things to mind.
2. The Causes of our anger. In general our short tempers are caused by three things. 1) Our

selfishness. This comes from the idea that our circumstances or people around us are not treating us “FAIR.” We are not getting what we deserve in life and that makes us angry. Think of a little child and what makes them angry and you find it rooted in selfishness. So to is your anger. 2) Our un-forgiveness. We are not able to forgive someone, or something that has not treated us fair. It isn't right, we will not forgive them, and someone needs to do something about this unfairness. 3) Our selfishness couples with our un-forgiveness to create a pent up anger that now blows up at anything. Especially any act of perceived unfairness towards us and what we deserve. This attitude of unfairness and selfishness is at the root of your anger. Just step outside yourself and analyze the last three times you felt anger and you will find it so. Often you felt angry without thinking and perhaps without acting so analyze the feeling, and why you felt that way. Selfishness and un-forgiveness are at the root of almost all anger.

3. The Cures of our Anger. You are in the midst of a cure for your anger. It comes by consciously and biblically dealing with your selfishness, your un-forgiveness and your pent up anger that overflows into your life your home and your work. This cure is not a magic potent but the plan that the Lord Jesus Christ has laid out for your life. Keep studying his plan, memorizing his steps and trust Him to reform your mind.

Press on in the challenges at hand from the Reformers Unanimous workbook but keep in mind these things about dealing with our anger on a conscious level. There are verses to memorize that deal with this effort inserted as special challenges for this week.

Journal Your Journey

It has been said that anyone who became 'someone' kept a journal. In Christ you are already 'someone' even if you don't journal your life. It will, however, be amazingly helpful to keep a journal of the next 6 weeks. In a separate notebook journal the 5 communication techniques outlined in the RU method. Noting them in writing will seal them in your habits. Write out the memory verses that will be assigned in your journal. Noting them in writing will seal them in your mind. Journal your progress, thoughts, meditations and journey through this anger management course. Noting them in writing will seal them in your life.

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Christian Interaction							
Memorization and Meditation							

The Challenges

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Challenge 5 Reading lesson: John Chapter 8-14

To complete challenge 5, you must read John 8-14. Below are spaces to list the topic of each chapter. Please fill these blanks in after you have completed each chapter.

Topic Chap 8 _____

Topic Chap 9 _____

Topic Chap 10 _____

Topic Chap 11 _____

Topic Chap 12 _____

Topic Chap 13 _____

Topic Chap 14 _____

Please list in your own words, how these chapters can be applied to you efforts to remain free from strongholds.

Challenge Complete _____ Date _____
(Student's Signature)

Challenge Complete _____ Date _____
(Challenger's Signature)

Challenge 6 Memorize John 8:31,32

To keep God's Words before us as we strive to take control of a strong hold it is essential that we commit some verses to memory. These memory verses will address what Jesus Christ has done to save us from our sin nature and with commands and principles that God has given us to live by. It's best to write them out on a 3x5 card, carry it with us and recall the verse several times per day.

Memorize John 8:31,32

31 ¶ Then said Jesus to those Jews which believed on him, If ye continue in my word, then are ye my disciples indeed;

32 And ye shall know the truth, and the truth shall make you free.

Please describe in your own words what this verse means to you. _____

Do you believe the above verse to be true?

Yes or No (Please circle one)

Challenge Complete _____ Date _____
(Student's Signature)

Challenge Complete _____ Date _____
(Challenger's Signature)

Challenge 7 Memorize John 14:6

John 14:6 Jesus saith unto him, I am the way, the truth, and the life: no man cometh unto the Father, but by me.

Please describe in your own words what this verse means to you.

Student Challenge Complete _____ Date _____
Challenger's Check _____ Date _____

Challenge 7 SPECIAL Memorize

Concerning Anger

*Pr 15:18 A wrathful man stirreth up strife: but he that is slow to **anger** appeaseth strife.*

*Pr 16:32 He that is slow to **anger** is better than the mighty; and he that ruleth his spirit than he that taketh a city.*

Pr 20:3 It is an honour for a man to cease from strife: but every fool will be meddling.

Please describe in your own words what this verse means to you.

Student Challenge Complete _____ Date _____
Challenger's Check _____ Date _____

Challenge 8

Are there a lot of people you know who are enslaved by the temptations of this world? God encourages us to pray for one another. Below is a chart of blanks. Try to think of as many people as you can who are struggling with a stronghold. Write their first name only in the blank listed below. Ask God to help you remember as many people as possible. When you attend class this week, your counsel leader will pray for these people with you. It will be the beginning of a prayer list that will take your focus off of yourself and put it on the needs of others. (Don't worry you can still pray for God to help you, too!)

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Also evaluate your prayer journal in this challenge. How are you doing at journaling the five communication techniques that God has for you? _____

How much time did you spend in each this week?

1. _____ 2. _____ 3. _____ 4. _____ 5. _____ Total _____

Challenge Complete _____ Date _____
(Student's Signature)

Challenge Complete _____ Date _____
(Challenger's Signature)

Congratulations for finishing the second week of these exciting challenges. May God Richly Bless in the renewal of your mind. Keep Going for him. Pastor Rice
A worth while devotional about Character.

June 15
Get Moving!

Also . . . add to your faith . . . - 2 Peter 1:5

In the matter of drudgery. Peter said in this passage that we have become "partakers of the divine nature" and that we should now be "giving all diligence," concentrating on forming godly habits ([2 Peter 1:4-5](#)). We are to "add" to our lives all that character means. No one is born either naturally or supernaturally with character; it must be developed. Nor are we born with habits— we have to form godly habits on the basis of the new life God has placed within us. We are not meant to be seen as God's perfect, bright-shining examples, but to be seen as the everyday essence of ordinary life exhibiting the miracle of His grace. Drudgery is the test of genuine character. The greatest hindrance in our spiritual life is that we will only look for big things to do. Yet, "Jesus . . . took a towel and . . . began to wash the disciples' feet . . ." ([John 13:3-5](#)).

We all have those times when there are no flashes of light and no apparent thrill to life, where we experience nothing but the daily routine with its common everyday tasks. The routine of life is actually God's way of saving us between our times of great inspiration which come from Him. Don't always expect God to give you His thrilling moments, but learn to live in those common times of the drudgery of life by the power of God.

It is difficult for us to do the "adding" that Peter mentioned here. We say we do not expect God to take us to heaven on flowery beds of ease, and yet we act as if we do! I must realize that my obedience even in the smallest detail of life has all of the omnipotent power of the grace of God behind it. If I will do my duty, not for duty's sake but because I believe God is engineering my circumstances, then at the very point of my obedience all of the magnificent grace of God is mine through the glorious atonement by the Cross of Christ.

Dealing With Life- ANGER
WEEK #3 of
A Constructive Work Book
A Biblical Perspective on Dealing with
ANGER, with Dealing with Life, and
Dealing with Others Biblically.

Reformers Unanimous by Steven Curington

Ministered By Pastor Ed Rice

Good Samaritan Baptist Church

54 Main St Box 99 Dresden NY 14441

(315) 536-0878 www.gsbaptistchurch.com

As you continue in this reform effort understand that it is Christ working in you that causes the change, not your gritting your teeth and struggling for self reform. The journaling and the challenges which are pursued in this effort are intended to cause your trust in Him to enable the necessary changes in your life. Remember his promise in 2Cor 5:17 *Therefore if any man be in Christ, he is a new creature: old things are passed away; behold, all things are become new.*

God Bless you as you pursue Him

Pastor Ed Rice

Some Thoughts on Anger

As we continue in this series on anger management consider some of the direct applications for the RU program we are following. Reformer Unanimous was designed to bring Christ into the life of an addict and let Him reform completely the individual and make them what God always intended. We are attempting to step into the resources of our mind and temperament and discover the reforms that are needed to make us what God always intended spirit controlled, and in control of our spirit.

Remember if you are on medications for anger/depression do not stop without seeing your doctor. You may wish to consult with him and find a way to taper off medications as you allow Christ to be your 'talk therapist' in dealing with your anger. It is possible that your body has developed a chemical dependence on the mind altering drugs and taking back complete control of your brain chemistry may be a long laborious process for you, even as you are learning more and more to lean on Christ, the creator of your mind. This note of caution is important for those prescribed medications. Do not change medications without consulting your doctor and letting him know of your intentions to trust in Christ more and more and in medications less and less. He should assist you in this endeavor to SLOWLY wean yourself off medications.

The Bible principle we are acting on in this series is that a believer in the Lord Jesus Christ will have his mind renewed in Christ. Such a renewing of our mind by the creator of our mind is promised to those who would trust Christ completely, first with their soul, for salvation, then with their life, for the working out of that salvation on a daily basis.

Look again at Romans 12:1-2 ¶ *I beseech you therefore, brethren, by the mercies of God, that ye present your bodies a living sacrifice, holy, acceptable unto God, which is your reasonable service. 2 And be not conformed to this world: but be ye transformed **by the renewing of your mind**, that ye may prove what is that good, and acceptable, and perfect, will of God.*

In his letter to believers at Colosse Paul outlines 7 things that he desires for them as follows:

1) KNOW HIS WILL 9 ¶ *For this cause we also, since the day we heard it, do not cease to pray for you, and to desire that ye might **be filled with the knowledge of his will** in all wisdom and spiritual understanding;*

2) TO WALK WORTHY 1:10 *That ye might **walk worthy of the Lord** unto all pleasing,*

3) TO BE FRUITFUL ***being fruitful in every good work.*** The 9 fruits of the spirit which should now ripen in our lives are Gal 5:22 *But the fruit of the Spirit is love, joy, peace, longsuffering, gentleness, goodness, faith, Meekness, temperance:*

4) INCREASE KNOWLEDGE and increasing in the knowledge of God;

5) BE STRENGTHENED 1:11 *Strengthened with all **might**, according to his glorious power, unto all patience and longsuffering with joyfulness; NOTE HERE **Patience** is for dealing with circumstances; **Longsuffering** is for dealing with people, and **Joyfulness** is the packaging that both should come in.*

6) BE THANKFUL 1:12 ¶ *Giving thanks unto the Father, which hath made us meet to be partakers of the inheritance of the saints in light:*

7) BE DELIVERED & TRANSLATED 1:13 *Who hath **delivered us from the power of darkness**, and hath **translated us into the kingdom** of his dear Son:
14 *In whom we have redemption through his blood, even the forgiveness of sins:**

As you work through the challenges this week, keep these 7 growth areas in view. Go back and highlight two of them that you need emphasized in prayer for victory over your your particular stronghold.

A most important treatment for anger management is 'talk therapy.' We are emphasizing this in 3 ways. First, analyze your self and talk to yourself about your current mood and where your feelings come from. Secondly, talk to God about your analysis and ask Him for His help in dealing with your attitude and mood. Thirdly, you need another person in your life to talk to. An intimate friend is one with whom you could talk to about anything and they will hold your trust. You

should seek to have a couple close friends like that. God intends that our spouse be that kind of an intimate friend. The challenger in your RU program should be such. You need all three avenues of this talking open in your life to effectively deal with anger or depression and mood swings. Since these are needs in your life, take them to God, he has promised to meet your every need. Be assured that he can.

Before the challenges for this week are presented take the time to read a short devotional by Oswald Chambers from his book "My Utmost for His Highest."

Devotional on the Mind June 4

The Never-forsaking God

He Himself has said, 'I will never leave you nor forsake you' —Hebrews 13:5

What line of thinking do my thoughts take? Do I turn to what God says or to my own fears? Am I simply repeating what God says, or am I learning to truly hear Him and then to respond after I have heard what He says? "For He Himself has said, 'I will never leave you nor forsake you.' So we may boldly say: 'The Lord is my helper; I will not fear. What can man do to me?'" (Hebrews 13:5-6).

"I will never leave you . . ."— not for any reason; not my sin, selfishness, stubbornness, nor waywardness. Have I really let God say to me that He will never leave me? If I have not truly heard this assurance of God, then let me listen again.

"I will never . . . forsake you." Sometimes it is

not the difficulty of life but the drudgery of it that makes me think God will forsake me. When there is no major difficulty to overcome, no vision from God, nothing wonderful or beautiful— just the everyday activities of life— do I hear God's assurance even in these?

We have the idea that God is going to do some exceptional thing— that He is preparing and equipping us for some extraordinary work in the future. But as we grow in His grace we find that God is glorifying Himself here and now, at this very moment. If we have God's assurance behind us, the most amazing strength becomes ours, and we learn to sing, glorifying Him even in the ordinary days and ways of life. (Oswald Chambers)

The challenges before you this week cannot be met without a Master and Lord of your life. The challenges listed here are intended to bring you in closer contact with Him. Take the time to journal your week in the 5 communications technique journal, and may God richly bless as you pursue Him through these new challenges.

Class Worksheet

In light of the memory verses we have lined up to this point let's examine some applications.

Are you slow to anger?

Three ways to slow down.

1. _____

2. _____

3. _____

Do you rule your spirit?

Three controls on my Spirit.

1. _____

2. _____

3. _____

How much discretion do you have?

Name three ways to enhance your discretion.

1. _____

2. _____

3. _____

Journal Your Journey

Noting progress in writing will better seal your decisions in your life.

Whether you successfully journal this trip or not, at the very least take the time to fill in the checklist below. Take the time DAILY to work on changing your life. Keeping track of where we spend our time, or don't spend our time, makes for an amazing self revelation.

Record Daily Time Spent in:	Sun	Mon	Tue	Wed	Thur	Fri	Sat
Time Receiving Bible Teaching							
Personal Bible Reading Time							
Personal Prayer Time							
Christian Interaction							
Memorization and Meditation							

Journal Some Thoughts or Memory Verses

The Challenges

The format of these challenges from Reformers Unanimous www.reformu.com

Challenge 9 Reading Lesson: John 15-21

Below are spaces to list the topic of each chapter.
Please fill these blanks in after you have completed each chapter.

Topic Chap 15 _____

Topic Chap 16 _____

Topic Chap 17 _____

Topic Chap 18- _____

Topic Chap 19 _____

Topic Chap 20 _____

Topic Chap 21 _____

Please list in your own words, how these chapters
can be applied to you efforts to remain free from
strongholds.

Challenge Complete _____ Date _____
(Student's Signature)

Challenge Complete _____ Date _____
(Challenger's Signature)

Challenge 10 Memorize John 15:5,7

John 15:5 I am the vine, ye are the branches: He that abideth in me, and I in him, the same bringeth forth much fruit: for without me ye can do nothing.

John 15:7 If ye abide in me, and my words abide in you, ye shall ask what ye will, and it shall be done unto you.

Please describe in your own words what this verse means to you.

Do you believe the above verse to be true?

Yes or No (Please circle one)

Challenge Complete _____ Date _____
(Student's Signature)

Challenge Complete _____ Date _____
(Challenger's Signature)

Challenge 10 SPECIAL Memorize

Pr 19:11 The discretion of a man deferreth his anger; and it is his glory to pass over a transgression.

Pr 25:28 He that hath no rule over his own spirit is like a city that is broken down, and without walls.

Pr 17:27 He that hath knowledge spareth his words: and a man of understanding is of an excellent spirit.

Please describe in your own words what this verse means to you and controlling your anger..

Challenge Complete _____ Date _____
(Student's Signature)

Challenge Complete _____ Date _____
(Challenger's Signature)

Challenge 11
Attendance Requirement

In order to complete this challenge, you must attend 2 Reformers Unanimous classes in a row. Your attendance will require that you arrive 30 minutes before the start of the program. Punctuality is a very important form of discipline. You will be required to stay until fellowship time begins.

Also evaluate your prayer journal in this challenge. How are you doing at journaling the five communication techniques that God has for you? _____

How much time did you spend in each this week?

1. _____ 2. _____ 3. _____ 4. _____ 5. _____ Total _____

Challenge Complete _____ Date _____
(Student's Signature)

Challenge Complete _____ Date _____
(Challenger's Signature)

Challenge 12
Service Opportunity

To successfully complete this challenge, you must request an opportunity for service in the Church that you have been attending. It can be any form of service that the Pastor considers a sacrifice of your time.

Type of Service chosen by Pastor _____

Pastors Signature _____

Challenge Complete _____ Date _____
(Student's Signature)

Challenge Complete _____ Date _____
(Challenger's Signature)

Challenge 13
Attendance Requirement

To complete this challenge, you must attend a local church **Sunday Evening** service in your community. The church you attend must comply with the standards that God has outlined in the Bible. He requests that we worship at a Bible believing, Bible teaching church that teaches salvation through Grace and not by works. Baptism is taught as a sign of obedience and not a requirement for Heaven. They must believe the Bible is the Word of God and is without error, preserved as such for the believer.

Church Attended _____ Date _____

Topic of Sermon _____

Our Church is in agreement with the standards listed above.

Pastor's Signature _____

Challenge Complete _____ Date _____
(Student's Signature)

Challenge Complete _____ Date _____
(Challenger's Signature)

Congratulations for finishing the third week of these exciting challenges. Challenge 14-17 are before you. The challenges are designed to get more challenging and continue to bring about His reformation of your life. May God Richly Bless in the renewal of your mind. Keep Going for him.
Pastor Rice

Dealing With Anger
WEEK #4 of
A Constructive Work Book
A Biblical Perspective on Victory over
ANGER

Reformers Unanimous by Steven Curington
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54 Main St Box 99 Dresden NY 14441
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As you continue in this effort and read, ponder and memorize these scriptures Christ will gain some inroads into your life. If you are not yet a believer in the Lord Jesus Christ you will discover enough about him to learn that you can trust him with your soul and call upon him according to the scriptures. Then trust him to save your life from addictions, habits and sins. If you are a believer, who has already called upon him to save your soul, your discipleship in these scriptures will enable you to trust him to save your life. You can be saved from addictions, habits and/or sins that hold you in bondage. A salvation wherein you can be 'free indeed.' Begin this week by reading a devotional about our sin by Oswald Chambers. God Bless you as you pursue Him
Pastor Ed Rice

June 23 "Acquainted With Grief"

(From "My Utmost for His Highest", by Oswald Chambers)

He is . . . a Man of sorrows and acquainted with grief —Isaiah 53:3

We are not "acquainted with grief" in the same way our Lord was acquainted with it. We endure it and live through it, but we do not become intimate with it. At the beginning of our lives we do not bring ourselves to the point of dealing with the reality of sin. We look at life through the eyes of reason and say that if a person will control his instincts, and educate himself, he can produce a life that will slowly evolve into the life of God. But as we continue on through life, we find the presence of something which we have not yet taken into account, namely, sin— and it upsets all of our thinking and our plans. Sin has made the foundation of our thinking unpredictable, uncontrollable, and irrational.

We have to recognize that sin is a fact of life, not just a shortcoming. Sin is blatant mutiny against God, and either sin or God must die in my life. The New Testament brings us right down to this one issue— if sin rules in me, God's life in me will be killed; if God rules in me, sin in me will be killed. There is nothing more fundamental than that. The culmination of sin was the crucifixion of Jesus Christ, and what was true in the history of God on earth will also be true in your history and in mine— that is, sin will kill the life of God in us. We must mentally bring ourselves to terms with this fact of sin. It is the only explanation why Jesus Christ came to earth, and it is the explanation of the grief and sorrow of life.

A Journal your Journey

The format of this journal is from Reformers Unanimous www.reformu.com

1. Bible Reading.

Sun _____

Mon _____

Tue _____

Wed _____

Thr _____

Fri _____

Sat _____

2. Teaching Received.

Lesson1 _____

Lesson2 _____

Lesson3 _____

3. Personal Prayer Time.

Sun _____

Mon _____

Tue _____

Wed _____

Thr _____

Fri _____

Sat _____

4. Time with Christian Friends. AND

5. Convictions and Leadings of the Spirit of God.

Sun _____

Mon _____

Tue _____

Wed _____

Thr _____

Fri _____

Sat _____

Thoughts on Anger Management

In a previous lesson about anger management we established that your anger has a cause, and that most pent up anger is tangled in un-forgiveness. Let's deal with an ability to forgive for a moment. Below is a lesson on forgiveness that I put together to help marriages. If your not married, learn the lesson any way and put into practice the concepts of forgiveness found in this lesson. Examine every relationship that you have, your Mom, your Dad, your brothers, sisters, friends and colleges; Are you harboring unforgiveness in your life?

FORGIVENESS: The Second Essential.

Dr. Ed Wheat writes "Marriage becomes a series of surprises for most of us, and one of them is how frequently we need to forgive and be forgiven Faithfulness may be the first essential of a love filled marriage but even the best relationship cannot remain intact for long without FORGIVENESS: the second essential of marriage." Look at a few pointers for keeping you forgiveness not only present but running at the appropriate depth in your marriage.

Ephe 4:32 And be ye _____ one to another, _____, _____ one _____, even as God for Christ's sake hath forgiven you.

What two attitudes should accompany forgiveness? _____

Notice from God's word that forgiveness is a promise: *Jere 31:34 ... saith the LORD: for I will*

*forgive their iniquity, and I will _____
their sin no more.*

When you have truly forgiven you will
Remember their sin no more. Too often, down
the road often in a battle, a mate will bring up a
previous offense as a war-weapon, often in a
vicious way. When that happens you know that
there was not a Biblical forgiveness for that
offense. This type of true forgiveness can only
occur if you have a new nature born inside of you
See Col 3.

Here are Four excellent steps to forgiveness.

1. Choose with your free will to forgive.
2. Make the promise to lift the burden of guilt
from the person as far as the wrong against you is
concerned. Remember the person's sin no more -
never mentioning it again to the person, to others,
or to yourself, even by innuendo.
3. Seal it with your behavior, demonstrating love
in suitable ways with tender hearted kindness, and
doing what the Bible shows you to be right in the
situation.
4. Trust God to allow you to forget and to renew
your mind with new attitudes.

What happens when you will not forgive?

1. If you hold on to your resentments, they will
turn to bitterness. As a result, your life will be
poisoned, and others lives, too *Hebr 12:15*
Looking diligently lest any man fail of the grace of
God; lest any root of bitterness springing up

trouble you, and thereby many be defiled;

2. By refusing to release the burden of the other person's wrong against you and choosing to carry that burden yourself, you will become crippled in the living of your life. *Hebr 12:13 And make straight paths for your feet, lest that which is lame be turned out of the way; but let it rather be healed. 14 Follow peace with all men, and holiness, without which no man shall see the Lord:*

3. If you are not willing to forgive, (and forget), there is no way you can expect to walk in personal fellowship with God. *Matt 18:35 So likewise shall my heavenly Father do also unto you, if ye from your hearts forgive not every one his brother their trespasses.*

What do I do when it seems impossible to forgive?

1. God never asks His children to do anything that He does not provide both the instructions for, and the strength to accomplish.

2. You do not have to be controlled by your feelings and you are not the helpless prisoner of your past. *John 8:32 And ye shall know the truth, and the truth shall make you free. . . .36 If the Son therefore shall make you free, ye shall be free indeed.*

3. Jesus Christ has special deliverance and healing for you if you have been bruised and wounded by the sins of your mate - or anyone else

- against you. *Luke 4:18 The Spirit of the Lord is upon me, because he hath anointed me to preach the gospel to the poor; he hath sent me to heal the brokenhearted, to preach deliverance to the captives, and recovering of sight to the blind, to set at liberty them that are bruised,*

Do we have to forgive everything?

Sometimes people say "I can forgive everything but *'that'*! Is there any sin that you can't be expected to forgive? The answer is that God is not selective with us. When He forgives us in Christ, He **forgives everything**. *Ephe 4:32 And be ye kind one to another, tenderhearted, forgiving one another, even as God for Christ's sake hath forgiven you.*

Forgiveness in your love relationship.

Here is how forgiveness can take its place in your love relationship, soothing the irritations and healing the hurts, which occur even between two people who love each other very much, and, afterward, restoring your sense of oneness.

1. Make a habit of forgiving and never keep count.
2. Settle your accounts quickly. If you cannot kiss your mate and say "I love you" before going to sleep, it is best to work on the conflict until it is reasonably resolved. *Ephe 4:26 Be ye angry, and sin not: let not the sun go down upon your wrath:*
3. Remember that forgiveness always includes the idea of restoration and a new start.

How do I forgive an ongoing offense.

Peter asks the Christ about this very thing in

Matthew 18:21 *Then came Peter to him, and said, Lord, how oft shall my brother sin against me, and I forgive him? till seven times?*

Jesus gives a twofold answer, first he states:
22 *Jesus saith unto him, I say not unto thee, Until seven times: but, Until seventy times seven.*

Then he gives Peter an excellent parable on forgiveness in verses 23-34 (take the time to read this parable) and concludes in verse 35 *So likewise shall my heavenly Father do also unto you, if ye from your hearts forgive not every one his brother their trespasses.*

An ongoing offense is especially challenging, and more certainly when the offender does not recognize their error nor seek forgiveness. You must maintain a premeditated attitude of forgiveness in this instance, lest the root of bitterness gets into your heart and your heavenly Father not forgive you your trespass. It is also true that you may need to pursue just and legal consequence to the offense while at the same time maintaining an attitude of forgiveness toward the party. Two examples, come to mind. Recently, in our courts a man was charged with the murder of a teenage girl. The parents, even through unimaginable grief, maintained an attitude of forgiveness and no bitterness toward the assailant. Yet they sought legal justice and secured the death penalty for his actions. Forgiveness, does not mean the elimination of all legal consequence. In a second instance that comes to mind, a father was in a bitter custody suite over his precious 3 year

old daughter. The mother was an abusive drug addict stopping at no means of deceit and treachery to destroy his case. When we can come to some understanding of a person and their motive, it is possible to bring ourselves to forgive. Here there was no logic nor understanding of the case nor of the courts. The father, a young Christian, struggled greatly with the inequity, handled himself respectfully in the insane courtroom scenarios and maintained an attitude of forgiveness throughout the ordeal. While pursuing every legal avenue, by the grace of God, he maintained a forgiveness to the mother, and toward the unjust judge. Ongoing forgiveness is commanded by Christ, and can only be done in His power. Again, God will never ask us to do what he will not empower us to do. In Paul's introduction to believers at Colosse he prays for and desires that they have the strength of God's power, in all patience (dealing with circumstances) in all longsuffering (dealing with people) and in all joyfulness (the packaging that wraps the two in the proper Christian attitude.)

Be forgiving in every thing. Christ is, and He commands us to be. *Ephe 4:32 And be ye kind one to another, tenderhearted, forgiving one another, even as God for Christ's sake hath forgiven you.*

Anger management centers on a forgiving nature.

The Challenges

The format of these challenges from Reformers Unanimous www.reformu.com

Challenge 14 Reading lesson: Romans 1-6

To complete Challenge 14, you must read Romans 1-6. Below are spaces to list the topic of each chapter. Please fill these blanks in after you have completed each chapter.

Topic Chap 1 _____

Topic Chap 2 _____

Topic Chap 3 _____

Topic Chap 4- _____

Topic Chap 5 _____

Topic Chap 6 _____

Please list in your own words, how these chapters can be applied to you efforts to remain free from strongholds.

Challenge Complete _____ Date _____
(Student's Signature)

Challenge Complete _____ Date _____
(Challenger's Signature)

Challenge 15 Memorization

(In order to complete this challenge, you may memorize these verses one at a time and have each one initialed on the side until you have memorized all four)

Memorize Romans 3:10

10 As it is written, There is none righteous, no, not one:

Memorize Romans 3:23,24

23 For all have sinned, and come short of the glory of God; 24 Being justified freely by his grace through the redemption that is in Christ Jesus:

Memorize Romans 5:8

8 But God commendeth his love toward us, in that, while we were yet sinners, Christ died for us.
Please describe in your own words what this verse means to you.

Do you believe the above verse to be true?

Yes or No (Please circle one)

Challenge Complete _____ Date _____
(Student's Signature)

Challenge Complete _____ Date _____
(Challenger's Signature)

Challenge 15 SPECIAL Anger Managment

These challenges include much memorization, but these verses should help you specifically with controlling your anger. Put them on a 3x5 card and take the time to:

Memorize Proverbs 21:19 and 22:24

Pr 21:19 It is better to dwell in the wilderness, than with a contentious and an angry woman.

Pr 22:24 Make no friendship with an angry man; and with a furious man thou shalt not go:

Pr 20:27 The spirit of man is the candle of the LORD, searching all the inward parts of the belly.

Please describe in your own words what this verse means to you.

Challenge Complete _____ Date _____
(Student's Signature)

Challenge Complete _____ Date _____
(Challenger's Signature)

Challenge 16
Witnessing Opportunity

In order to complete this challenge, you must write the circumstances of your life that led you to seek God's help. This is called a testimony. In Revelation, God said He uses 2 things to help people overcome the Devil. One is the Blood of the Lamb (Jesus) and the other is the believer's testimony. You may not be a believer quite yet, but there is a distinct pattern that led you to where you are today. Please share the pattern with us below. It could be useful to others someday. If you need more space, you may include a separate sheet of paper.

Challenge Complete _____ Date _____

(Student's Signature)

Challenge Complete _____ Date _____

(Challenger's Signature)

Challenge 17

(In order to complete this challenge, you may memorize these verses one at a time and have each one initialed on the side until you have memorized all four)

Memorize Romans 5:12

12 Wherefore, as by one man sin entered into the world, and death by sin; and so death passed upon all men, for that all have sinned:

Memorize Romans 6:1,2

1 ¶ What shall we say then? Shall we continue in sin, that grace may abound?

2 God forbid. How shall we, that are dead to sin, live any longer therein?

Memorize Romans 6:23

23 For the wages of sin is death; but the gift of God is eternal life through Jesus Christ our Lord.
Please describe in your own words what this verse means to you.

Do you believe the above verse to be true?

Yes or No (Please circle one)

Challenge Complete _____ Date _____
(Student's Signature)

Challenge Complete _____ Date _____
(Challenger's Signature)

Congratulations for finishing the 4th week of these exciting challenges. There are two more weeks in this anger management course. Use them in learning to let Christ deal with your angers and letting Christ into your life. Your challenger may use these remaining two weeks to re-assign challenges you missed and draw up some additional challenges based on your individual needs and accomplishments. May God Richly Bless in the renewal of your mind. Keep Going for him.

Remember what we started out to do: John 8:31-32 *Then said Jesus to those Jews which **believed on him**, If ye **continue in my word**, then are ye **my disciples** (follower) indeed; And ye shall **know the Truth** (Jesus), and the **Truth** (Jesus) shall make you free.*

I have placed the steps to freedom from strongholds in bold print. They are as follows:

- 1. Believe on Jesus**
- 2. Continue (study) in my Word (Bible).**
- 3. Follow Christ with your life (disciple)**
- 4. Your knowledge of Jesus will increase.**
- 5. Jesus (not you) will make your free.**

Keep Going for Him and He will Reform your life.

Pastor Rice