



Study Guide

Spring 2012 Sermon/Study Series

www.rbcpc.org/the-book-of-job

“Healthy Anger”

Week #2
June 9/10, 2012

Next week: June 16/17 - Pain & Prayer

Scripture Reference
Job Series – Week #2
“Healthy Anger”

Read and reflect on the following scripture:

Ephesians 4:25-27

²⁵ Therefore each of you must put off falsehood and speak truthfully to your neighbor, for we are all members of one body. ²⁶ “In your anger do not sin”: Do not let the sun go down while you are still angry, ²⁷ and do not give the devil a foothold.

Notes:

Job 3:1-4

After this, Job opened his mouth and cursed the day of his birth. ² He said:
³ “May the day of my birth perish, and the night that said, ‘A boy is conceived!’
⁴ That day—may it turn to darkness; may God above not care about it;

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Scripture

Ephesians 4:25-27

1. This verse tells us not to sin while being angry. Do you think of anger as a sin? Why?
2. Does this verse challenge you to think about an incident when you were angry? What actions or words resulted from the anger that was truly sinful?

Job 3:1-4

1. Job is lamenting his mere existence. Ruing the day he was born. Have you ever felt these emotions? How do you think God views the day you were born?
2. Was Job's anger healthy anger?

Sermon

1. What is the difference between healthy and unhealthy anger?
2. Inward anger targets the self. Have you had incidents in your own life that have caused you to turn anger towards yourself? What were the symptoms of this anger?
3. Have you experienced injustice in your life? Did you experience anger toward the injustice or toward the situation/person?
4. Does it seem odd that “God wants us to be angry at the right things?”

Life Application

“Anger is a normal early step in grieving.” Bruce goes on to state, “Sometimes we lock up in the anger step and fail to complete the grieving process.” Is there an area in your life that you are locked in anger and need to continue through the rest of the healing process? Have you turned your anger inward or towards the wrong person/victim?

Prayer

Pray that the Lord will show you an area in your life that you may be experiencing unhealthy anger. Pray that He will give you the courage and Biblical knowledge to unlock from the anger and find healthy healing. Remember people or situations that have been hurt by unhealthy anger on your behalf and pray for forgiveness. Learn how to have healthy anger through the life of Job.