

#AllTheFeels – Anger

This month we are discussing the emotion of Anger, most the time as Christians we automatically assume that if someone is dealing with anger then they must be sinning. However; anger is not a sin but a God-given emotion, it is what we do with our anger that can cause us to sin. As we read and study Psalm 79 together, we will learn from the psalmist how to use our anger to bring us closer to God and His people.

Read Psalm 79

Watch #AllTheFeels – Anger Video

- How do you normally express your anger? Are you more prone to lashing out or turning inward when you get angry?
- Give an example of when you handled your anger well?

1. We become angry when we feel we have been wronged

Read verses 1-4

We see here that the psalmist is reflecting on all the ways that the enemy has tortured and wronged them and is crying out to God because he believes that they deserve vindication from these wrongdoings.

Our anger is usually triggered by feelings of being wronged. Those feelings may or may not be true, but our belief that someone has wronged us leads to anger, regardless of that belief's validity.

When we continue to fester on the thoughts and feelings of being wronged then we begin to want revenge and vindication for what took place. And if we are not immune to feeling hurt, then we are not immune to the desire to want others to hurt. We believe that when we are wronged then the balance of justice is thrown off and either God needs to fix it or we will.

- Have you ever been angry because you perceived something wrongly? If so, how did you feel when you recognized the truth?
- How should we as Christians handle it if we are falsely accused and never vindicated in our lifetime?

2. We need to admit our anger and seek forgiveness for our role in the situation

Read verses 5-9

Admitting our anger is the first step in seeking forgiveness and restoration. Internalized anger can become depression or physically sickness. We see in verses 5-7 that the Psalmist does nothing to conceal his anger but pours it out before God, knowing he can trust God with his anger.

- Do you have a hard time admitting you are angry to yourself or others? Why?

Secondly, we see in verses 8-9 that the Psalmist alternates between blaming the Babylonians and admitting his own wrongdoing. We also see that he seeks God's mercy for his part in the problem.

When we are mad, we must take time to assess how we might have contributed to the problem. Problems rarely are one person's fault.

We may need others to help us see where we have gone wrong.

- How might taking time to see our own guilt in a matter help diffuse our anger?

3. We need to leave room for God to work

Read verses 10-13

It can often times be difficult to pray these kinds of imprecatory psalms because they seem so unholy and harsh, but when we purge ourselves of our anger and leave the wrath in God's hands then we are free to love our enemy.

We see that by the end of the psalm that the writer is able to praise and worship God no matter the outcome of his anger and wanting vengeance because he has made the decision to hand over and let God work.

- Can we love our enemy and still pray like the psalmist in Psalm 79 did? Why or why not?

Psalm 79 does not actually give us a step-by-step formula for dealing and purging ourselves of our anger, but it does give us the reassurance that no matter our emotions we can always bring it back to God. God's presence is available for us even in the midst of experiencing anger. By taking a peek into the writer's life in this psalm, we can gain better wisdom and understanding on how to deal with our anger next time.

With your group let them know which point you need the most help in applying to your life? Then pray over any requests you might have.