



## Fresh Start to Freedom

### Getting Your Whole Heart Back

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|-------------------------|--|
| Session 1               | Free From The Message Of The Arrows        |
| Session 2               | Free From The Arrow Of Pride               |
| Session 3               | Free From The Arrow Of Shame               |
| Session 4               | Free From The Arrow Of Fear                |
| Session 5               | Free From The Arrow Of Rejection           |
| <b><i>Session 6</i></b> | <b><i>Free From The Arrow Of Anger</i></b> |
| Session 7               | Free From The Arrow Of Depression          |



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# FREE FROM THE ARROW OF ANGER

“Be angry, and yet do not sin; do not let the sun go down on your anger, and do not give the devil an opportunity.”

Ephesians 4:26-27 (NASB)

## I. FREE FROM THE ARROW OF ANGER

### A. ANGER – *AN ISSUE OF SUBMISSION*

1. Genesis 4:3-8
2. James 4:1-10
3. Romans 8:28-29
4. James 1:19-20

### B. AN EXAMPLE OF RIGHTEOUS ANGER

1. John 2:13-16
2. Mark 11:15-17
3. John 5:17-20, 30
4. John 14:31

### C. AN EXAMPLE OF UNRIGHTEOUS ANGER

I Samuel 18:6-11

### D. HOW ANGER CAN GO “BAD”

Ephesians 4:26-31

### E. TAKING YOUR ANGER INVENTORY

1. When, in your life, have you been the angriest? What happened?
2. When was the last time you were angry? What happened?
3. Circle from the following what you have experienced in your heart during the last 30 days:
  - a. Frustration (it really is “low-grade” anger)
  - b. Irritation

- c. Impatience
  - d. Resentment
  - e. Bitterness
  - f. Hatred
  - g. Rage
  - h. Malice
  - i. Murder
- 4. Would you say you have a “problem” with anger?
  - 5. Would those who know you best say you have a “problem” with anger?

**F. HOW TO BE FREE FROM THE ARROW OF ANGER**

- 1. See: **“Processing The Issues Of The Heart”** (or a Fresh Start booklet)  
Result: Ephesians 4:32
- 2. *At this time please review your answers to the application questions in the previous sessions related to pride, shame, fear, and rejection.*
- 3. **Identify and “Process” the “Arrows” that are contributing to your anger.**
  - a. Pride
  - b. Shame
  - c. Fear
  - d. Rejection
- 4. **Submit to the Sovereign Will and Purposes of God.**
  - a. Daniel 4:34-37
  - b. Romans 8:28-29
  - c. James 1:2-4

**G. ANGER EXHORTATIONS FROM THE BIBLE**

- 1. “Do not let the sun go down while you are still angry...” (Ephesians 4:26)
- 2. “Do not give the Devil a foothold.” (Ephesians 4:27)

3. “See...that no bitter root grows up to cause trouble and defile many.” (Hebrews 12:15)
4. “Forgive...in order that Satan might not outwit us.” (II Corinthians 2:10-11)
5. “Above all else, guard your heart...” (Proverbs 4:23)

## II. APPLICATION

- A. Referring to Part “E,” #3 of this session, which level of anger can you identify with? (Please circle)
- B. Think of an issue that you have been angry about & write it below:
- C. In light of your answers in Part “E” of this session (Taking Your Anger Inventory), please answer the following:
  1. How have **you** been affected?
  2. How has your relationship with **others** been affected?
  3. How has your relationship with **the Lord** been affected?

*Please be thorough in answering these questions and use additional paper if necessary.*

**GOD’S ANTIDOTE FOR THE ARROW OF ANGER:**

**SUBMIT TO THE SOVEREIGN WILL AND PURPOSES OF GOD!**

# PROCESSING

1. Who/What has offended or hurt you? Or...

Who/What have you lost?

*Psalm 26:2*

- (a) List specific offenses, hurts, or losses and the person(s) involved:
- (b) Choose one of the above offenses, hurts or losses to "process" at this time.

## THE ISSUES OF

2. How have you been affected?

*Psalm 139:23*

How has this specific offense, hurt, or loss affected you?

- (a) What have your thoughts been?
- (b) What have your feelings been?



## THE HEART

3. How have you responded?

*Psalm 139:24*

- (a) What have you said?
- (b) What have you done?
- (c) What have you decided?



## PROCESSING

### 4. Pour out your heart

*Psalms 62:8*  
*Psalms 142:1-2*

- (a) Pour out your heart to the Lord. Let HIM know exactly how you feel.
- (b) Express your unmet desires to the Lord.
- (c) Express your current desires to the Lord.
- (d) Express thanks to the Lord.

*1 Thessalonians 5:18*  
*Ephesians 5:20*  
*Psalms 50:14-15, 23*  
*Psalms 116:17*  
*Romans 8:28-29*

## THE ISSUES OF

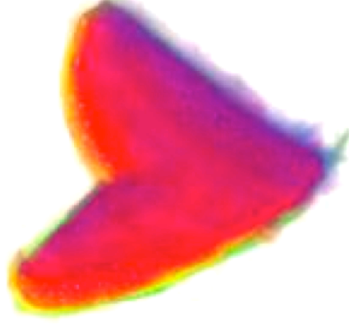
### 5. Forgive

*Matthew 18:21-35*

- (a) Write out your confession of unforgiveness to the Lord along with related wrong attitudes and/or responses.
- (b) Choose to forgive the person who has hurt or offended you.

### **CANCEL THE DEBT!**

- (c) Write out your prayer to the Lord expressing your decision to forgive the person who has hurt or offended you.



## THE HEART

### 6. Release the offense, hurt, or loss to the Lord!

*Psalms 55:22-23*  
*Romans 12:16-21*  
*Psalms 19:14*

- (a) Entrust the person and/or situation to the Lord.
- (b) Write down who/what you are committing to the Lord.
- (c) Pray for the person who has offended or hurt you.

*Luke 23:34*  
*Matthew 5:43-45*