

## HDC ONLINE ANGER MANAGEMENT CLASS—LESSON FIVE ANGER MANAGEMENT & THE SPIRIT-CONTROLLED LIFE

**THIS IS VITAL:** As Christians we need to understand how to live our lives under the control and enabling power of the Holy Spirit. This will help us gain victory over the sin issues that trouble us and make us feel defeated at times in our walk with the Lord. As the purpose of this course is to learn “Biblical Anger Management”, it is imperative to understand the role of the Holy Spirit in our daily Christian experience.

**Ephesians 4:29-32** *Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen. 30 And do not grieve the Holy Spirit of God, with whom you were sealed for the day of redemption. 31 Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. 32 Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.*

**Ephesians 5:18** *Do not get drunk on wine, which leads to debauchery. Instead, be filled with the Spirit.*

**Galatians 5:16-25** *So I say, walk by the Spirit, and you will not gratify the desires of the flesh. 17 For the flesh desires what is contrary to the Spirit, and the Spirit what is contrary to the flesh. They are in conflict with each other, so that you are not to do whatever you want. 18 But if you are led by the Spirit, you are not under the law. 19 The acts of the flesh are obvious: sexual immorality, impurity and debauchery; 20 idolatry and witchcraft; hatred, discord, jealousy, fits of rage, selfish ambition, dissensions, factions 21 and envy; drunkenness, orgies, and the like. I warn you, as I did before, that those who live like this will not inherit the kingdom of God. 22 But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, 23 gentleness and self-control. Against such things there is no law. 24 Those who belong to Christ Jesus have crucified the flesh with its passions and desires. 25 Since we live by the Spirit, let us keep in step with the Spirit.*

### The Ministry of the Holy Spirit

#### 1. Who is the Holy Spirit?

The Holy Spirit is the third person of the Trinity: Father, Son and Holy Spirit. (Matthew 28:19; 2 Corinthians 3:18)

#### 2. What is the purpose of the Holy Spirit?

The Holy Spirit came to be a \_\_\_\_\_ to the Lord Jesus Christ and to \_\_\_\_\_ Him in and through believers. (John 16:13-14)

### 3. What is the result of the Spirit-filled life?

- Christ is \_\_\_\_\_. (John 16:13-14)
- \_\_\_\_\_ of the Spirit in your life. (Galatians 5:22-23)
- Enabling power to \_\_\_\_\_ to others. (Acts 1:8)
- Enabling power to live a \_\_\_\_\_ life. (Galatians 5:16)

### Living in Relationship to the Holy Spirit

1. The Spirit-filled life is the Christ-controlled life where Christ has the freedom to have His way in our lives. The Spirit-filled Christian is one who daily \_\_\_\_\_ to himself and \_\_\_\_\_ for Christ to be exalted and glorified. (Galatians 2:20)

2. The key issue here is \_\_\_\_\_ or \_\_\_\_\_. God says submit. The world says exalt yourself or “do your own thing.” God says humble yourself and submit to Him and His plan for your life.

- Submission means to \_\_\_\_\_ yourself under another in an orderly manner. We determine or decide to give control of our decisions, use of time, resources, plans etc. to another.
- We should be submissive because it is God’s way. Otherwise our lives will be out of \_\_\_\_\_ because God created us with a central focus for our lives, and that focus must be on Him and His will as the center!

### WALKING (“STAYING IN STEP”) WITH THE SPIRIT

How do we walk in the Spirit? How do we deal with sin? There are two elements in living the Spirit-Controlled life--God’s part and our part. God’s Spirit is the power source for living the Christian life and our part is to respond properly to Him.

#### 1. God’s Part—Fruit and Conviction

- God’s part is to produce \_\_\_\_\_ in your life as you submit to Him. There are two kinds of fruit He will produce through Christians:
  - Fruit of the Spirit – Galatians 5: 22-23
  - Fruit of ministry or reproduction – John 15: 5-8

- It is God's job to convict you of \_\_\_\_\_ in your life. As you grow closer to Christ it will seem that you are more aware of your sin than before. This is because the closer you get to Christ the more sin is revealed in you. (John 16:7-10; Psalm 139:23-24)
- God points out sin in our lives to move us closer to Christ and prepare us to minister to others. Conviction of sin is not negative, but positive because it deals with the \_\_\_\_\_ (grieving the Spirit—Ephesians 4:30) of a closer walk between us and God.

## 2. Our Part—

- Prayer—Ask God to \_\_\_\_\_ (Psalms 139:23-24)
- Godly \_\_\_\_\_ and repentance (2 Corinthians 7:9-11)
- Confession--\_\_\_\_\_ with God that we sinned and claim His forgiveness and cleansing (Psalms 32:1-7; I John 1:7-10)
- Appropriate, Trust--Apply by \_\_\_\_\_ that God's Spirit is controlling you.
- Submit—It is God's \_\_\_\_\_ for you to be filled with the Spirit. (Ephesians 5: 18)
- God has \_\_\_\_\_ to give us whatever we ask according to His will. (1 John 5:14-15)
- 

➔ ***A simple way to remember this (do as often as needed):***

**Spiritual breathing** is a powerful word picture that can help you experience moment-by- moment dependence upon the Spirit.

- **Exhale:** Confess your sin the moment you become aware of it - agree with God concerning it and thank Him for His forgiveness, according to 1 John 1:9 and Hebrews 10:1- 25. Confession requires repentance - a change in attitude and action.
- **Inhale:** Surrender control of your life to Christ and rely upon the Holy Spirit to fill you with His presence and power by faith, according to His **command** (Ephesians 5:18) and **promise** (1 John 5:14-15).

(This concept is adapted from: <https://www.cru.org/us/en/train-and-grow/help-others-grow/mentoring/spiritual-breathing-surrender-control.html>)

**ACTION STEP:** There are seasons in life when some of us have been “out of step with the Spirit” for quite a long period of time. We may want to pray something like the following to get back in step and then practice “spiritual breathing” as a way of life:

*Dear Father,*

*I need Your help, Lord, to deal with my anger. I thank You that because of Your love, grace, mercy and the power of the Holy Spirit in my life, I don't have to act on those foolish feelings that can cause problems in my life and hurt me and others. I acknowledge that I have sinned against You by directing my own life. I thank You that You have forgiven my sins through Christ's death on the cross for me. I now invite Christ to again take His place on the throne of my life. Fill me with the Holy Spirit as you commanded me to be filled, and as You promised in Your Word that You would do if I asked in faith. I pray this is the name of Jesus. I now thank you for filling me with the Holy Spirit and directing my life.*

### **Further Study—A Helpful Article:**

**The Holy Nudge** (Jon Walker, Devotional Writer)

**The man without the Spirit does not accept the things that come from the Spirit of God, for they are foolishness to him, and he cannot understand them, because they are spiritually discerned. (1 Corinthians 2:14 NIV)**

It's a book I'd been searching to find, so when I located it on the library shelf, I was jazzed. But as I approached the front desk, I felt the Holy Spirit check me.

You know what I mean? That “holy nudge” the Newsboys sing about: “It's like a circuit judge in the brain ... a Spirit thing ... There to guard my heart but hard to explain ....”

We know the Spirit of Christ is working within us, teaching us to think and act like Jesus, and so this Counselor nudges, prompts, rebukes, and protects us as God writes the law on our hearts instead of stone tablets.

Responding to the Spirit's nudge, I looked at the book in my hand. The cover didn't give a clue as to why the Spirit was prompting me. In fact, my motive for

reading the book was a very good one, related to ministry.

Yet I was certain the Spirit thing meant I wasn't supposed to read the book. I admit I thought for a few seconds about ignoring the Spirit's direction. I mean, I couldn't see anything wrong with it.

Then, like a child who has weighed the pros and cons of disobedience, I turned around and put the book back on the shelf. My hesitant obedience emerged, not so much from an attempt to be pious, but from my memory of standing too many times on the wrong side of God's direction. This child has burned his fingers enough that it seems futile to argue with God over how hot the stove really is.

Isn't that what faith must be? Trusting God when he tells us the burner is hot enough to hurt us – even if we don't agree. Trusting God when he tells us that reading what appears to be a harmless book will take us somewhere he doesn't want us to go.

Becoming like Jesus means we develop discernment in spiritual matters: “The man without the Spirit does not accept the things that come from the Spirit of God, for they are foolishness to him, and he cannot understand them, because they are spiritually discerned.” (1 Corinthians 2:14 NIV)

**Spirit Warning** – A Spirit nudge may be a warning against impending danger, a Holy Ghost flare to guard your heart. Once, a friend of mine was driving toward a green traffic light, but he sensed an extraordinarily strong prompting from the Spirit to hit his brakes. My friend did, just as a semi-truck ran a red light into the intersection. Had it not been for his instant obedience, my friend probably would have been killed.

**Spirit Stop Sign** – A Spirit nudge may be a red flag from God telling you, “Don't go there.” A dog I owned years ago helped me understand this: He was used to being on a leash, and when I would take him to a neighbor's field to run, I would simply say “No” when he approached a place he shouldn't go. The dog had done nothing wrong, and my warning wasn't a rebuke – it was a caution for his own protection.

**Spirit “Shush”** – My experience is that, if we listen, God will give similar warnings when we’re in conversations. He may prompt us when we’re stepping too close to a sinful topic, an unfair comment, or gossip.

**Spirit Timing** – Sometimes the Holy Spirit may be telling you the timing isn’t right. When I was in graduate school, I planned to buy a computer through an educational discount offered by the university. When I turned in my paperwork, however, they told me the program had been discontinued for a few months. I was very angry at God.

About two months later, the university re-opened the discount program and the computers available for purchase that time were upgraded models bundled with software that cost extra two months earlier – and the whole package was priced cheaper than the previous one.

Can you say, “Spiritual egg on my face?” Turns out God does know what he’s doing!

We have this Spirit inside us, and God wants us to listen to him. When we ignore him, there’s little difference between us and non-believers who live their lives disconnected and independent from God: “But people who aren’t Christians can’t understand these truths from God’s Spirit. It all sounds foolish to them because only those who have the Spirit can understand what the Spirit means.” (1 Corinthians 2:14 NLT)

### **What now?**

- **Be Sensitive to the Spirit** – Ask God to teach you to hear his still, small voice and to be sensitive to promptings from the Spirit. Then believe he will guide you through the many decisions and details of your life.
- **Start an Obedience List** – For the next few weeks, keep a list of all the times you sense the Spirit prompting you. This will help you learn to be sensitive to the Spirit, but it also will strengthen your resolve to obey God’s guidance.
- **Align with God’s Word** – As you learn to walk in the Spirit, God will never ask

you to do anything that violates his Word. His promptings will always line up with the Bible, but they may not square with your traditions.

· **Blow it? Remember Grace** – If you miss the prompting or disobey it, confess it to God and he will be faithful to forgive. Fall upon his grace and remember that you are in the school of Christ. He knows you're learning, and he wants to teach you.

### ***Further Biblical Resources (books) on Anger Management:***

- ***Anger: Handling A Powerful Emotion in a Healthy Way*** by Gary Chapman
- ***Anger is a Choice*** by Tim LaHaye and Bob Phillips
- ***The Anger Workbook*** by Les Carter, Ph.D. and Frank Minirth, Ph.D.
- ***The Anger Workbook for Christian Parents*** (same as above)
- ***The Heart of Anger*** by Lou Priolo (help for angry children)
- ***The Answer To Anger*** by June Hunt
- ***Raising Your Child, Not Your Voice*** by Dr. Duane Cuthbertson

### ***Spiritual Formation at High Desert Church:***

- **Membership Class, Baptism Class**
- **Growth Track Classes (Marriage, Parenting, Financial Hope, Basics of the Christian Faith etc.)**
- **Women—Small Groups, Women's Retreat**
- **Men—Small Groups, Men's Retreat**
- **Small Groups (Singles, Couples, Mixed, Men's, Women's etc.),**
- **Support & Recovery Groups (Griefshare, Divorce Care, Men's Pure Life, Anxiety and Depression, Anger Management, Together Living With Cancer)**
- **Pastoral Counseling & Referral Professional Counseling**

**THANKS FOR TAKING THIS CLASS!!!**